Introduction – A well run Level 1 skills session starts a long time before meeting participants at the trail head. The more familiar an instructor is with the trails, environment and risks they are going to run the skills session in the better, for the instructor and the clients. The idea of the pre-course trail audit is to help instructors understand what to identify when carrying out a pre-course recognizance.

Participant Name: _____ MTBA No: _____

Course & Location: _____ Date: _____

Complete the below questions using one of the major trail networks in your state as an example.

1. **Name of trail network?**

2. **Best season for trail network use and why?**

3. **Worst season for trail network use and why?**

4. **Number of green trails and a description of what they are like to ride? (eg trail surface? Flowy or tight? Hilly, flat or rolling? Steep? Trail features require a consistent level of skill or some are a lot harder/easier than others?**

   Broad description of trail features – corners, drops, rocks, berms, off camber corners, roots?

5. Describe three (3) green trail features and the skill they could be used to develop in a Level 1 Instruction session, including distance of each feature from the trail head.

5A. Description of Trail Feature	5B. Skill they could be used to teach?	5C. Distance from trail head (km's & time)
1.		
2.		
3.		

6. Conduct a risk assessment of the three features and

   A) List any potential risks to participants

   B) Describe strategies you could use on these trail features to manage the risks to participants?

7. ANALYSIS – Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a Level 1 skills session?

   Yes/No?

   Why?

8. Number of Blue trails and a general description of what they are like to ride?

9. Describe three (3) Blue trail features that could be used for Level 1 Instructing, including distance of feature from trail head.

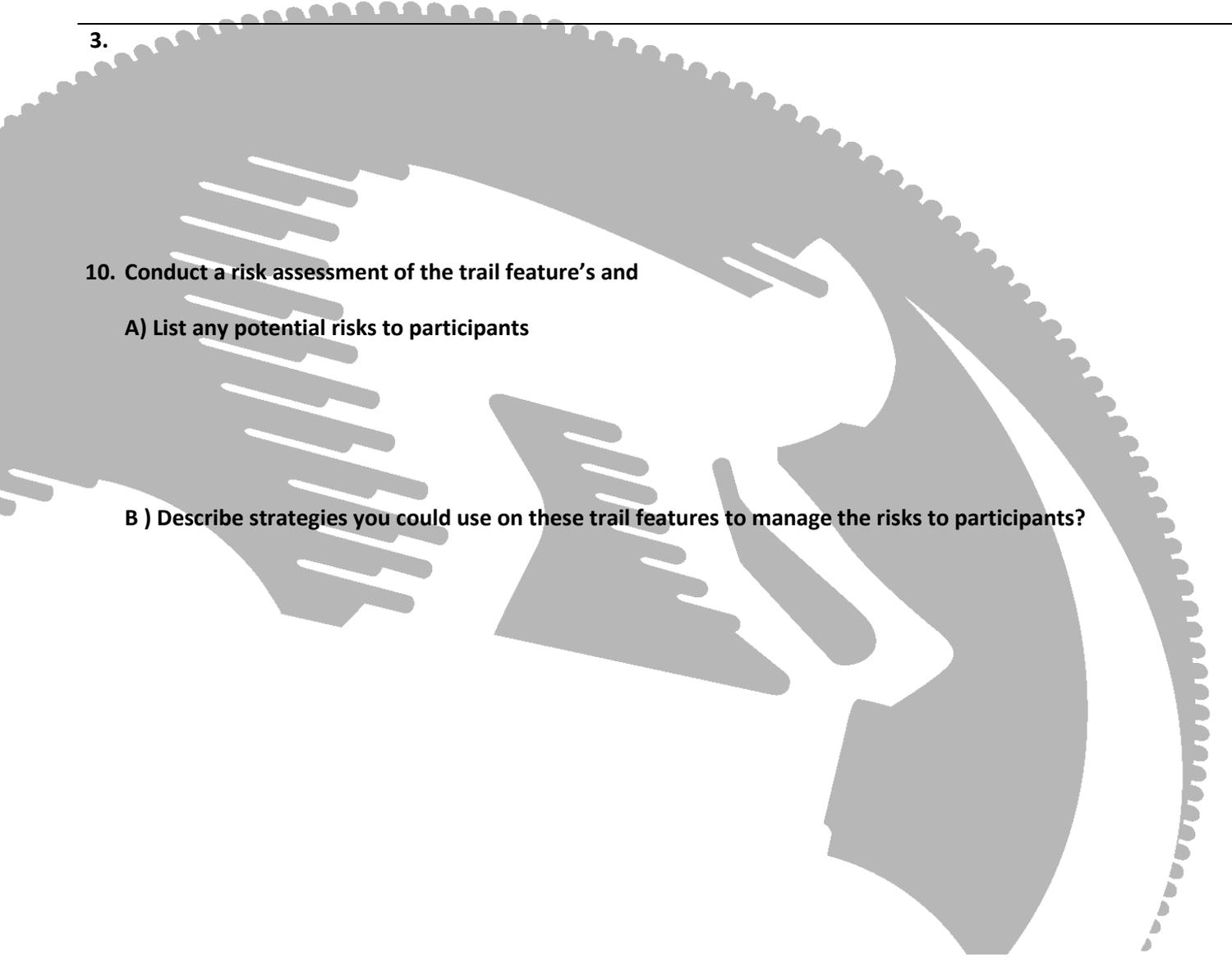| 9A. Description of Trail Feature	9B. Skill the could be used to teach?	9C. Distance from tail head (km's & time)
1.		
2.		
3.		

10. Conduct a risk assessment of the trail feature's and

A) List any potential risks to participants

B) Describe strategies you could use on these trail features to manage the risks to participants?

11. Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a Level 1 Skill's session?

Yes / No?

Why?

12. List any authorities you would require permission from to instruct on these trails and briefly outline the application process?

13. Identify other user groups apart from Mountain Bikers who use the trails (eg walkers, horses, dog sleds) and identify strategies to manage shared trail use, especially while you are instructing?

14. In the case of an emergency identify and describe the quickest or easiest emergency exit points to get a participant to an ambulance, including an estimate of how long you think it may take to exit a participant in case of a serious injury from your chosen trail features?

15. Identify and list contact numbers for local emergency services that may be required to help you exit and injured rider?

16. After your Level 1 session you are pleased when one of your participants enquires about doing a race and some social rides and wonders what clubs and races are around – what resources would you point them towards?