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# SCOTTISH MOUNTAIN BIKE LEADERS ASSOCIATION TRAIL CYCLE LEADER (LEVEL 2)

NOVEMBER 5<sup>TH</sup> & 6<sup>TH</sup> 2005  
OR

FEBRUARY 4<sup>TH</sup> & 5<sup>TH</sup> 2006

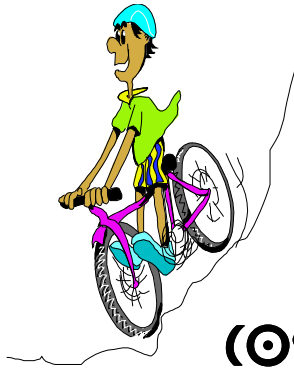
(PLUS ONE DAY ASSESSMENT TO BE ATTENDED)

COST - £130 (PLUS SMBLA MEMBERSHIP - £18)

NANT BH, LLANRWST

# MOUNTAIN BIKE LEADERS AWARD (LEVEL 3)

FEBRUARY 6<sup>TH</sup>, 7<sup>TH</sup> AND 8<sup>TH</sup>, 2006



THE SMBLA SCHEME HAS BEEN DEVELOPED BY SCOTTISH CYCLING IN CONJUNCTION WITH THE SCOTTISH ADVISORY PANEL IN OUTDOOR EDUCATION (SAPOE), TO PROVIDE A FRAMEWORK & QUALIFICATION FOR LEADERS TO DELIVER MOUNTAIN BIKING AS A SAFE AND ENJOYABLE SPORT ACROSS THE UK. THE COURSE IS RECOGNISED BY AALA AND BY BRITISH CYCLING (BC).

THE AWARD ENTITLES YOU TO LEAD GROUPS OF UP TO 6 RIDERS THROUGHOUT THE UK ON PUBLIC HIGHWAYS, WAY-MARKED ROUTES, RIGHTS-OF-WAY ON WHICH CYCLES ARE PERMITTED, IDENTIFIABLE ROUTES, TRACKS AND TRAILS WITH OBVIOUS NAVIGATIONAL FEATURES AND WITH LOW TO MEDIUM TECHNICAL DIFFICULTY. THE AWARD COVERS NORMAL SUMMER CONDITIONS. THE ROUTES WILL BE 90-95% RIDABLE AND SHOULD TAKE THE GROUP NO MORE THAN 30 MINUTES WALK BY A REASONABLY FIT PERSON AWAY FROM A SHELTER WITH COMMUNICATION, AND TO BE NO MORE THAN 600 METRES IN HEIGHT. TO ATTEND YOU MUST HAVE THE FOLLOWING -

- CANDIDATES MUST BE AGED OVER 18;
- CANDIDATES MUST HAVE A VALID FIRST AID CERTIFICATE (12 HOUR COURSE, HSE APPROVED);
- CANDIDATES MUST BE REGISTERED WITH SMBLA PRIOR TO THE COURSE (FEE INCLUDES THE SMBLA MANUAL);
- CANDIDATES MUST HAVE LOGBOOK EVIDENCE OF AT LEAST 20 MOUNTAIN BIKE RIDES

PLEASE PHONE THE LEISURE DEVELOPMENT OFFICER ON 01492 575556 TO RESERVE YOUR SPACE AND THE COMPLETE AND RETURN THE PRO-FORMA BELOW

## COURSE BOOKING FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_ TEL NO (DAYTIME) \_\_\_\_\_

NAME OF SPORTS CLUB / ORGANISATION: \_\_\_\_\_

NAME OF COURSE: \_\_\_\_\_ DATE(S) OF COURSE: \_\_\_\_\_

PLEASE INCLUDE A DEPOSIT OF £50. THIS IS NON-REFUNDABLE.  
YOU WILL BE INVOICED AFTER THE COURSE FOR THE BALANCE.

PLEASE RETURN THE FORM TO - LEISURE DEVELOPMENT OFFICER, LEISURE AND COMMUNITY DEVELOPMENT SERVICES,  
GOVERNMENT BUILDINGS DINERTH ROAD COIWUN BAU 112R 4HH



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# ARWŊNŲDD BŊICIO TRŊIALON (SAFON 2)

SCOTTISH MOUNTAIN BIKE LEADERS ASSOCIATION

5 A 6 TACHWŊDD 2005  
NŊU

4 A 5 (HWŊFRŊR 2006

(ŲN OGŲSTAL ł MŲNŲCHU UN DIWRNOD ASEŲU)

(ŲST - ŊIBO (ŲN OGŲSTAL AG AŊLODAŊTH SMBLA- ŊIB)

NANT BWLCH 4R HAŊARN, LLANRWST

# GWOBR ARWŊNWŲR BŊICIO MŲNŲDD (LŊŊL 3)

(HWŊFRŊR 6, 7 A 8, 2006



SMBLA



DATBLŲGWŲD Ų ŲNLLUN SMBLA GAN SCOTTISH ŲCLING AR Ų ŲD łR PANŊL ŲMGŲNGHORI ALBANAIDD MŊWN ADDŲSG AWŲR AGORŊD (SAPŊŊ), I DDARPARU FFRAMWAITH A CHŲMHŲŲSTŊR AR GŲFFER ARWŊNWŲR I GŲFLWŲNO BŊICIO MŲNŲDD ŊŊL (CAMP DDIOGŊL I'W MŲNŲHAU AR DRAWS Ų DU. CAIFF Ų ŲWRS ŊI GŲDNABOD GAN ŲR AALA A BRITISH ŲCLING (BC).

MAŊR DŲFARNIAD ŲN RHO'R HAWL I CHI ARWAIN GRŲPIAU O HŲD AT 6 BŊICIWR LŊDLŊD Ų DU AR BRIFFŲRDD ŲHOŊDDUS, FFŲRDD WŊDI ŊU HARŲDDO, HAWLIAU TRAMŲŲ LLŊ (ANIATŊIR BŊICIAU, LLWŲBRAU Ų ŊELLIR ŊU HADNABOD A THRACIAU A THRŊIALON ŊFO NODWŊDDION LLŲWIADŲŲ AC ŊFO LŊŊL ANHAWSTŊR ISŊL I GANOLIG. MAŊR DŲFARNIAD ŲN DŊLIO ŊFO ŲŲFLŲRAU TŲWŲDD ŲR HAŊ. BŲDDWCH ŲN GALLU BŊICIO AR 90-95% O'R LLWŲBRAU AC NI DDŲLAI GŲMRŲD MWŲ NA 30 MUNUD I UNIGOLŲN RHŊŲŲMOL FFIT ŊERDDŊD I FFWRDD ODDI WRTH LOCHŊS ŊFO SŲSTŊM GŲFATHRŊBU, AC NI DDŲLAI FOD ŲN FŲŲ NA 600 MŊTR MŊWN TALDRA. I FŲNŲCHU, DŲLŊCH FOD łR CANŲNOL -

- MAŊN RHAID I ŲMGŊISWŲR FOD DROS 18 OŊD;
- MAŊN RHAID I'R ŲMGŊISWŲR FOD ł THŲSTŲSGRIF ŲMORTH ŲNTAF DDILŲS (ŲWRS 12 AWR, WŊDI'I GŲMŊRADWŲO GAN HŊŊ);
- MAŊN RHAID I'R ŲMGŊISWŲR GOFŊSTRU ŊFO'R SMBLA (ŲN Ų ŲWRS (MAŊR FFI ŲN ŲNŲWŲS LLAWŲFR ŲR SMBLA);
- MAŊN RHAID I'R ŲMGŊISWŲR CAŊL TŲSTIOLAŊTH LLŲFR LOG O 20 TAITH BŊIC MŲNŲDD O LŊIAF.

ŊR MŲNŲ CADW'R ŲMHŲŲSTŊR ŲN DDILŲS, MAŊN RHAID I'R ŲMGŊISWŲR FOD ł THŲSTIOLAŊTH ŲMORTH ŲNTAF BOB

FFONIWCH Ų SWŲDDOG DATBLŲGU HAMDDŊN AR 01492 575556 I GADW LLŊ A LLŊNNWCH A DŲCHWŊLWCH Ų PROFFORMA ISOD

## FFURFLŊN NŊILLTUŲ LLŊ AR ŲWRS

ŊNW: \_\_\_\_\_

ŲŲŊIRIAD: \_\_\_\_\_

ŲOD POST: \_\_\_\_\_ RHIF FFŲN (ŲN ŲSTOD Ų DŲDD) \_\_\_\_\_

ŊNW (LWB CHWARAŊON/ MUDIAD): \_\_\_\_\_

ŊNW'R ŲWRS: \_\_\_\_\_ DŲDDIAD(AU'R) ŲWRS: \_\_\_\_\_

(ŲFIWCH GŲNŲWŲS BLAŊNDAL O Ŋ50. NI ŊLLIR AD-DALU HWN.  
BŲDDWCH ŲN CAŊL ANFONŊB AM Ų BALANS AR ŲL Ų ŲWRS.

DŲCHWŊLWCH AT - SWŲDDOG DATBLŲGU HAMDDŊN, GWASANAŊTHAU HAMDDŊN A DATBLŲGIAD ŲMUNŊDOL, ADŊILADAU'R  
ILLUWODRAŊTH FFORDD DINŊRTH RAŊ (ŲIWUN 1128 4111