

# Biking Ratings

## **Participant Levels for Mountain Biking:**

### **Introductory (MTB0):**

Bikers with this rating can comfortably ride a bicycle. This means that they possess the ability to balance, shift gears, and safely apply brakes. In addition, in the case of short, local bike trips (where we will bike to the trail system) they must be physically fit enough to bike up to 5 miles to the trail system.

NOTE: Trip leaders may waive the need for an introductory rating to attend beginner mountain biking trips at their own discretion. The purpose of this rating is to ensure that members are ready for singletrack mountain biking.

### **Beginner (MTB1):**

Bikers with this rating have demonstrated the ability to comfortably ride a bicycle. They have gone biking with Hoofers at least once, and should be able to ride on green circle (beginner) singletrack trails without walking.

### **Intermediate (MTB2):**

Bikers with this rating have demonstrated the ability to skillfully operate a bicycle on a variety of trails. They should be able to ride blue square (intermediate) singletrack trails without walking. In addition, riders with this rating have demonstrated a level of personal responsibility that allows them to accurately gauge their ability to ride a trail in relation to their skill level.

NOTE: Practically, this functions as the highest skill level required to go on any Hoofers mountain biking trip. Bikers with an intermediate rating should be able to ride the same trails as advanced mountain bikers, although at a slower pace and walking difficult sections. This is where the personal responsibility qualifier is taken into consideration.

### **Advanced (MTB3):**

Bikers with this rating are experienced mountain bikers. They should be able to ride black diamond (advanced) trails comfortably without walking.

## **Mountain Bike Trip Leader Qualification:**

To lead mountain biking trips, riding ability is far less important than planning and responsibility. To become a mountain bike trip leader, an individual will have to demonstrate an ability to make safe, responsible decisions as both a leader and a mountain biker. This includes **all** of the following:

- 1. Safety:**
  - a. The most dangerous part of any mountain biking trip is riding through town. The risk of getting hit by a car is far greater than any damage that might ensue on the trail. A trip leader makes sure everyone is together **BEFORE** the group crosses any street.
  - b. Being safe also includes safety attire. Trip leaders are responsible for making sure everyone is wearing a helmet at **ALL TIMES**.
- 2. Understand Personal Limits:** A trip leader must demonstrate that they will use caution on dangerous spots that are above their capabilities and will not risk getting hurt.
- 3. Understand Limits of Group:** It is the responsibility of the leader to ensure that the trails being ridden are suitable for the skill level of the entire group, and to select trails that ensure the safety of all participants.
- 4. Preparation:** Ensure that the group has all necessary supplies for the ride. Every trip should have a minimum of a first aid kit, spare tubes, tools, water and snacks.
- 5. Attitude:** A good trip leader is not only responsible but encouraging. Mountain biking can be frustrating, making a supportive leader key to a successful trip.

## **Trip Leader Tiers:**

### **Day Trip Leaders (MTBL1):**

Day trip leaders know proper biking etiquette and can safely navigate traffic en route to their destination. In addition, they should be able to provide guidance to trip participants and choose safe trails based on participants skill levels.

Suggested Edit: Must co-lead at least one (1) day trip with a leader who already possesses an MTBL1 rating.

Land safety meeting edit: In order to be a MTBL1, you must go on a trip and be recommended to lead by another MTBL1 or above and also must be approved by the Mountain Biking Chair.

### **Overnight Trip Leaders (MTBL2):**

Overnight Leaders with this rating have led at least three(3) day trips and have demonstrated excellent planning and leadership skills. This includes being able to make arrangements for lodging, food, and travel if necessary.

Suggested Edit: Must co-lead at least two(2) overnight trips with a leader who already possesses a MTBL2 rating.

Land safety meeting edit: Must co-lead at least one (1) overnight trip with a leader who already possesses a MTBL2 rating. Must be recommended to lead by that MTBL2 leader and also must be approved by the Mountain Biking Chair.

Edit: **Overnight Trip requirements**

MTB1: Day Trip

MTB2: Overnight trip, access to EMS

Someone with first aid/CPR must be on the trip

Participants must have MTB2 rating or above

MTB2+: Overnight trip, no easy access to EMS

Someone with WFA and CPR must be on the trip

Participants must have MTB2 rating or above

### **Planned Changes for 4/11/19 Land Safety Meeting**

Addition of the + qualifier. Any trip with this qualifier added to it (i.e. MTB2+) indicates a trip where EMS response time would be extended due to remoteness or location. Trips with this qualifier require a participant with at least a WFA certification and CPR training.

This qualifier would replace the overnight trip requirements.

Trips will be rated based on the skill rating required of participants (MTB1, MTB2, etc) with the + qualifier added for trips which meet the criteria.