



Biking Logbook

As a coach and mountain bike leader it is important to keep an up to date logbook for several reasons.

1. For your personal professional development, you should make evident your current and previous mountain biking experience. This will be required before attending training and assessment and also in other circumstances (entering events, riding advanced trails at trail centres) to prove competency.
2. Your qualifications are only valid when accompanied by an up to date logbook showing current and relevant experience.

Logbook Content

Your logbook should be split in to four sections to make it easier to read and access specific information.

1. Personal Cycling – Riding solo or as part of a group, you should state whether you have followed cycle routes or the type of navigation aids you used.
2. Leading or assisting leading – Experience gained working with as a leader or assisting a qualified leader with groups of up to 6. Leading is when you are solely responsible for the planning, implementation and follow-up of the ride.
3. Coaching Cycling – Experience gained where you are involved in enhancing an individuals performance or skills, for example teaching someone to bunny-hop to writing them a performance enhancing training programme.
4. Events and competitions – any type of race or even should be logged as this shows professional experience and competency.