



Pathfinder Honour: Workbook

Mountain Biking 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

INSTRUCTIONS: Only brief notes are required. Pictures and sketches are very useful.

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Requirement 1: Earn the Cycling 1 Honour and ensure you are still familiar with its contents.

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Requirement 2: Using a mountain bike and a road bike as examples, show and describe five differences between mountain bikes and road bikes. Briefly explain why they are different.

Difference between mountain bikes and road bikes. Why they are different.

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| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

Requirement 3: Give the definition for the terms 'rigid', 'hard tail' and 'full suspension' and briefly explain the advantages and disadvantages of each.

Definition for the term and advantages / disadvantages of each.

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| Rigid: | |
| Hard Tail: | |
| Full Suspension: | |

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Requirement 4: List at least three materials that mountain bike frames are made from and give an advantage and a disadvantage of each material.

| <u>Material</u> | <u>Advantage and a disadvantage</u> |
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Requirement 5: Explain differences between single track, double track, and fire roads.

Single track:

Double track:

Fire road:

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Requirement 6: Know and practice courtesy rules that should be followed when doing off-road riding. [Please give 4 courtesy rules]

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Requirement 7: Discuss some spiritual applications of mountain biking and write a brief paragraph (max 50 words) relating to your personal experience of mountain biking.

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Requirement 8:

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| a. | Name three (3) injuries which can occur when mountain biking. | |
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| b. | List six (6) ways to minimise injuries when mountain biking. | |
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| c. | List three (3) items of safety equipment and explain their role in minimising injury. | |
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Requirement 9: Describe and demonstrate how to:

| | <u>Requirement</u> | <u>What I did</u> | <u>Instructor's comments</u> |
|----|--|-------------------|------------------------------|
| a. | Check to confirm that a mountain bike is in good condition before riding it. | | |
| b. | Check the condition of a mountain bike after riding it so it is ready-to-ride next time. | | |

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Requirement 10: Demonstrate competency in the following skills:

| | <u>Requirement</u> | <u>What I did</u> | <u>Instructor's comments</u> |
|----|---|-------------------|------------------------------|
| a. | How to assess a situation and develop a safe and effective 'plan-of-attack' before riding each part of the track: | | |
| b. | How to position your body on the bike or shift your weight: | | |
| c. | How to ascend steep slopes: | | |
| d. | How to descend steep slopes: | | |
| e. | How to ride over obstacles such as rocks and roots: | | |
| f. | How to minimise the risk of damaging a mountain bike; particularly the rear derailleur, due to obstacles: | | |

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Requirement 11: Complete the following riding requirements: All rides must be done on an off-road trail which may be used for more than one ride or repeated to make a ride long enough to meet the following requirements:

a. Three 5km (3 mile) rides, one of which is to be completed on single track.

| <u>Date:</u> | <u>Details of Ride</u> (Where, distance travelled, interesting things etc) | <u>Instructor's comments</u> |
|--------------|---|------------------------------|
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b. Two 10km (6 mile) rides, one of which is to be completed mostly on single track.

| <u>Date:</u> | <u>Details of Ride</u> | <u>Instructor's comments</u> |
|--------------|------------------------|------------------------------|
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c. One 30km (20) mile ride.

| <u>Date:</u> | <u>Details of Ride</u> | <u>Instructor's comments</u> |
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