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

NOVEMBER 5TH & 6TH 2005
OR

FEBRUARY 4TH & 5TH 2006

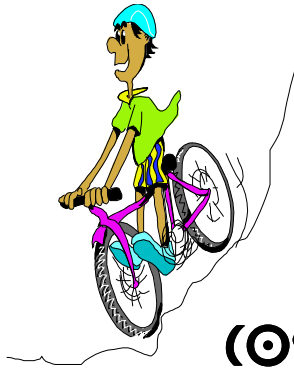
(PLUS ONE DAY ASSESSMENT TO BE ATTENDED)

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

NANT BH, LLANRWST

MOUNTAIN BIKE LEADERS AWARD (LEVEL 3)

FEBRUARY 6TH, 7TH AND 8TH, 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 BAY 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 ņ MŲNŲCHU UN DIWRNOD ASŊSU)

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

NANT BWLCH 4R HAŊARN, LLANRWST

GWOBR ARWŊNWŲR BŊICIO MŲNŲDD (LŊVL 3)

(HWŊFRŊR 6, 7 A 8, 2006



SMBLA



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

MAŊR DŲFARNIAD ŲN RHO'R HAWL I CHI ARWAIN GRWPIAU O HŲD AT 6 BŊICIWR LŊDLŊD Ų DU AR BRIFFŲRDD ŲHOŊDDUS, FFŲRDD WŊDI ŊU HARWŲDDO, HAWLIAU TRAMWŲ LLŊ (ANIATŊIR BŊICIAU, LLWŲBRAU Ų ŊELLIR ŊU HADNABOD A THRAICIAU A THRŊIALON ŊFO NODWŊDDION LLŲWIADWŲ AC ŊFO LŊŊEL 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 RHŊŊŲMOL 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 ņR CANLŲNOL -

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

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

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

FFURFLŊN NŊILLTUŊ LLŊ AR CWRS

ŊNW: _____

ŲŲŊIRIAD: _____

ŊOD POST: _____ RHIF FFŊN (ŲN ŲSTOD Ų DŲDD) _____

ŊNW (LWB CHWARAŊON/ MUDIAD): _____

ŊNW'R CWRS: _____ DŲDDIAD(AU'R) CWRS: _____

(ŊFIWCH GŲNŲWŲS BLAŊNDAL O Ŋ50. NI ŊLLIR AD-DALU HWN.
BŲDDWCH ŲN CAŊL ANFONŊB AM Ų BALANS AR ŊL Ų CWRS.

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