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# **PRELIMINARY CYCLING COACHES AWARD**

## **Mountain Bike Leader**

ABCC international qualification with coach status and Professional Insurance by ABCC.  
Inspected and licensed by Adventuremark ([www.adventuremark.co.uk](http://www.adventuremark.co.uk)).

The PCCA (mountain bike leader) qualification not only offers a recognised national coach award but also a cycling leader award in the same package, the qualification is user friendly for the services and has been adopted by the Army Physical Training Corps APTC for their Continued Personal Development CPD courses.

### **TWO DAY PRACTICAL COURSE COVERING**

The Safe Cycle  
Optimum Position  
Clothing and Equipment  
Basic Cycle Maintenance  
Biking Skills  
Off-Road Cycling  
On-Road Cycling  
Planning and Risk Assessment  
Access and Conservation  
Leading and Management of Groups  
Cycling Organisations

### **COACHING STUDY PACKS**

Sports Coach UK - How to Coach Sports safely.

**Course Tutor: ABCC Coach**

**Venue: By Arrangement**

Website: [www.1simplesolution.co.uk](http://www.1simplesolution.co.uk)

E-Mail: [simplesolution1@aol.com](mailto:simplesolution1@aol.com)

07889751781 or 07841334539

01845 526038 (evening)



## Mountain Bike Leader Course Confirmation And Joining Instructions

Ways of booking a course:

If you are organising for a group course minimum of 6 people and maximum of 12 we can give you your own course.

If you are an individual you will be allocated a space on an upcoming course (this may take longer).

Easiest way to book a course:

1. Appoint a course administration student for admin purposes prior to and during the course.
2. Find a minimum of 6 people who want to gain the qualification.
3. Decide on dates when you can all be available for the course.
4. Call Chip or Alex to book the desired/available course date.
5. Send deposits within **1 week** of initial enquiry to hold the date (£46 per person). Cheques made payable to ABCC. Failure to do so may result in course cancellation.
6. Ensure you have yourself, your kit, your transport and your sleeping arrangements sorted.
7. Have the funds at hand to pay the remainder of the course fees at the end of the first day.

### PRE COURSE STANDARDS

Candidates must be experienced cyclists with at least 20 quality day's logged experience as well as having a background in coaching and instruction.

### LOCATION AND TRANSPORT

Unless otherwise arranged the location for the course is JSMTTC Ripon, Deverell Barracks, North Yorkshire.

Transport for personnel and bikes are your responsibility. You will also need to transport yourself and bike to the riding location on day 2 by your own vehicles.

### EXTERNAL COURSES AWAY FROM RIPON

#### *UK Based:*

If the course is to be hosted at any other location travel and accommodation costs are to be met by the students. This will be arranged with the booking confirmation. If the course is held on a military camp then the instructor should be accommodated suitably and briefed prior to arrival on messing and sleeping arrangements.

The location should have appropriate cycling areas within range (approx 1hr drive).

A classroom environment is required for the first day of the course along with the necessary lecturing tools provided. Projector and Screen should be provided by course student.

Suitable skills course area (flat ground i.e. empty carpark minimum of 40m by 20m).

#### *Overseas:*

Same as above with few exceptions.....

Travel arrangements should be made by the course student (flights etc) and arranged with the course instructor.

Skills course should be improvised from gym equipment, cones, benches badminton nets.

Standard bike maintenance kit should be provided.



## ACCOMMODATION

It is your responsibility to organise accommodation for the duration of the course.

Booking military accommodation at Ripon; Phone 947315507 to check availability; Fill out LANDSO 1406 from HQ or Trg Wing; Fax LANDSO to 947315515 confirmations in 2-3 days

## COURSE TIMINGS

The course will start at 0900 on both days.

Day one will finish at 1700 and day two at 1600

## MEALS

It is your responsibility to arrange meals for the duration of the course through the messing facilities on location. Lunchtimes are to be packed lunches as it may well be a working lunch.

## CLOTHING AND EQUIPMENT

Day one is classroom based with a short urban ride and skills test (tracksuit is suitable). You are likely to get wet and dirty on day two. You should therefore bring sufficient appropriate cycling clothing to withstand mountain biking up to 5 hours and over, on the North Yorkshire moors. Additionally, you will be expected as a potential coach leader to carry the appropriate safety and repair equipment for leading a small group.

### Minimum clothing:

1. Cycling shorts with padded seat
2. Base Layer (not cotton)
3. Waterproof Jacket (Lightweight preferably bike specific)
4. Biking Gloves
5. Helmet
6. Suitable shoes (flat soled trainers are good)
7. Sunglasses with suitable lenses
8. Extra Warm Clothing (Hat, Micro fleece layer)

### Minimum Personal Equipment:

1. Bike (suitable trail riding mountain bike)
2. Spare inner tube x2
3. Multi Tool
4. First aid Kit (small)
5. Compass (small)
6. Items to be carried in small cycling bag (camelback)

There are many other items of kit that the Mountain Bike Leader may carry but this is seen as a minimum. Please carry any extras that you would normally carry with you.



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## REFERENCE MATERIAL

There is no requirement to read lots of books and publications prior to the course. If the course is not being run in Ripon two you will need to have sourced maps and guidebooks for a day long ride of your choice. Notebook and writing material should be brought for the classroom subjects.

## CONFIRMATION

Please complete and return the attached acknowledgement slip. Failure to do this may result in your place being offered to someone else.

If you have any queries about the course please contact me at the address on the acknowledgement Slip or ring 01845 526038 – mobile 07889 751781/07841334539(Alex).

E-mail : [Simplesolution1@aol.com](mailto:Simplesolution1@aol.com)  
Website: [1simplesolution.co.uk](http://1simplesolution.co.uk)  
P W RAFFERTY - ABCC Senior Coach  
Course Director PCCA  
22 Herriot Way  
Thirsk  
North Yorkshire  
YO7 1FL



**ACKNOWLEDGEMENT SLIP TO BE COMPLETED BY COURSE STUDENT**

I confirm that I have received the joining instructions from the Preliminary Cycling Coach Award And I/we will be attending.  
Please send this form with deposits and rider profiles to the address on previous page asap.

**START DATE**

I/we would like to attend on the following date: ..... And enclose a £46 deposit per person (Non Refundable).

Cheques made payable to: ABCC

Students attending the course:

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Total deposits £.....

Signed (Course admin student).....

**COST**

The cost of the two-day course is presently £154 (including deposit) which will include a Sports Coach UK Study pack, course study pack and registration membership of the Association of British Cycling Coaches and insurance. External courses outside of Ripon will incur an instructor travel and expenses fee (arranged upon course booking).

For military personnel, Course fees can be claimed back through:  
Standard Learning Credits SLC Funding (MOD Form 1950)

**Course 'administration student' details**

NAME .....

ADDRESS .....

.....TEL NO (mob).....

EMAIL .....



Each student is to fill this in this form and have it returned before the start of the course.

## Rider Profile

Course Date		Course Location	
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Name			
Known as			
Club Member			
First Aid Qualification			
Riding experience	Beginner	Intermediate	Advanced
Riding	Less than 10 logged days	10-20 logged days	More than 20 logged days
Leading experience on Bike			
Leading experience in AT			
AT and sport qualifications			
Areas ridden			
Additional Information			

Please give contact details of a Referee

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