

# Assessment Checklist for Mountain Biking (Terrain 1 Winter)



Item Code AC120922 Dec/05 Edition no 1

0845 300 1818

## Introduction

This is an assessment checklist to use in assessing an Applicant to gain a permit to lead Mountain Biking in Terrain 1 Winter conditions. More details on the permit scheme, assessing, technical skills and Mountain Biking in Terrain 1 Winter conditions can be found in resources listed in [FS120084 Scout Led Activities Index](#).

## Using This Checklist

This checklist is the syllabus that an Applicant should be assessed against for the Technical section of gaining a permit.

Once an assessment is complete the Approved Assessor should fill in the back page and give it to the Applicant to take to their responsible Commissioner.

## Technical Publication

If you require any more technical information on any of the elements in the checklist, these can be found in the official technical manual, which is:

**Mountain Biking: The Essential Guide To Equipment and Techniques** by *Herman Mills*  
ISBN 185974401X

**Mountain Biking (Terrain 1 Winter)**

Core Skill	Done / Comments
<p><b>Responsibilities</b></p> <ul style="list-style-type: none"> <li>▪ Choose objectives appropriate to the group.</li> <li>▪ Plan effectively in advance.</li> </ul>	
<p><b>Group Management</b></p> <ul style="list-style-type: none"> <li>▪ Manage and communicate with a group effectively.</li> <li>▪ Ensure the group is adequately briefed before the activity.</li> </ul>	
<p><b>Risk Assessment</b></p> <ul style="list-style-type: none"> <li>▪ Know how to complete a Risk Assessment.</li> <li>▪ Able to effectively identify the hazards and risks and know how to reduce or remove them, during Mountain Biking in Terrain 1 Winter conditions.</li> </ul>	
<p><b>Weather</b></p> <ul style="list-style-type: none"> <li>▪ Knowledge of where to gain weather information.</li> <li>▪ Knowledge of how weather conditions can affect Mountain Biking in Terrain 1 Winter conditions.</li> </ul>	
<p><b>Technical</b></p> <ul style="list-style-type: none"> <li>▪ Ability to safely ride over an obstacle of moderate height.</li> <li>▪ Ability to ride down a steep descent in a controlled manner.</li> <li>▪ Ability to ride up a moderate slope on rough ground.</li> <li>▪ Ability to ride along a ridge in a controlled manner.</li> <li>▪ Ability to negotiate a shallow water course.</li> <li>▪ Hold a Hillwalking Permit for Terrain 1 Winter Conditions. This needs to be assessed by an Approved Assessor for Winter Hillwalking.</li> </ul>	
<p><b>Emergency Procedures</b></p> <ul style="list-style-type: none"> <li>▪ Knowledge of relevant procedures in the event of an accident.</li> </ul>	
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>▪ Knowledge of personal and group equipment required and how it is used.</li> <li>▪ Understanding of additional equipment required by the leader.</li> <li>▪ Deal with common mechanical bike problems that are likely to be encountered during an activity session.</li> <li>▪ Ability to set up a bike appropriately for the size of the rider.</li> </ul>	

## Mountain Biking (Terrain 1 Winter) Permit Assessment

The Applicant should keep this form once it has been completed by the Approved Assessor and take it to their responsible Commissioner.

<b>Applicant's Name</b>				<b>Permit Applied For</b>			
<b>1. TECHNICAL COMPETENCE</b>						<b>Done</b>	<input type="checkbox"/>
<p><b>Description:</b> Technical assessment based on the holding of an appropriate NGB award, renewal of an existing permit with up to date experience, or a practical assessment of the Assessment Checklist.</p> <p><b>To Be Completed By:</b> Either an appointed County Assessor or an External Assessor with the appropriate NGB award.</p>							
<b>Restrictions based on Technical Assessment:</b>							
						<b>Date</b>	
<b>Assessor:</b>	<b>Signature</b>			<b>Name</b>			
	<b>County (if SA Assessor)</b>			<b>Phone</b>			
<b>2. SCOUT ASSOCIATION RULES</b>						<b>Done</b>	<input type="checkbox"/>
<p><b>Description:</b> Check of the Applicant's knowledge of the appropriate Scout Association rules for running the activity. Appropriate Rules can be found in <a href="#">FS120084 Scout Led Activities Index</a>.</p> <p><b>To Be Completed By:</b> Either an appointed County Assessor, responsible Commissioner or appropriate nominee of the responsible Commissioner.</p>							
<b>Restrictions based on knowledge of The Scout Association Rules:</b>							
						<b>Date</b>	
<b>Signature</b>			<b>Name</b>			<b>Role</b>	
<b>3. CHILD PROTECTION</b>						<b>Done</b>	<input type="checkbox"/>
<p><b>Description:</b> Check Applicant has undertaken the necessary Personal Enquiry checks and received the appropriate child protection training.</p> <p><b>To Be Completed By:</b> Responsible Commissioner or appropriate nominee of the Commissioner.</p>							
<b>Restrictions based on Child Protection:</b>							
						<b>Date</b>	
<b>Signature</b>			<b>Name</b>			<b>Role</b>	
<b>4. PERSONAL SUITABILITY</b>						<b>Done</b>	<input type="checkbox"/>
<p><b>Description:</b> Check the Applicant is suitable (attitude etc) based on the demands of the activity.</p> <p><b>To Be Completed By:</b> Responsible Commissioner or appropriate nominee of the Commissioner.</p>							
<b>Restrictions based on Personal Suitability:</b>							
						<b>Date</b>	
<b>Signature</b>			<b>Name</b>			<b>Role</b>	
<b>5. PERMIT GRANTED</b>						<b>Done</b>	<input type="checkbox"/>
<b>Restrictions:</b>							
						<b>Expiry Date</b>	
<b>Commissioner Signature</b>						<b>Date</b>	