



MOUNTAIN-BIKE

INSTRUCTORS' AWARD SCHEME

(M.I.A.S) (Emfec Accreditation)

Course Programme

Saturday

8-45pm Arrive at Centre and admin - have all your kit and bike ready for a ride and a selection of your full riding kit.

9am The MIAS Scheme

9-30am Personal and Group Equipment

10am Bike Anatomy

10.30pm Access, First Aid and Conservation

Tea Break

11-30 Group/Personal Safety - Pre cycle checks - warm up.

10am Area ride - Personal/ Group riding techniques

Lunch while out (bring a packed lunch)

3pm Maintenance (Workshop) including off road cycle repairs

5pm Route Planning and Navigation

6pm Review and look forward to tomorrow.

Sunday

9am All day planned Cycle Ride meeting at Llandegla, to include assessed road riding , group leadership and navigation. For level 2 assessment be fully prepared as you would for leading a group.

Covering Leadership (CLAP) and IDEAS (see Teaching and Leadership document)

3pm Group Debrief

3.15pm Personal Debriefs

4.30pm Close of Course

All candidates should come prepared to teach a skill from the skills matrix using the ideas model given in the Teaching and Leadership Document.

We always aim to work to this schedule, however due to prevailing weather conditions, etc, we may have to alter it where necessary.

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