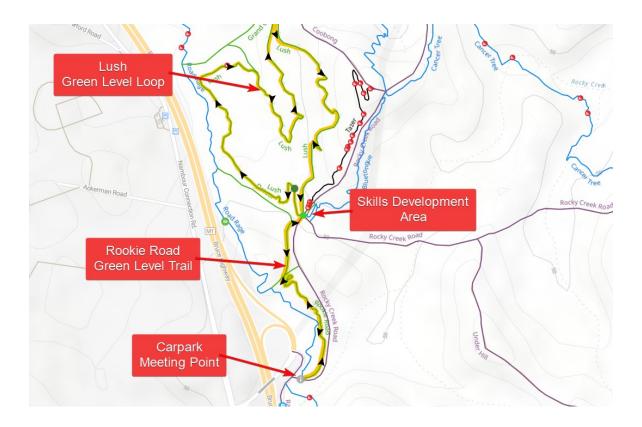


Mountain Bike Fundamentals for New Club Members (Rookie Ride)

Target Audience	New members of the Bushrangers Mountain Bike Club with limited endurance and off-road experience.
Duration	90 – 120min
Location/Route	Parklands trail network 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.
Trailforks Link	https://www.trailforks.com/trails/lush-98531/





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.



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.



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.