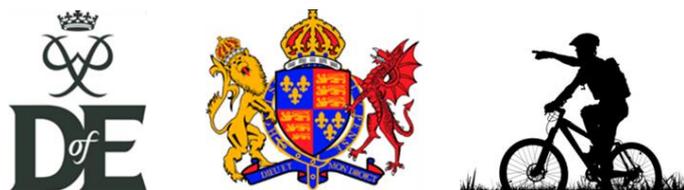


KES MTB CLUB



MTB GUIDELINES

Email us: dofe@kes.hants.sch.uk

Web: <http://intranet.kes.hants.sch.uk/duke-of-edinburgh-award>

MOUNTAIN BIKING INTRODUCTION

All riders will need to provide their own type of serviceable Mountain Bike. There are many different types of MTB (front suspension/hard-tails, full suspension, disc brake equipped or not, standard wheel sizes, 700-750's, 29'ers & fat bikes) all of these bikes offer differing riding characteristics with pros and cons for each rider and the environment they are in. It is the rider's responsibility to select the most appropriate type of bike for the forecasted ride.

RIDE CATEGORIES

All MTB rides will be split into the following two categories unless otherwise forecast:

Cross-Country Routes

These rides will utilise our local surrounding countryside be that the New Forest, South Downs or the more rural areas of Hampshire. These rides will be at a social pace with regular stops, generally using cycle ways and various off-road paths to provide an introduction to MTB'ing; there may be an element of road use to link the route. The route may contain sections of undulating, flowing single-track which features changes in riding surfaces, levels and gradients. Basic mountain bikes or similar bikes with trail type tyres should be suitable for these rides.

Trail Centre Visits

Where organised, these visits will offer riders an opportunity to enhance their skills on the GREEN, BLUE and RED trails of local trail centres.

Riders will only be permitted to attend if they have attended previous cross-country rides.

The club would generally start low and work up the grades, warming up and riding together. Thereafter allowing small groups to ride off but meeting up at natural break-points.

Where pump-tracks are provided, the group may be permitted to practice their skills with remote supervision.

RIDERS MUST RIDE WITHIN THEIR OWN CAPABILITIES AND NOT ATTEMPT ANY RIDE IF THEY FEEL THEY ARE UNPREPARED!

The following table provides some guidance on the type of trails depending on the location. Riders must satisfy themselves that they are able to ride the advertised trail (remembering that any impact on themselves also impacts the remainder of the trip party!)

Trail	Suitable For	Trail Description
Green	Beginners in good health with basic bike skills. Most types of hybrid and basic mountain bikes.	Relatively flat and wide.
Blue	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Contains sections of undulating, flowing single-track which features small unavoidable banked corners and grade reversals.
Red	Proficient mountain bikers with good off-road riding skills and fitness. Good mountain bikes.	Challenging. Climbs, tricky descents and technical features such as drop-offs and large rocks.
Black	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge and difficulty. Expect large and unavoidable features.

KES MTB Leaders will not lead on BLACK ROUTES as it is out of their qualification remit – riders should therefore not expect to ride BLACK graded routes on KES trips!

RESIDENTIAL TRIPS

Each term there will be the opportunity for Club riders to take part in a residential visit. These will be offered as separate trips, but will offer the chance to try different areas and trail centres with the added enjoyment of spending time with other riders in a relaxed setting.

Only those riders with a history of attending Sunday rides will be permitted to attend.

Likely venues:

- Dartmoor/Lovaton Rural Study Centre
- Snowdonia National Park
- The Long Mynd
- Cannock Chase

MTB SAFETY GEAR

The following Personal Protection Equipment (PPE) is regarded as the minimum standard for all MTB rides:

- Cycling Helmet.
- Eyewear (tinted or clear lenses may be used depending on light levels).
- Gloves (fingerless gloves may be worn but do not offer the same protection of full finger gloves).
- Sturdy footwear. (you may wish to consider waterproof socks!).

ESSENTIAL KIT

When mountain biking there may be times that we will be riding away from public roads and the general public. There may also be no available phone signal. Your leader(s) will be carrying certain safety equipment, but it is essential that all riders can look after themselves by carrying the following kit:

- At least one spare inner-tube size specific to your bike!
- A small toolkit or multi-tool specific to your bike.
- Bike pump.
- Any additional spares/items (chain link, rear mech hanger, puncture repair kit, cable ties, gaffa tape etc.)

- A small bag (Day sack or saddle pouch to store the essential kit)
- Cycle clothing suitable for MTB riding and the weather conditions.
- KES MTB Club Member Card with contact details.

SLIME – We would recommend the use of “Slime” in tyres. This can reduce the amount of annoying small punctures affecting the ride enjoyment for all participants.

Safety:

Do not carry tools or hard objects in your cycle clothing, as this can contribute to further injuries during a minor tumble!

KES MTB LEADERS

KES MTB Leaders will lead a pre-ride check prior to all rides to confirm:

- Bike serviceability.
- Rider knowledge / medical / injuries.
- Ride type / ride order / buddy system.
- Lessons learnt from previous rides.
- Any particular hazards on the route.

Please ensure that the KES MTB Leader is informed of anything that may affect the ride from a personal point of view. The ride leader may decide to stop the ride for any of the following reasons:

- To correct ride behavior.
- Advise of a particular hazard ahead.
- Open a discussion or teaching point about a particular hazard/obstacle.
- Allow all riders to regroup. Rest and Nutrition stops.
- Gain group feedback.
- Adjust the route, pace or technical element if conditions change.

GENERAL MTB RIDE

GUIDELINES & ETIQUETTE

Mountain Biking can seem very daunting to a new or inexperienced rider and at times can demand a high level of concentration.

Riders must ride within their own capabilities at all times. Any hazards that are encountered must be treated with respect and if you are in any doubt with regards to your own capabilities then you must stop and inform the rider leader immediately.

New or inexperienced riders must never ride alone and normally your ride leader may request you to ride with a more experienced rider; or in a certain ride order. The reason for this is to ensure riders are monitored throughout the ride and the ride leader or experienced riders may be able to offer assistance if required. Speak with your ride leader should you have any concerns when riding with the group.

When riding off road trails; riders generally adopt a single file riding position allowing sufficient space between the rider in front of them. This is to allow for sudden changes in direction, sudden braking or hazards along the trail. A typical distance would be approximately 5 to 10 metres depending on the terrain and speed. This distance is a guide only and riders should ride within their own capabilities.

Riding on the rear wheel of the person in front of you is not acceptable when riding off road.

When riding in a group, it is the lead rider that sets the pace. On technical trails you must not pressurize the rider in front of you, either verbally or by riding in a harassing or aggressive style.

The ride order must be maintained when riding down single track trails or forest/wooded sections. It is your responsibility to inform other riders or the ride leader if you notice the rider in front of you or behind you missing. They may have missed a turning point or been unfortunate enough to fall off.

When riders approach a junction or change of direction in the trail, you must check behind you to ensure the following rider has seen where you are going. If there is no one following you must stop and wait for the following rider. If the group becomes fragmented your ride leader will backtrack any changes in direction, instructing all others to wait.

Communication within the MTB group is very important to advise of any hazards along the trail. All riders are requested to shout out any obvious hazards (tree stump, holes, large rocks etc.) that may cause a hazard to following riders. Both verbal and hand signals help a following rider to prepare for the hazard ahead. All riders in the group must shout out any unfamiliar hazards.

MTB riders should watch out for all other riders in the group. If anyone is struggling or has to stop for any reason, everyone has a responsibility to communicate this up to the front of the group. Additionally if you are struggling with the pace please shout "PACE" rather than suffering in silence and possibly causing the group to fracture.

RIDE ETIQUETTE IS ENHANCED BY THE FOLLOWING:

- Be courteous to other road and trail users wherever possible. Any incidents must be reported to the ride leader immediately so that the situation can be dealt with accordingly.
- Do not react to bad driving incidents with gestures or provoke retaliation.
- All riders must obey the Highway Code and Countryside Code at all times.

RIDING WITH THE KES MTB CLUB

We want riders to gain maximum enjoyment from the group rides in a safe and sensible manner.

Whilst these guidelines are not exhaustive, they seek to offer some advice on the expected level of skills and etiquette required to ride within the MTB Club.

These guidelines have primarily been drawn up to help members who have never ridden off road before, however we would like everyone who participates in the MTB rides to read this document and to follow the guidance given. If you are unsure of any of the content, please talk to the MTB Leader prior to the ride. You will not be able to join a MTB ride unless you have confirmed that you have read and understood this document on your application form.

Please note, these guidelines are not intended to curb anyone's enthusiasm on a ride, they are implemented to ensure yours and the groups safety and enjoyment are maintained whilst riding with the KES MTB Club.

MTB RISK STATEMENT

Mountain biking is an outdoor adventurous activity. All outdoor activities carry with them an element of risk. Although some risks can never be totally eliminated they can be minimised by following the contents of these useful guidelines.

MTB RISK MANAGEMENT

All KES MTB leaders will hold a recognised MTB Leader qualification, which requires a valid First Aid qualification also.

Ride routes will already be known to leaders.

SAFE RIDING

P Barnes

Mr PRC BARNES
DofE Manager & EVC
MTB Leader Level 2

FURTHER GUIDANCE

MTB Skills Videos

You Tube – Global Mountain Bike Network – a fantastic range of “how to” videos and advice.

<https://www.youtube.com/user/globalmtb>

MTB Servicing & Repairs

There are many MTB shops that provide this service, but a local guy that is reasonably priced and does a fantastic job is Phil at The Broken Spoke: <http://thebrokenspoke.co.uk/>

MTB Mapping & Trackers

These can be valuable for tracking your rides and providing evidence for your DofE Award. There are plenty, try the following:

Map my Ride – Map, track and log any activity.
<http://www.mapmyride.com/>

View Ranger – Tracking, Plotting, resource with downloadable maps (purchase required). Uses OS Maps (choose 1:25k)
<http://www.viewranger.com/en-GB>

Strava – Tracking and plotting tool compliant with most mobile devices.
<https://www.strava.com/>

GBMapometer – Useful for plotting and adding rides prior to and after rides.
<https://gb.mapometer.com/>

