

## **Preparing For Your First MTB Taster Session**

### **Before the MTB session**

Please arrive at least 15mins before the session commences so that you can go through any health and safety issues prior to the commencement of the session eg bike, helmet and clothing safety check, which is conducted by the coaching staff.

Please check in to reception and let the team know that you are here for a MTB session, a member of the coaching team will meet you in reception.

Your bike & helmet will be issued by the coach not reception.

The taster session may have another 14 riders involved, so you will be riding with other riders throughout the session. The minimum number we are permitted to operate with is 3.

### **Age & health requirements**

All riders must be able to ride a bike without assistance and be fit and healthy enough to take part in the session they have booked. The minimum age is for any MTB activity is 8. There may be a mix of adults & children in the same session. You will be asked to complete a MTB registration form prior to commencing any MTB session, you will only have to complete this prior to your first session commencing.

We will need to know how tall you are to ensure you have the right size bike for the session.

### **MTB Taster Session**

MTB taster session takes place outdoors on a purpose built MTB skills zone and includes technical trail features that include; berms, drop offs, rock slabs, off camber, tabletops & pump track. All of these features will be encountered on the trail, so the skills zone is a fantastic place to learn the basic skills and terminology, so you have experienced TTF's in the skills zone before encountering them on the trail.

### **Clothing for MTB Taster**

The taster session is about learning the basics of mountain biking in a mountain biking environment and the whole session is based outside, so please come prepared for the weather. A waterproof, spare thin layers, a drink are all helpful additions as are full fingered gloves (thin fitting ones are most preferable) and glasses. Check the weather before coming to your session and prepare accordingly.

Please ensure you wear full shoes/trainers suitable for flat pedals (not SPD's), this applies throughout the year, open toed or heeled shoes/trainers are not suitable nor permitted.

We look forward to seeing you on your MTB Taster session!