



The Level 0 MTB Skills Instructor course is the entry point to the MTBA coaching pathway and is aimed at parents, clubs and teachers who want to learn the basics of group management, risk assessment and skills teaching techniques.

Participants successfully completing the course will be equipped to lead beginner group rides and assist Level 1 Instructors in delivering basic skills instruction sessions. The accreditation involves approximately 3 hours of pre course work followed by a 1 day face to face course. There are no post course requirements and successful participants will gain their accreditation at the end of the course.

The course duration is one day plus some pre-course reading and question sheets which must be completed and brought to the course for assessment. The expected time required to complete the online learning is approximately 3-4 hours.

All assessment is done on the day with no post course requirements. Successful participants will have their accreditation finalised at the end of the day.

The coaching remit for candidates completing this course is summarised below:

Instructor: Rider Ratio: Max	1:8 for juniors in a MTB specific environment coaching MTB specific skills. 1:10 for adults in a MTB specific environment coaching MTB specific skills. 1:15 teaching introductory skills in an open area (ovals, parks).
: Min	1:3 riders when working with under 18s
Rider Abilities	Beginners and intermediate level participants
Programs & Sessions	Short to medium term programs Single session or a series of sessions
Venues	Traffic-free environments (e.g. ovals, parks, playgrounds, fire trails); Designated green level mountain bike trails.
	Coach in a volunteer capacity only unless the coaching activity is club sanctioned, all participants are club members and the club is providing the remuneration.

The specific key learning outcomes that are covered through pre-learning activities and on course modules are:

1.	Identify the roles and responsibilities of the Instructor, outlining the Instructor's ethical responsibilities while upholding their coaching philosophy.
2.	Understand and demonstrate the Instructor in action using effective communication, group management and a game sense approach to develop skills and tactics.



3.	Identify and utilise the appropriate components of cycling clothing and equipment that are required for safe and effective participation in off road coaching sessions.
4.	Analyse a rider's equipment and position and demonstrate how to perform basic off road bike set-ups.
5.	Identify the correct performance of off road cycling skills and analyse and develop a rider's performance of these skills.
6.	Establish and maintain safe and inclusive off road coaching environments by applying appropriate risk management.
7.	Plan, deliver and evaluate safe and effective coaching sessions that meet the demands of safe off road cycling.
8.	Be an advocate for safe cycling training and identify appropriate opportunities for cycling participation in the off road community.

To be eligible to attend the course, candidates must:

- Be at least 16 years of age
- Be a financial member of Mountain Bike Australia
- Hold a current, recognised First Aid certificate
- Hold a current WWCC that complies with State/Territory legislation
- Have completed all course pre-reading and associated worksheets.

Assessment of competence will be undertaken in a cumulative manner throughout the course requiring all candidates to participate in all discussions and activities, concluding with a practical coaching assessment task in which candidates will deliver a skills development activity to other members of the coaching course. Other assessment tasks during the course include:

- Group discussion and marking of worksheets completed prior to attendance. The group discussion will enable the presenter/assessor the opportunity to assess candidates' knowledge of the worksheet subject matter and authenticity of their completion of the worksheets. Pre-reading and worksheets will be distributed to candidates on registration for the course with sufficient time to complete the task.
- Bike, clothing and helmet safety check using MTBA checklists.
- Bike fitting. Candidates will assess each other's bike fit after instruction in and discussion of the appropriate method of establishing correct riding position for beginner mountain bikers.
- Risk assessment of a typical off road/mountain bike training environment.

All assessment tools are included within the course curriculum documents.



Upon successful completion of the all activities during the course, candidates will be eligible for accreditation as a Mountain Bike Skills (Level 0) Instructor. To maintain their accreditation they must:

- Remain an active Instructor
- Maintain financial membership on an annual basis
- Maintain First Aid and WWCC
- Re-accredit after four years.

Timetable

Time	Module	Format
8.30am	1. Welcome, Introduction and Role of the Skills Instructor	Theory
9.00am	2. Worksheet Discussion	Theory
9.30am	3. Clothing and Equipment, Bike Check, Bike Set-up	Theory/ Practical
10.40am	Morning tea	
10.50am	4. Skills Analysis and Development	Classroom Practical
11:40am	5. Risk Management and Practical Instruction Session Demonstration, Delivering Instruction Practise	Practical
12.50pm	Lunch	
1.10pm	5. Delivering Instruction Practise (cont. – if necessary)	Practical
1.40pm	6. Group Management and On Ride Leadership/Responsibilities	Classroom Practical



2.35pm	7. Planning and Reviewing Sessions	Classroom Practical
3.20pm	Afternoon tea	
3.30pm	8. Delivering Sessions – Assessment	Practical
5.00pm	9. Course Wrap up	Theory
5.15pm	FINISH	

Course Modules:

1. Introduction: The aim of this module is to welcome attendees to the Course, introduce the Presenters/Assessors and gather information about the attendees (their cycling and coaching/teaching experience and what they hope to achieve by undertaking the MTBA Skills Instructor Course. This module is also designed to develop attendee knowledge about Mountain Bike Australia and what they need to do in order to gain their Skills Instructor accreditation.

Section	Time
1. Welcome and introduction to the Course	3 minutes
2. Introduction to the Module and Ice Breaker	15 minutes
3. Overview of Mountain Bike Australia	5 minutes
4. Overview of the Skills Instructor Course and Coach Remit	5 minutes
5. Close Module 1	2 minutes
Total	30 minutes

2. Worksheet Review: The aim of this module is to discuss and review the responses that participants have included on the worksheets. Presenters will use this module to ensure that all participants have completed the compulsory pre-course reading and have sufficient understanding of the underlying principles that will enable them to fully participate in the ensuing practical and semi-theory modules.

Section	Time
1. Introduction	2 minute
2. Worksheet 1 – Skill Development and Analysis	9 minutes



3. Worksheet 2 – Planning	9 minutes
4. Worksheet 3 – Group Management and Off Road Safety	9 minutes
5. Close	1 minute
Total	30 minutes

- 3. Clothing, Equipment, Bike safety Check and Bike Setup:** The aim of this module is to consider the equipment that can be utilised during sessions and programs, how to access and utilise it effectively during coaching sessions, and where to go for further information or assistance regarding MTB coaching equipment if required.

Section	Time
1. Introduction	1 minute
2. Coaching equipment	12 minutes
3. Choosing a Bicycle and Clothing & Helmet Check/Fit	21 minutes
4. Bicycle Maintenance	20 minutes
5. Bicycle Set-up	15 minutes
6. Close	1 minute
Total	1 hour 10 minutes

- 4. Cycling Skills Analysis and Development:** The aim of this module is to outline the basic cycling skills and the skills analysis model that we will be using when evaluating, developing and analysing cycling skills for MTB coaching sessions. The model will be applied to the cycling skills required in MTB environments.

Section	Time
1. Introduction	1 minute
2. Skill Analysis Process	7 minutes
3. Coaching Points and Their Application	38 minutes
4. Allocation of Final Assessment Scenarios and Module Close	4 minutes
Total	50 minutes

- 5. Risk Management and Practical Instruction Session:** The aim of this module is to provide participants with the opportunity to observe best practice for instructing introductory mountain bike skills (and take part as a rider in skills activities), as delivered by the presenters, then practically apply the skills analysis and development information that was introduced in the previous module, in a simulated coaching environment.



Section	Time
1. Introduction	2 minutes
2. Risk Assessment	5 minutes
3. Coaching Demonstration	23 minutes
4. Practical Coaching	1 hour 25 minutes
5. Wrap up	5 minutes
Total	2 hours

6. Group Management and Off Road Leadership Responsibilities: The aim of this module is to provide participants with an opportunity to enhance their capacity to manage groups of cyclists of varying ages and skill levels through discussion of relevant principles and group activities.

Section	Time
1. Introduction	1 minute
2. Group Management	23minutes
3. Off-road/Trail Responsibilities	20 minutes
4. Application of Group Management and Leadership Principles	10 minutes
5. Close	1 minute
Total	55 minutes

7. Planning Coaching Sessions: The aim of this module is for participants to apply the techniques and principles addressed in the pre-reading and the course content to this point to planning a session/series of session including goal setting and evaluation.

Section	Time
1. Introduction	1 minute
2. Planning a Session	16 minutes
3. Planning a Series of Sessions	17 minutes
4. Evaluating	7 minutes
5. Close and Practical Assessment Briefing	4 minutes
Total	45 minutes