



*Junior*Handbook



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Welcome....

to MTB Guisborough

This handbook contains lots of useful info about the club and mountain biking in general.

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Rider Welfare



A Guide for Young People

When you join MTB Guisborough we want you to enjoy yourself, make new friends and amaze yourself with what you can do. Mountain biking is fun!

For some children though, older children or even adults picking on them, bullying them or hurting them in some other way can spoil this fun. We hope this never happens at MTB Guisborough. However, we have a British Cycling policy to help protect you. Basically, it is there to help keep you safe. We do this by making sure that there are adults, who have been properly checked out and trained, looking out for you.

This means that there are people you can talk to if you are ever worried about bullying or unsure about someone who is making you feel uneasy or unsafe. Although it is never an easy thing to do, telling someone is the first step to putting a stop to something that is worrying you. You may also be helping to protect other children who are unable to speak out. If something, or someone, is ever worrying you when involved in mountain biking with MTB Guisborough, talk to a person who you can trust or get your parents to.

This might be one of the MTB Leaders, one of the coaches, or another adult. You can also ask to speak with the Child Welfare Officer. If you do need to talk to him about anything, he will not tell anyone else about what you have said, unless you say he can or he really has to in order to keep you or other children safe. Even then, he will always try to talk to you about this first.

Useful contacts

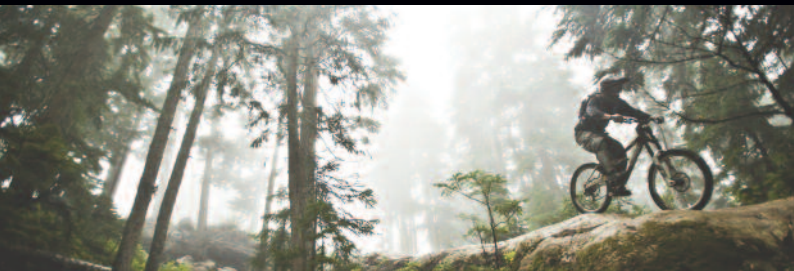
Andy Tennyson MTBG Child Welfare Officer (01287 771116)

NSPCC Helpline (0808 800 5000)

ChildLine (0800 1111)

All Club Coaches and Leaders have completed an enhanced Criminal Record Bureau (CRB) check.

Club Rules



MTB Guisborough is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, leaders, administrators and parents associated with the club should, at all times, show respect, be encouraged to be open and to share any concerns or complaints that they may have about any aspect of the club with the Chairman.

As a member or guest of MTB Guisborough you are expected to abide by the general rules of the club, the Code of Conduct for Junior Section Members and Guests policy (A copy of this is on the MTBG website and is available on request) and by the following Junior Club rules:

- All members must ride safely with consideration of others (rider, walkers, land owners, horse riders etc).
- All members must respect colleagues, coaches, leaders, opponents and officials. Do not make derogatory comments or gestures about your colleagues or opponents.
- Be polite to and respect the decisions of Leaders, Coaches and Club officials both at MTB Guisborough and at other races and venues.
- Members should not use inappropriate language (including swearing)
- Members should keep to agreed timings for rides and training or inform their coach or leader at the earliest possible opportunity if they cannot ride or are going to be late.
- All members must wear appropriate kit and have the advised emergency equipment.
- Members are not allowed to consume alcohol or drugs of any kind.
- Members are not allowed to smoke whilst representing the club at competitions or on club rides.
- All riders must wear an approved helmet and their bike must be in a safe and serviceable condition.

Kit Checklist

What to bring on Club Rides

Essential:

- A mountain bike in good working condition
- A helmet that fits and is in good condition (conforming to the BS KiteMark standard)
- Riding gloves
- Appropriate clothing for the weather conditions.
We recommend riders always bring a waterproof jacket.

Recommended:

- Protective eyewear / sunglasses
- Spare inner -tube
- Something to eat and drink (e.g. Banana, Jam Sandwich, Fruit bar etc.)
- Clothing should ideally be breathable

In the interests of safety the club reserves the right to refuse active participation to riders whose bike or equipment is judged to be inadequate or dangerous.

What to bring out on your own or with friends

When riding you should carry the following (in addition to the kit listed for club rides).

Essential:

- Mobile phone (charged!)
- Spare inner-tube
- Pump
- Multi-tool (inc. chain breaker)
- Spare chain link
- Small first aid kit
- Foil survival blanket
- OS map
- Drink



Recommended:

- Protective eyewear / sunglasses
- Something to eat (e.g. Banana, Jam Sandwich, Fruit bar)
- Emergency derailleur hanger
- Grid reference app for smartphone (free)

Important: *When riding on your own or with friends it is very important that you make sure you let somebody know your planned route and what time you expect to be home.*

Bike & Equipment Check

You should make sure your bike and helmet are safe before you ride. It is important to do this check before every ride as damage to bikes can often happen whilst they are being transported (e.g. bent derailleur hangers) or in storage (bike put away wet = rusty chain).

M-Check



1. Wheels & Tyres

- Check that the front and rear wheels spin freely
- Check for loose spokes
- Check that the tyres are inflated to a reasonable pressure.
- Ensure that the tread is not worn and that the tyres have no splits, cracks or holes.

2. Hub and Axle

- Check that bolts and quick release mechanisms are securely tightened.

3. Brakes

- Check the brakes actually work and are properly adjusted.
- Cables should not be frayed.

4. Headset & Handlebars

- Check adjustment of the headset by engaging the front brake and seeing if there is any rocking movement when gently pushing on the handlebars. There should be no movement.

- Handlebars and stem are securely attached.
- Handlebars and stem are straight.

5. Pedals, Cranks and Bottom Bracket

- Check that there is no side-to-side movement in the bottom bracket or cranks by holding one crank still and trying to move the other crank.
- Check that the pedals rotate freely.

6. Saddle & Seat Post

- Check the saddle is securely attached to the seat post.
- Check that the seat post is securely fixed into the frame.

7. Chain and Gears

- Check that the chain is lubricated properly and is not slack or rusty.
- Check that the gears are properly adjusted, lubricated and cables are not frayed.

Post-ride maintenance

- Clean bike after every wet or muddy ride.
- Avoid using pressure washer on moving parts - especially headset, bottom-bracket & hubs - as high pressure water will remove grease and cause parts to seize.
- Use plain water or bike specific cleaner - not washing up liquid as it contains salt and will do more harm than good!
- Spray wet chain & cassette with WD-40 or GT-85 to prevent rust and then oil with chain lube.
- Dry bike before putting it away to prevent rust.



MTBG Skills Awards



There are two skills awards at MTBGuisborough;

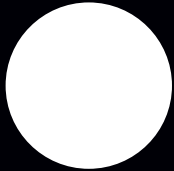
Blue (Core Skills) & **Red (Trail Skills)**

In order to achieve each award you need to demonstrate the skills listed.

During the group rides and coaching sessions there will be lots of opportunities to learn and practice the skills - once you've got them mastered you can ask a MTB Leader or Coach to mark them off in your handbook

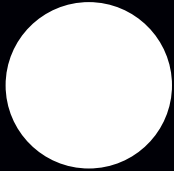
Once you've completed all the skills you're eligible for a certificate!

Blue: Core Skills



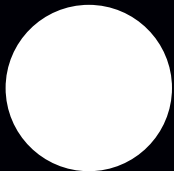
1. Safety

- Keep safe distance to rider in front
- Keep safe distance and speed when approaching other trail users (e.g. walkers, dogs, horse riders)
- Abide by club code of conduct



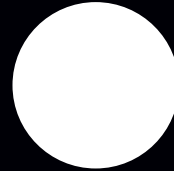
2. Ready Position

- Stand tall with knees slightly bent and apart
- Cranks horizontal
- Head up, looking down the trail
- Position weight central
- Arms slightly bent with elbows pointing out
- Cover brakes
- Keep body relaxed and allow bike to move
- Explain why each element of ready position is important



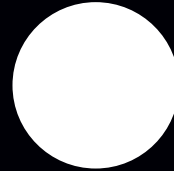
3. Braking

- Use one finger to apply brakes (if possible)
- Explain which brake has most power
- Perform emergency stop without skidding
- Perform weight transfer to counteract braking forces



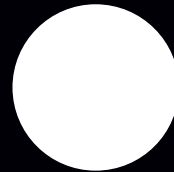
4. Cornering

- Approach in ready position
- Choose correct line through corner
- Look where you want to go (around corner)
- Brake before corner
- Keep outside pedal down



5. Climbing & pedalling

- Keep ball of foot on pedal
- Choose correct gear
- Keep weight central by adjusting body position according to gradient of hill

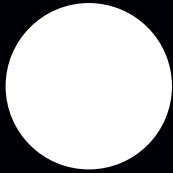


6. Descending

- Adopt ready position before descent
- Control speed with brakes
- Keep weight central by adjusting body position according to gradient of hill

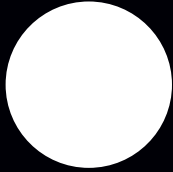


Red: Trail Skills



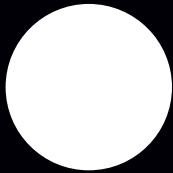
1. Safety

- Complete bike and helmet check (M-Check)
- Mend a puncture
- Fix a broken chain
- Find a grid reference using an OS map
- Know how to summon help in case of emergency (see emergency procedure)
- Understand how weather condition can affect your ride



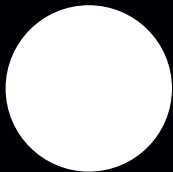
2. Ready Position

- Adopt Ready Position at correct time
- Explain when to use Ready Position and why



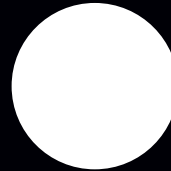
3. Advanced Braking

- Explain how trail conditions can affect braking
- Apply brakes correctly in accordance with trail conditions
- Alter line of travel to take advantage of trail conditions



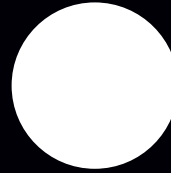
4. Advanced Cornering

- Explain how braking effects cornering
- Lean bike into corner
- Angle hips into bend
- Change pedal position in linked corners
- Take correct line in bermed corners
- Use trail features to help cornering



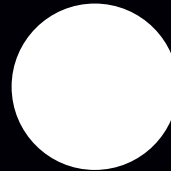
5. Front Wheel Lifts

- Use weight shift to perform 'manual' (1 bike length)
- Perform pedal assisted front wheel lift (kerb height)



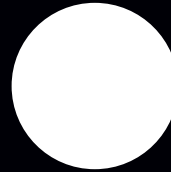
6. Rear Wheel Lifts

- Use weight shift to perform rear wheel lift over obstacle
- Perform step-over over obstacle (front then rear wheel lift)



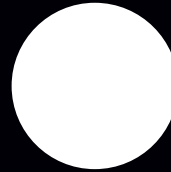
7. Advanced Climbing & pedalling

- Use weight shift and cone of movement
- Choose correct line
- Apply step-up and step-over techniques to negotiate obstacles
- Complete technical climb without putting foot down (TBC)



8. Advanced Descending

- Use weight shift and cone of movement
- Choose correct line



9. Balance

- Perform track stand for 15 seconds without putting foot down



What to do in an Emergency on the Trail

- Keep calm
- Do not put yourself in danger - you cannot help anybody if you hurt yourself
- If you think you need help then dial **999** and ask for **POLICE** and **MOUNTAIN RESCUE**
- When in contact with the emergency services be prepared to provide information relating to the emergency. The following information will be asked for:
 - Your name and contact number
 - The nature of the problem or injury
 - Location including grid reference if possible
 - Name, age, and medical history of casualty (ask them)
 - The weather conditions where you are

If you do not have a phone signal then somebody will need to go for help (or to a location where there is a phone signal):

- Remember to take all the details shown above. Write them down if possible in the 'notes' section on the opposite page
- If possible, leave at least one person with the casualty.
- If possible, send two or more people for help.
- Make the casualty's location easily seen by search parties.

EMERGENCY SIGNAL: SIX BLASTS ON THE WHISTLE or SIX TORCH FLASHES repeated every minute

Your Contact Details

Name

Emergency Contact Name

Emergency Contact No.

Medical conditions

Notes



club.mtbguisborough.com