

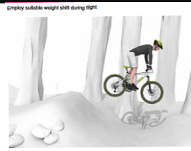





	5.1 Cornering Part 3, Switchbacks	5.1 Cornering Part 3, Switchbacks
	Use banking to lose speed	Maximise trail width
	Early apex, good line	Look for natural features which can be used to advantage
	Scan ahead, initiate turn from head and shoulders	
	Lead with elbow opposite turn direction	Practice on switchbacks to left and right
	5.2 Bunny hop	5.2 Bunny hop
	Approach object at jogging pace, attack position	Practice with flat pedals
	Manual on approach	Small object or mark to start
	As front wheel clears object, weight is thrown forward and up	Saddle down will help, rear lift achieved with feet and weight shift
	Push the bike between the legs	Feet in attack position for landing
Land front wheel first		
	5.3 Lateral Bunny Hop	5.3 Lateral Bunny Hop
	Start per normal BH, just before takeoff, steer and lean (drop shoulder)	Flat pedals, start with a line on the ground.
	Initiate FW lift in that direction	Build to more challenging obstacles
	Lift rear of bike bringing across with hips & heels	Front wheel first to take off and land.
	Lean away from direction of hop to land	
	5.4 Jumps	5.4 Jumps
	Initiate manual on lip of launch slope	Alternatively riders may approach lip coiled ready to spring upwards with the bike
	Weight shift before during and on landing	
	Build speed and distance	
	5.5 Rocks	5.5 Rocks
	Line choice is key to success	Scan ahead, minimise cornering
	Good weight distribution, front to back	Relaxed stance allows instant reaction to terrain
	Relaxed stance allowing bike to move under the rider	Allow the bike to flow
	Fear response is to lean back, flex arms to side, not rear	Select braking points, maintain momentum
	Steep and loose, rear brake bias will help control the bike	
	5.6 Roots	5.6 Roots
	Good line choice	Scan ahead
	Cross roots at 90 degrees	Relax so that knees and elbows can react instantly
	Approach with confidence, relaxed attack position	Flow over the roots, don't brake on them
		Aim to maintain momentum

	5.7 Bigger Drop-offs	5.7 Bigger Drop-offs
	Balance take-off at speed that matches the obstacle	Scrub excess speed well before drop to allow a return to balanced attack position
	Rider relaxed and confident	Manual off, to rely on weight shift
	Smooth landing, minimal impact on bike	Bike to land parallel to slope
		Silent landing Alternative technique, crouch and push bike strongly forward at the lip
	5.8 Trail ride	5.8 trail ride
	25km, full range of trail conditions and obstacles	Riders should be capable of riding at a strong pace with minimal stops.
	Group will self-manage with riders taking turns at leading and bringing up the rear	
	Riders are self-sufficient in : Clothing, tools, spares, food and drinks	
	5.9 Extended trail rides	5.9 Extended trail ride
	Five full day rides in 3 or more locations	Riders equipped for the forecast conditions/ ride location
	Riders pace their output to ride full day (5 hours)	Communal safety gear distributed amongst group, e.g. first aid, group shelter
	Riders keep themselves fuelled and hydrated	
	Instructors shadow activities	