

LOCKDOWN | UPSKILL SHEET

Keeping your skills active at home

Mountain biking skills

INTRODUCTION

We have developed this info sheet to provide people working towards a mountain biking qualification with training tasks to do at Alert Levels 4 and 3. Each skill on the list relates to a requirement within the mountain biking qualifications. These skills can always be fine-tuned regardless of your level of experience.

SKILLS CTIVATOR

The very first step you can take towards your qualification is logging into our online platform, Skills Activator. From here you can and work through Module 1: Fundamentals. Lockdown is an excellent time to get this module finished and assessed, so you can move on to the practical components once back at work.



When you are learning practical skills, getting feedback on your attempts is invaluable. Video your performance and critique yourself, or send short clips to peers and mentors and ask for pointers and improvements.

THINGS YOU CAN LEARN ABOUT

In order to be a great outdoor professional, you will need a sound understanding of a wide range of concepts. Make good use of this downtime to learn and broaden your knowledge base.



There are lots of topics you can look up online to help you succeed in your qualification. Here is an online hub where you can study up on key topics related to weather patterns and forecasts:

- MetService Learning Centre

Other topics to research online are:

- risk management
- communication and group management
- leadership
- group dynamics and how people learn.

Remember to apply critical thinking to all of your reading and research a number of sources.

Think about what you are learning and how it can be applied into your professional practice.

THINGS YOU CAN LEARN ABOUT



Topics to study up on:

- Check out the latest reviews of mountain bike equipment and note pros and cons of the various items. Think about questions participants might ask about gear and how you would answer them.
- Research the history of your local MTB park and sites with cultural, geological or environmental significance. Come up with some cool stories you can share when leading a group in the area.

THINGS YOU CAN DO



First things first - a reminder that NOBODY should be going outside their local area or doing adventure activities while we are at Alert Level 4. As we move to Alert Level 3, some recreational activity will be opened up. Please stick to the guidelines, stay in your region and participate well within your comfort zone.

All the activities listed below can be done either in your backyard, or in local parks while maintaining your bubble. If you have willing flatmates or family members isolating with you, you can practice your facilitation skills as well and involve them in some of these activities.

Indoor

Bike maintenance Practice skills that you will be assessed against, for example:

- puncture repair
- broken chain
- cable replacement
- gear or brake adjustment.
- derailier management
- brake pad replacement
- suspension set-up and adjustment

Backyard

Weather

Make regular weather observations, e.g. clouds (coverage, type and height), wind (strength and direction), temperature changes, precipitation. Try and predict how weather is going to change. Compare what you have observed with the forecast for the day.

First aid

Get your isolation buddies to fake some injuries, and see how quickly and creatively you can manage the situation and treat the injury, using gear you would normally carry when riding.

Local and Backyard

Skills and drills

There are some fantastic instructional clips on YouTube that will help you tailor your training to the specific skills you want to improve. Here are some skills that you might like to consider:

- standing front and rear wheel lifts
- seated front wheel lift using a pedal stroke.

You might also be interested in the suggestions in these clips:

- 7 Short skills videos from New Zealand Mountain Biking (Credit to Jamie Garrod)
- 5 Simple Bike Skills For Your Backyard
- How to Mountain Bike Better - 5 Backyard Drills for Awesome MTB Skills
- 6 Beginner Mountain Bike Skills That You Can Learn Anywhere.