



Level 3 British Cycling Mountain Bike Leadership Award

Written Assignment

Instructions

This is based on the information included in the Level 3 British Mountain Bike Leadership handbook, along with your existing knowledge, and any further research required.

You can refer to additional resources when answering these questions.

There are 45 questions, with 75 possible scores. You must achieve a mark of 52 or above to pass this task.

If you can't type into the boxes in this PDF, you may need to install and use Adobe Reader. This can be downloaded for free from - <https://get.adobe.com/uk/reader/>

I confirm that the work contained within this assignment and all evidence and products associated with the achievements of this award are my own work.	
Name:	
Address:	
British Cycling Membership Number:	
Date:	

General

1	Where in the UK would you find the following trails or features?		Available marks
			4 Marks (1 for each)
	Garburn Pass		
	Jacobs Ladder		
	Pont-Scethin		
	Corrieyairack Pass		

2	List the three key points of the Scottish Outdoor Access Code.	3 Marks (1 for each)

3	Where does the slogan ' <i>Respect, Protect, Enjoy</i> ' come from?	1 Mark

4	Give 3 sources of information on which could provide information about routes and access rights in an unfamiliar area.	3 Marks (1 for each)

5	When is the main shooting season for red deer stag in Scotland? Mark the box to the right of your selected answer with an X.	1 Mark
	1 December – 14 February	
	3 June - 5 August	
	1 July - 20 October	
	12 August - 10 December	

6	How many National Parks are there in Britain in total?	1 Mark

7	Name each of the National Parks in Wales.	3 Marks (1 for each)

8	What are the restrictions for mountain biking up and down Snowdon?	1 Mark

9	What is the main difference between the White and Dark Peak in the Peak District?	1 Mark

10	Name the disease that can be transmitted through tick bites.	1 Mark


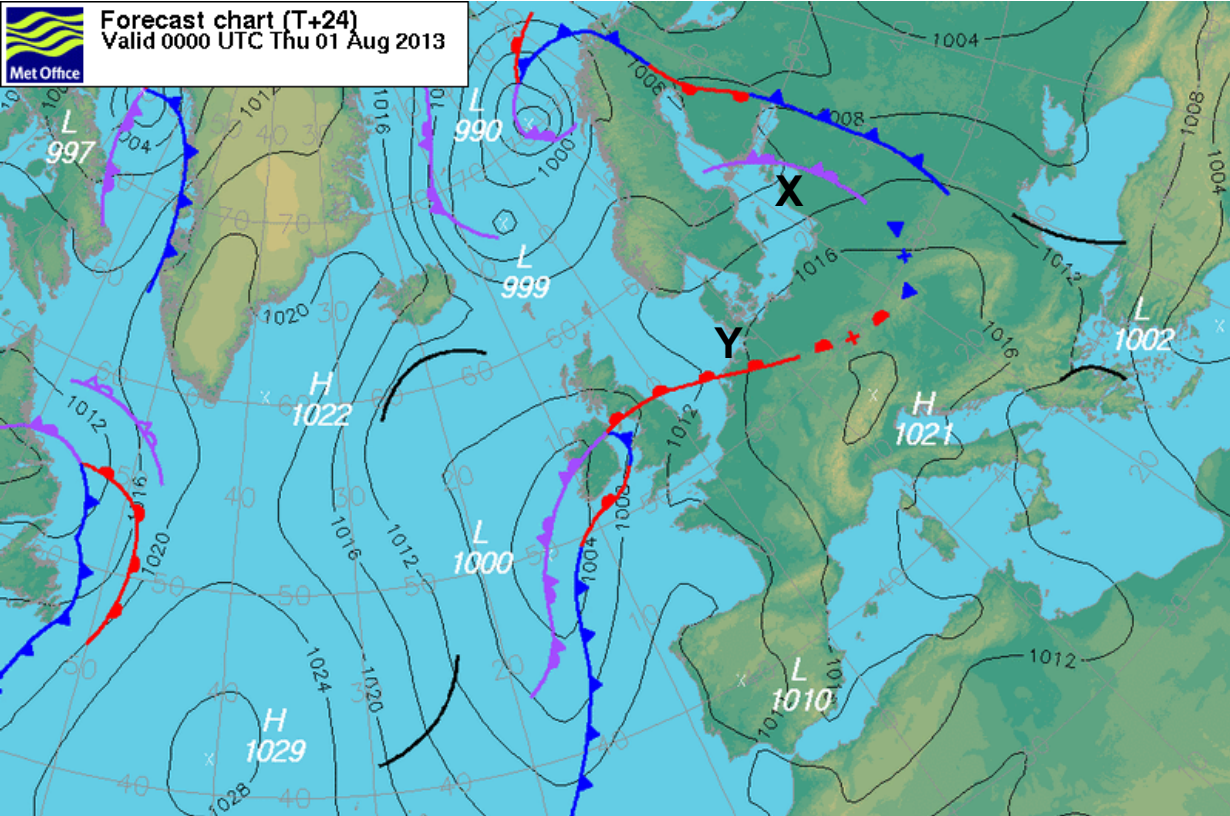
11	One of the main rock types found in the Lake District is slate . In a mountain bike context, give two main considerations you would have when riding on this type of rock. (Consider the grip and the effect of the rock shape/edges on the bike)	2 Marks (1 for each)

12	In which area in England can you expect to be riding predominantly over limestone?	1 Mark
	Highlands of Scotland	
	Cornwall	
	Yorkshire Dales	

13	What is limestone like to ride on in dry conditions?	2 Marks (1 for each)
	What is limestone like to ride on in wet conditions?	

Mountain Weather

14	Name a website that provides suitable weather information for a day riding in the mountains.		1 Mark
15	Explain the type of weather you would associate with a cold front.		1 Mark
16	What weather would you associate with a high-pressure system during summertime?		1 Mark
17	Describe the visual signs of an approaching warm front in terms of cloud development.		1 Mark
18	A forecast you have obtained expects the temperature to be 8°C at sea level. The route you have planned takes you approximately 750m above sea level. Assuming the wind is very light. Approximately what temperature would you be expecting to experience at this height?		1 Mark
19	Briefly explain what a temperature inversion is and where riders would like to be when this occurs.		2 Marks (1 for each)
	Temperature inversion:		
	Riders would like to be:		
20	Explain briefly what is meant by orographic rainfall and where riders would like to be when this occurs.		2 Marks (1 for each)
	Orographic rainfall:		
	Riders would like to be:		

21	Study the synoptic chart and the weather conditions illustrated.	
<div><div><div><div>Forecast chart (T+24)</div><div>Valid 0000 UTC Thu 01 Aug 2013</div></div></div><div></div></div> <div>Source: www.metoffice.gov.uk</div>		
Based on this chart, what would the expected weather in the Lake District and how will it develop over the next 24 hours?		4 Marks (1 for each)
What is the name given to the weather front marked X?		
What is the name given to the weather front marked Y?		
Calculate the estimated wind speed over the UK.		

Navigation

22	Briefly explain what is meant by the following terms:		<i>3 Marks (1 for each)</i>
	Attack point		
	Aiming off		
	Aspect of slope		

23	Give some factors to consider when choosing a GPS for mountain bike use.	<i>1 Mark</i>

24	Give two factors that can influence the accuracy of the position shown by a GPS	<i>2 Marks (1 for each)</i>

Equipment

25	Give an advantage and disadvantage of cup-and-cone hubs compared to sealed-bearing hubs.		2 Marks (1 for each)
	Advantage:		
	Disadvantage:		
26	Looking at the wheel from above, which way do you need to turn the spoke key to tighten a spoke at the top of the wheel? <i>Mark the correct box with an X.</i>		1 Mark
	Clockwise	<input type="checkbox"/>	
	Anti-Clockwise	<input type="checkbox"/>	
27	Briefly describe what is meant by the term 'Rebound'		3 Marks (1 for each)
	How does a bike feel when the suspension is set up with the rebound too fast?		
	Why could this be hazardous for a rider?		
28	On what type of brake system can a flat spot in a wheel present a serious issue and why?		1 Mark
29	When a rear gear cable snaps, which sprocket will the chain usually be moved to?		2 Marks (1 for each)
	If this happened, what could you do to make pedalling easier for the rider?		

Incident Management

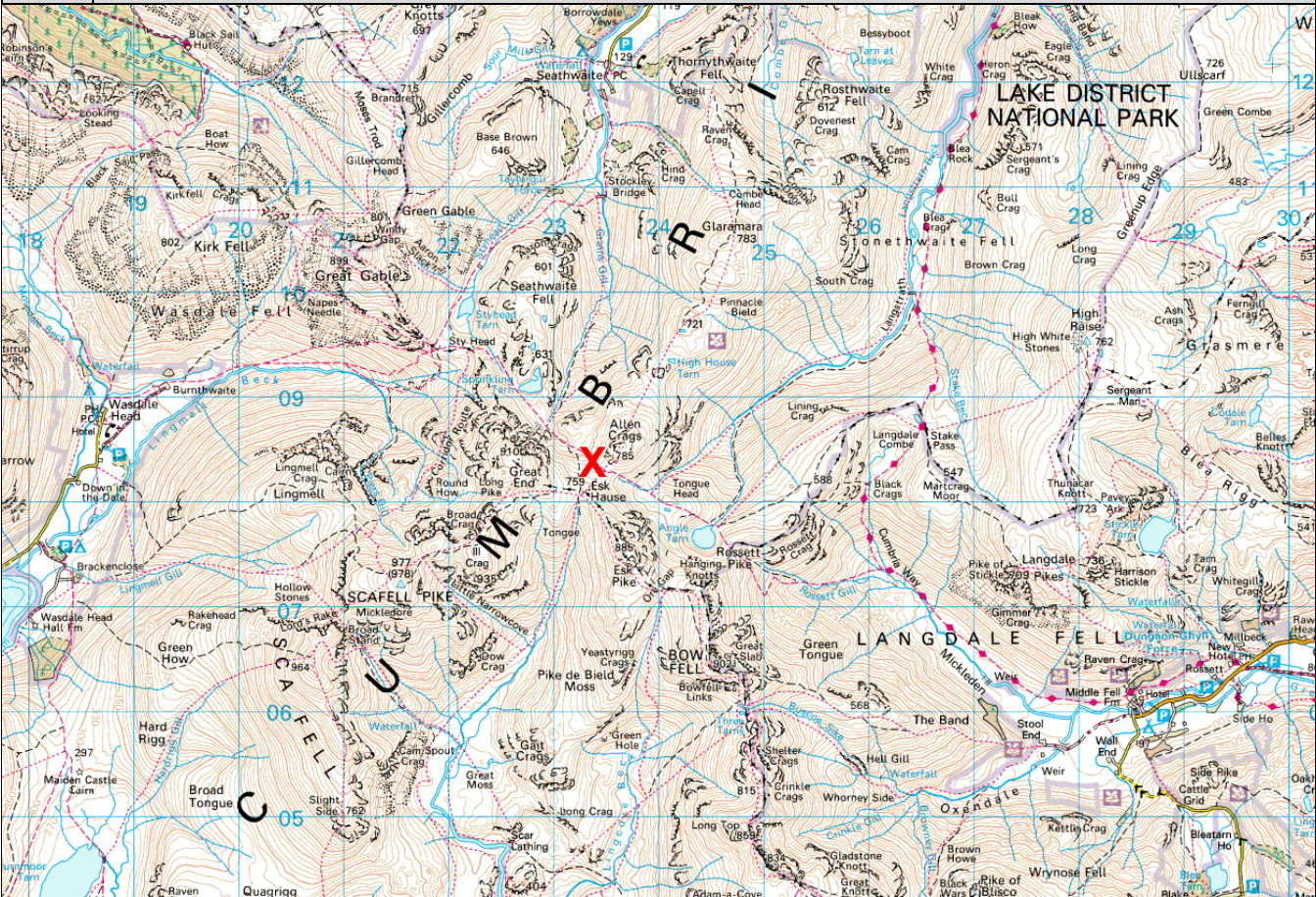
30	What does the acronym SAFER stand for?		1 Mark
	S		
	A		
	F		
	E		
	R		

31	In the event of an incident where you are unable to get a phone signal, list 3 things you would consider before deciding whether to send someone from the group for help, or whether to go yourself.	3 Marks (1 for each)

32	If an incident were to occur on the trail whilst you were leading a group, how should a leader prioritise safety? <i>Number the following people in priority order with numbers 1 to 3, with 1 being the highest priority.</i>	Order of Priority	1 Mark
	The casualty		
	You as the leader		
	The rest of the group		

33	Which number, other than 999, can be dialled in the UK for help in an emergency?	1 Mark

34	How many Mountain Rescue Teams are there in England and Wales?	1 Mark

35	<p>Scenario – An incident has occurred at the point on the map marked with an X.</p> <p>A rider has fallen and hurt their hand, so they cannot grip the handlebar.</p> <p>It is a damp day in April with a strong westerly wind.</p> <p>The incident happened at 3 pm and you are expected to be back to base by 5 pm.</p> <p>You have no mobile phone signal in this location, so you need to consider your options.</p>	
		
<p>Describe the thought process you would go through and the decisions you would make in this situation. (You may have to make certain assumptions about the situation, as long as the thought process is described, as this is what will be marked)</p>		1 Mark

36	<p>Which of the following statements is true? <i>Mark the correct box with an X</i></p>	1 Mark
<p>Mountain Rescue Teams are government-funded organisations, made up of both paid staff and volunteers</p>		
<p>Mountain Rescue Teams are independent charities, made up entirely of paid staff</p>		
<p>Mountain Rescue Teams are independent charities, made up entirely of volunteers</p>		

Technique

37	What does the acronym SMLBE stand for?		1 Mark
	S		
	M		
	L		
	B		
	E		

38	Which element of the SMLBE can often make the most significant difference to a beginner's riding experience?	1 Mark

Physiological Aspects and Nutrition

39	Give an advantage and disadvantage of having an isotonic drink whilst out on the trail.	2 Marks (1 for each)

40	What causes the burning sensation felt in the muscles during high-intensity activity?	1 Mark

41	Why might a rider wish to carry on spinning their legs for a short time after reaching the top of a steep climb?	1 Mark

Water Hazards

42	List three important considerations you should consider when assessing the safety of a water crossing.	3 Marks (1 for each)

43	List three common hazards of crossing moving water with a bike.	3 Marks (1 for each)

The Sport of Mountain Bike Racing

44	What are the main characteristics of the MTB discipline Enduro?	1 Mark

45	Name a website where riders could look for details of MTB XC events.	1 Mark

Assessor Use Only

Written Assignment Marking Sheet

Assessor name:	
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Question	Marks available	Marks award
1	4	
2	3	
3	1	
4	3	
5	1	
6	1	
7	3	
8	1	
9	1	
10	1	
11	2	
12	1	
13	2	
14	1	
15	1	
16	1	
17	1	
18	1	
19	2	
20	2	
21	4	
22	3	
23	1	
24	2	

Question	Marks available	Marks award
25	2	
26	1	
27	3	
28	1	
29	2	
30	1	
31	3	
32	1	
33	1	
34	1	
35	1	
36	1	
37	1	
38	1	
39	2	
40	1	
41	1	
42	3	
43	3	
44	1	
45	1	
Total	75	

Assessment Outcome

Pass (at least 52 out of 75)		Refer	
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Assessor's signature		Date	
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Feedback

Action Plan