

# Lesson Plan



## Mountain Bike Fundamentals for New Club Members (Rookie Ride)

<b>Target Audience</b>	New members of the Bushrangers Mountain Bike Club with limited endurance and off-road experience.
<b>Duration</b>	90 – 120min
<b>Location/Route</b>	<b>Parklands trail network</b> Meeting point at carpark, then ride the “Rookie Road” trail to the Skills development area and then do the “Lush” green trail. Then return back to carpark.
<b>Trailforks Link</b>	<a href="https://www.trailforks.com/trails/lush-98531/">https://www.trailforks.com/trails/lush-98531/</a>



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## Learning Objectives:

- Participants will gain an understanding of basic mountain bike terminology and equipment.
- Participants will learn fundamental trail riding skills:
  - Shifting gears
  - Braking on descents and loose surfaces
  - Body positioning and balance
  - Scanning the trail

## Materials:

- Helmet and closed-in shoes.
- Bikes in good working condition (participants BYO).
- Spare tubes, multi-tool, zip ties, tape, chain lube and pump.
- Spare Water bottle (participants BYO)
- Sunscreen and insect repellent.
- First aid kit
- Insurance form for any non-members

## Introduction (10 minutes):

- Welcome participants and introduce yourself, your helpers, the club and the trail colour codes.
- Briefly explain the session's structure, learning objectives, and safety protocols.
- Have the group do a quick bike check. Making sure their brakes work and all components and clothing are secured. Do a “drop test” on the bikes and get them to listen for any odd sounds from their bike.
- Emphasise the importance of staying together as a group and following your lead.

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## Basic Skills Refresher (15-30 minutes):

- Warm up by slowly riding along the Rookie Road trail to the skills development area.
- Choose a flat, open area at the skills area.
- Briefly review basic bike control techniques: starting, stopping, turning, and shifting gears.
- Remind participants to use their brakes smoothly and avoid locking them up.
- Use an easy obstacle nearby to show body positioning.
- Emphasise the importance of scanning the trail ahead to identify obstacles and choose their line accordingly.

## Trail Riding Practice (45-60 minutes):

- Lead the group on a short, easy section of the trail network, focusing on practising the skills reviewed earlier.
- Start slowly and gradually increase the difficulty as participants gain confidence.
- Stop at strategic points to provide feedback, answer questions, and offer encouragement.
- Focus on positive reinforcement and celebrate individual and group successes.

## Wrap-Up (10 minutes):

- Gather the group at the skills park for a rest. Gauge if they want to do the loop again or head back to the carpark.
- At the carpark briefly summarise the key takeaways from the session.
- Encourage participants to continue practising, download the trailforks app and explore the trails on their own, and ride within their abilities.
- Answer any remaining questions and invite participants to join future club rides and events.

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## Potential changes:

- Be prepared to adapt the pace and difficulty of the trail based on the group's overall comfort level.
- Offer individual support and adjustments for riders who need extra assistance.
- Encourage more experienced participants to act as "buddies" for newer members during the ride.
- Keep a club volunteer as a “sweeper” at the back of the group. Exchange your phone numbers.

## Safety:

- Always prioritise safety throughout the session.
- Remind participants to wear helmets properly at all times.
- Control the group's speed and keep an eye out for potential hazards on the trail.
- Be prepared to address any minor incidents or mechanical problems that may arise.
- Keep the QLD Ambulance App on your phone.