

Mountain Bike 1

Logbook Summary Sheet

Name: _____

The purpose of this summary sheet is for you to be able to clearly quantify your personal and instructional/guiding experience in relation to the pre-requisite requirements as outlined in the NZOIA Mountain Bike 1 syllabus. It is important to be aware that the days listed in the syllabus are seen as an **absolute minimum** expectation for those who are considering presenting themselves for assessment. Please summarise all your logged experience, not just the minimum requirements.

All sections need to be recorded in number of days (1 day = at least 2hrs of riding).

Summary of personal and instructional/guiding experience	Total
Total number of days (no less than 50 days)	_____
Details of personal experience	
Total number of days personal riding (no less than 30 days on Grade 3 & 4 trails)	_____
Of your total personal riding days, how many have been on Grade 4 trails? (no less than 20)	_____
<i>List trails, grades and locations:</i>	
Of all the rides listed above, approx. how many were 5 hours or more in duration? (no less than 2)	_____
Details of instructional/guiding experience	
Total number of days leading or instructing a group on Grade 3 and 4 terrain, can include days as an assistant instructor or co-instructor (no less than 20 days)	_____
Of your total instructional/guiding days, how many have been on Grade 4 trails? (no less than 5)	_____
How many have been instructing days? (vs guiding days - can be all on Grade 3 trails)	_____
<i>List trails, grades and locations:</i>	
Formal Training	
Number of days of formal instruction you have received as a student as part of a programme, course, inservice training, tertiary study etc	
Have you attended a pre-assessment training programme administered by a NZOIA MTB award holder? If yes, when & where?	YES NO