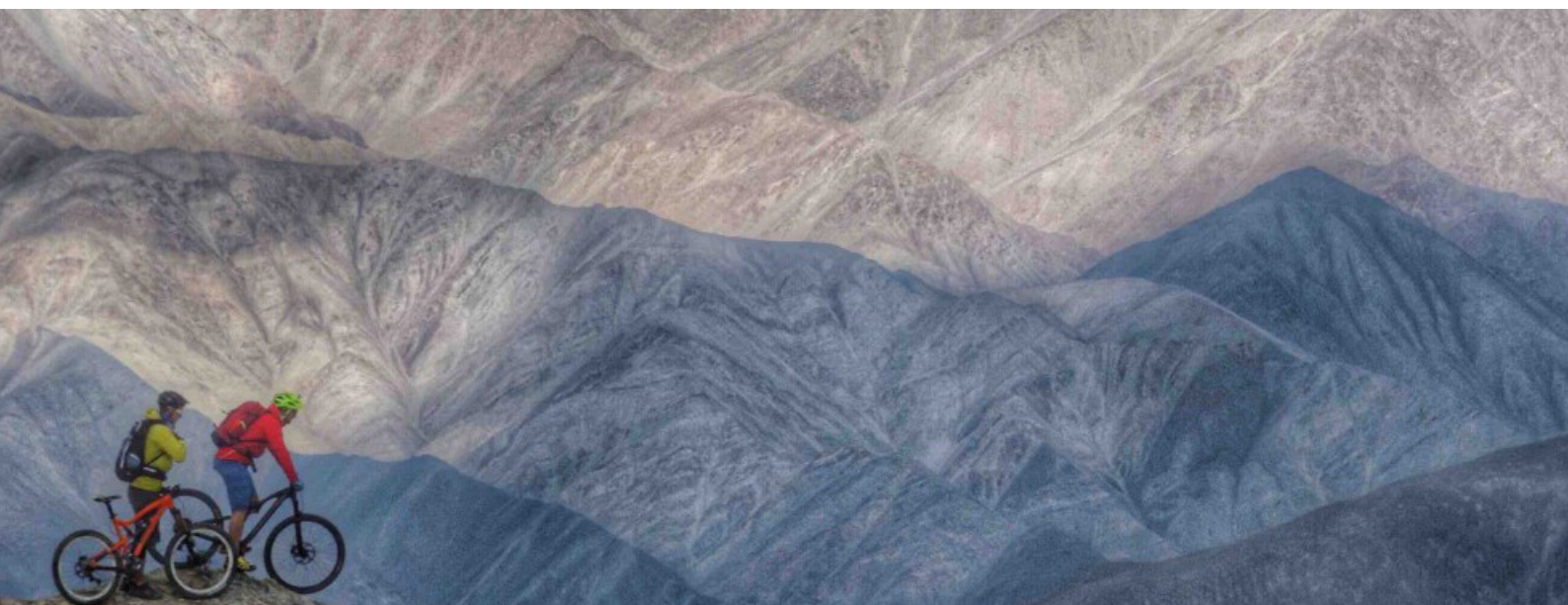


# CAPS MTB



## Creating a European Professional Standard for Mountain Bike Instructor-Guides

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### **D1.1 - Overview national legislation pertaining to MTB instruction and guiding**

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## D1.1 - Overview national legislation pertaining to MTB instruction and guiding

	Condition of access and participation	Regulation for PRO guide / instructor / animator	Regulation for Volunteers	Others regulations to know
<b>Germany</b>	The training as a qualified coach is done within the Training Academy of the German Olympic Committee with the collaboration of the German Cycling Federation.	Few laws on sports supervision. Existing laws only apply to skiing, snowboarding and mountain guide professions (including climbing).	/	The state fully delegates its competence to the sports federations in terms of qualification.
	National Cycling Associations are authorized to manage the "DOSB" (C and B) license levels as well as continuing education in the field of professional and amateur sport.			
	The German Cycling Federation, supported by the Competitive Sports Training Center, manages the A-level 'DOSB' licenses.	A: 90h <u>training (license level 3)</u>		
		Learning units must be continuous. A license holders must therefore accumulate a total of at least 270 hours.		
		B: 60h (second level of license)		
		At least 60 additional learnings		
		Units must be completed in a specific practice.		
		C : 120h (1st level of license)		
<b>Austria</b>	The competences related to the qualification of sport belong to a public agency which works in close collaboration with the sports clubs and federations, but also with the private partners. All actors have the same importance in terms of issuing qualifications.	Requires membership in a sports club.	Through the law 01/01/2014 on the promotion of the federal sport, the legislative texts frame only the form of remuneration of the sportsmen (unlike the volunteers, the paid speakers are taxable) as well as the types of structures (structure of charity or structure commercial).	/
		<u>Coach and ATV Guide ( Übungsleiter MTB-Guide )</u> : Alignment of Sport and Popular Tourism - D2 License Level Training: theory 72- 80h + 20 hours of training		
		<u>Bike trainers ( Übungsleiter Radsport )</u> - Competition Sport Alignment (Track, BMX, ATV, Off Road, Bike Park and Freeride ) License level D1 Training: theory 50-60h + 5h Practice first aid		
		<u>MTB and Cycling instructor ( Instruktor fürMountainbike - u. Radtouren )</u> Training: theory 150h + 20 hours of training.Ability and driving technique + first aid C2 license level		
		<u>Bike monitor ( instruktor Radsport )</u> - License Level C1 Training: theory 191-211h + 20 hours of training		
		<u>Cycling Trainer ( Grundkurs Trainer )</u> - Level B License Training: theory 175h		
		<u>Certified coaches ( Diplomtrainer Radsport )</u> - License Level A		

Belgium	No bike specific qualifications , but a general qualification system	Training: theory 150-200h To become a sports instructor, you must take general courses exclusively organized by the General Administration of Sport (ADEPS). General courses are common to all sports disciplines. The candidate is then required to take specific courses directly from a sports federation (related to the sport chosen) or a training operator recognized by the General Administration of Sport.	/	Pass the general course exams exclusively organized by the General Administration of Sport (ADEPS)
	The title of specialized educator-accompanist is recognized by the law of April 29th, 1994. The patents of Moniteur sportif are homologated and recognized by the Federation Walloni e-Brussels.			
		Sports Monitor " Initiator " (formerly Level 1): Animate, initiate, loyalty to sports practice) - Duration of training: 60h		The candidate then obtains a homologated patent. The homologation card is awarded only after the success and validation of the general and specific courses.
		Sports Monitor " Educator " (formerly level 1 and 2): To train and consolidate the bases of the performance) - Duration of training: 87h		
		Sports Monitor " Trainer " (formerly level 3): Systematise and optimize the training for the performance) - Duration of training: 203h		
Spain	The guides / instructors should be qualified as Técnico Deportivo (about 490 hours), Técnico Deportivo Superior ( around 1.000 hours) on the sport in which they will work, as established in the "Real Decreto " 1913/1997 of December 19, or Any other regulation that substitutes the "Real Decreto " or any other qualification obtained to the University or Official Professional Studies related to the activity.	A title that consists of two levels	/	Order of April 10, 1991, where leisure and sports adventure tourism regulated.
	Developed by the Royal Decree of Catalonia on September 5, 2003, the national catalog of qualifications is created. The National Qualifications Institute (INCUAL) determines the skills assigned to national qualifications.	(Level 1: Técnico Deportivo and Level 2: Técnico Deportivo Superior).		Royal Decree of Catalonia of July 1999.
	On November 25, 2005, set up the professional register containing the business cards of the physical and sports activities.	Once level 1 is reached, it is possible to specialize for level 2:		
	This register refers to the qualifications required for the practice of professional coach or trainer.			
	Law 3/2008 of April 23, the exercise of sports professions . ( LEY 3/2008, of 23 de april , del ejercicio de las profesiones of the deporte .)	• <u>Monitores - Guía de MTB</u> ( <u>diplomados for the Escuela Española MTB</u> )		

	<ul style="list-style-type: none"> <li>• <u>Instructor Internacional Downhill ( InstructorDevelopment Program Level I y II)</u></li> </ul>
	<ul style="list-style-type: none"> <li>• <u>Guia of itineraris in bicicleta of muntanya</u></li> </ul>
	For each level:
	First aid - 60 hours
	Cycling routes - 120 hours
	Maintenance and maintenance of the bike 150h
	Driving routes for people (Road and mountain) 120h


<b>Italy</b>	According to Article 8 of the Law " RL n.61 " from 01/10/2002	In order to achieve the training of OSV Cycling Guides or Masters and ATV Cycling, national instructors are determined by two levels:	/
		Level 1 (Potential Guides and Master Cycling)	
	Qualified instructor of the discipline is the holder of patents issued by the region, by national federations or sports promotion bodies recognized by the Italian National Olympic Committee (CONI). This committee represents the highest body of Italian sport, having authority over sports associations.	Level 2 (Guide and Master of Cycling)	
	Valid permits are also those academic titles or qualifications issued by public government universities, such as a degree in physical education.	<u>Bike Guide Master (and Mountain Bike) (OSV) or Aspirant Guide Master of Cycling Environment (and Bike) (OSV)</u>	
		He assists a master jointly during his activities. The certificate of Aspiring Environment Guide or Master of Mountain Biking and Cycling	
		OSV UISP is released after passing the Level 1 course.	
		<u>OSV UISP Environmental Guide or Master of Mountain Bike and Cycling</u>	
		The OSV UISP Environmental Guide or Master of Mountain Biking and Cycling is responsible for the students and their training.	
		<u>Guides and Masters Cycling UISP</u>	
		Aimed at those who have successfully completed the "Level 2 Training Course" and its final exam to obtain the Environmental Guide or ATV Master's Certificate	
		Specializations: 1) Disability / 2) Accompaniment guide / 3) Gravity ( Dh - 4x - Freeride ) / 4) Difficulty slow (Trial) / 5) Quick skills ( Dirt ) / 6) Activities in schools	

In Italy, regions issue occupational laws. That's one of the reasons there is no coordination.
Regions also maintain occupational databases.
Legge regional n. 33 of November 26, 2001
Discipline of profession turistiche emodifiche della legge Regional 23 November 1992, n. 50
' Ordinamento dellaprofession of maestro di sci 'e della leggeregional 29 settembre1994, n. 41
'Ordinamento dellaprofessione di guidaalpina DGR del 22 giugno2009, n. 27-11643 eAllegato
The exercise of the activity is subject to the possession of the requirements set out in paragraphs 1.1 and 1.3 of the Annex to RDG of 22 June 2009, n. 27-11643.

		Added to this are the diplomas in Sport Sciences:		
		<u>Degree of Motor and Sport Sciences</u>		
		<u>Bachelor or Master in Science and Technology adapted motor and prevention activities</u>		
		<u>Bachelor or Master in Science and Technology of Physical Activities for the well-being.</u>		
<b>luxembourg</b>	No bike specific qualifications , but a general qualification system. According to the Act of 3 August 2005 (Chapter 2 and 4) on sports practices, education through motor activities and sports education is provided by qualified personnel.	The training is divided into three course cycles. One becomes "graduate of State" with a specific mention (Ex: VTT):	No specific regulations for Volunteers.	The candidate chooses his modules (credits) in one of the 4 themes and can increase his competences in accumulating credits. However each candidate remains free to choose his modules in the different themes presented.
		<u>A lower cycle in order to obtain the State Certificate for Coaches "C" - Level 3 of the National Qualification (at least 450 hours of training)</u>		
	The National School of Physical Education and Sports provides, on request and with the support of the sports movement, courses that are certified by state patents.	The general module must be done before the specific module. The state patent is issued only if the candidate is in possession of a first aid diploma dating from the last three years.		
	The National School of Physical Education and Sports (ENEPS) has for mission the theoretical and practical training of the technical executives of sports federations and societies intended for the animators of leisure sports activities.			
		<u>A middle cycle to obtain the State Certificate for Coaches "B" - Level 4 of the National Qualification (at least 150 hours of training)</u>		
		Preliminary cycles KIDS / Initiation // Level 1 or 2 of the National Qualification (Level 1 or 2 of the European qualification) can be organized before the lower cycle (coach C).		
		<u>A graduate cycle to obtain the state certificate for coaches "A" - Level 5 of the National Qualification (at least 75 hours of training)</u>		
<b>Portugal</b>	In accordance with Article 8 (2) of Law No 40/2012 of 28 August, concerning training rules and procedures in relation to qualifications, European allocation and credit units allowing the validation of professional qualifications in sport field; the responsibility for issuing professional titles is provided by the Portuguese Institute of Sport and Youth (IPDJ, IP). The title is valid for five years. It has a virtual character being emitted by the electronic platform called PRODesporto .	<u>Grade 1: 41h of training (cycling regulations, introductory and leisure cycle)</u>	/	Obligation to insure supervised clients.

	Eligible entities for sports training are sports federations, training entities of the national qualification system and higher education institutions.	1. Cycling rules - 4h		
		2. Cycling: initiation and leisure - 37h		
		<u>Grade 2: 77h of training (regulations, practice road, mountain bike, BMX, track, para cycling)</u>		
		1. Cycling rules - 7h		
		2. Road - 18h		
		3. Track - 16h		
		4. ATV - 16h		
		5. BMX - 12h		
		6. Para cycling - 8h		
		<u>Grade 3: 107h of training (regulations, practice road, mountain bike, BMX, track, evaluation tests)</u>		
		1. Regulation of cycling -8h		
		2. Route -29h		
		3. Mountain bike - 23h		
		4. Bmx - 18h		
		5. Track - 23h		
		6. Evaluation tests and benchmarking - 6h		
<b>United Kingdom</b>	There is no law concerning the necessity of qualification as such. There is however a code of ethics and conduct for sports coaches based on the principle of being responsible for its clients ( Duty of care).	<u>Level 1 Cycling Coaching Award (L1ACC)</u>	No specific regulation but Principle of the "Duty of Care"	Policy led by Margaret Thatcher's governments, namely the gradual emergence, linked to the development of the "sports services market", of private entrepreneurs.
	When a possible incident occurs, the courts refer to this principle and examine all the actions put in place by the coach to determine the level of responsibility.	Level 1 in Coaching Cycling , which is a nationally recognized qualification for cycling coaching.		
	In case of problems, we must prove that we have taken all necessary measures for the prevention of the organization " AALA " (adventure activities low authority ).			
	The code of ethics and conduct of sports coaches was developed by the National Foundation for Code of Ethics which was published by the British Institute of Sports Coaches (BISC).	<u>Level 2 certificate in cycling coaching (L2CCC)</u>		
		The Level 2 Certificate in Coaching Cycling is for coaches who have the experience of providing independent coaching sessions to groups of people.		
	The code is simply an internal framework at work and should be used as a series of instructions rather than as a set of instructions. Therefore, it is not part of existing legislation. Coaches must focus on the well-being, safety and protection of the individual they mentor.			
		<u>Level 2 Discipline Specific Awards (L2DSA)</u>		

	These prizes, one for each of the six British cycling disciplines, are aimed at qualified Level 2 coaches who are either new to a specific discipline or want to develop their existing knowledge.
	<u>Level 3 certificate in cycling coaching (L3CCC)</u>
	The course covers a wide variety of topics, including performance analysis, evaluation of training plans, provision of advanced techniques, and rider performance testing and evaluation.
	<u>Level 3 Certificate in Coaching Road and Time-Trial</u>
	Provides specific training knowledge to help runners improve and grow in a competitive environment.
	<u>Level 3 certificate under VTT (Mountain BikeCoaching)</u>
	The Level 3 Certificate is the training of coaches who want to help riders achieve their potential in downhill or cross country races. This means that Level 3 ATV coaches will be able to assist runners in all aspects for their preparation for ATV events, search event requests and design individual training plans, improve performance in advanced descent or terrain techniques, as well as how to advise on the organization of equipment and the organization of the race day.
	<u>Level 3 Certificate in Coaching Track</u>
	The knowledge gained upon completion of this qualification will provide a safe, ethical and effective coaching, including an introduction to the processes and principles of planning, implementing, analyzing and revising annual coaching programs. track and road test.
	<u>Group Leader: Group Leader</u>
	Skills to lead a group walk on the road, trails and walkways.
	At the end of the training, you will be able to manage a group of inexperienced riders through the traffic.
	<u>Group Leader Assistant - Assistant Group Leader</u>
	Help keep group rides enjoyable and safe.
	You will learn the basics of group travel assistance in a non-technical environment. This course is an ideal introduction to leadership techniques for road leaders.
	<u>National Standard Instructor - National StandardInstructor</u>
	The British Cycling National Standard Instructor Course is accredited by the Department of Transport ( DfT ) and is supported by BritishCycling . 4-day training by expert teachers.

	<u>Club Leader - Club Leader</u>		
	The course Club Leader is training for people that frame of club training and a desire additional training and improvement in the fundamentals of club management.		
	<u>Tour Guide - Tour Leader</u>		
	This training develops your skills to:		
	Prepare tours and trips		
	Ensure the participants' driving skills and help them develop them		
	Manage groups		
	Navigate		
	Meet the needs of riders for food, drink and rest		
	Facing emergencies		
	<u>Mountain Bike Leader - MTB Guide</u>		
	Learn the skills to guide group rides on off-road routes and trails.		
	The UK Leader MTB course allows you to lead groups on gentle terrain - less than 600m above sea level.		
	This training will allow you to:		
	Leading groups of adults, youth and children		
	Manage groups with a range of driving experience		
	Prepare and minimize security factors		
	Develop and implement risk assessments, operational procedures and dynamic risk management		
	Offer fun, engaging and developmental sessions for your participants		
	Understand access rights everywhere in the UK and beyond		
	<u>Advanced Mountain Bike Leader - Advanced MTB Guide</u>		
	By expanding your knowledge and skills, the Advanced Mountain Bike Leader course allows you to guide riders in demanding technical terrain.		
	In mountain biking, the Advanced Mountain Bike Leader course in the United Kingdom covers:		
	Advanced technical steering		
	Identify the dangers		
	Navigate accurately and in detail		
	Deal with mechanical incidents		
	Motivate, engage and educate group members		
	Offer skills development sessions .		
<b>Switzerland</b>	There are no laws specifying the qualification required to work as a mountain bike instructor guide in Switzerland. Each township operates as a separate state and may impose its own laws.	<u>Mountain bike guide:</u>  The training for the mountain bike guide Vélo suisse consists of three stages:	No different regulations but different formations.  Even with volunteer or friends if there is a serious accident, the "most experienced or qualified person in the group could be responsible.
			Swiss's recommendation Cycling is a maximum of 8 people per guide.  If there is an accident with bodily injury or serious injury, then the authorities can investigate.



<u>Level 1</u>		
Training for the MTB Level 1 Bike Guide is designed for guides who want to gain a broad knowledge base in Guiding. To reach level 1, the following modules must be completed and transmitted:		
• Entrance Exam (1 day)		
• Basic course (7 days)		
• base rate audit (part of the core course)		
The success of the Swiss Mountain Bike Guide Cycling Level 1 allows you to be qualified to independently plan mountain bike supervision and make visits.		
<u>Level 2</u>		
Swiss Guide MTB Training Cycling Level 2 is designed for guides who want to deepen their knowledge in the fields of driving technology and guidance education, or if you want to have more responsibilities than just a day trip show.		
To reach level 2, the following modules must be successfully completed:		
• Dynamic module / guidance group (5 days)		
• Technology / Methodology / Didactic (2.5 days)		
• Guiding as a business model (1.5 days)		
• theoretical and practical exams for MTB GuideSwiss Cycling Level 2 (2.5 days)		
• 10 days of internship at one of the partner companies or experts		
Swiss mountain bike guide Cycling Level 2 is able to plan its own guided tours and perform ATV courses.		
<u>Level 3 (expert)</u>		
To get level 3 level everyone must have completed level 2 training.		
To successfully complete the Basic Course, participants must have completed the BLS / DEA first aid course and the diploma will be reviewed prior to the basic course visit. The basic course is completed with an exam. The success of the audit led to titre "Swiss Cycling Mountain Bike Guide ».		
<u>Touristic guide :</u>		
The Swiss Guide Cycling Tour training course is designed for people who cycle in the tourist area. Unlike the mountain bike guide, these visits do not take place in difficult terrain and not on steep paths, but on paved roads and trails.		
Study programme :		
• Entrance exam		
• BLS / AED		
• Basic visit		
• Group dynamics and a guide (GDF)		
• Business Model (GAG)		

• Internship days		
• Final exam in theory and practice		
Module :		
• Coordination / endurance on the bike		
• orientation in the field		
• Bike repairs		
• Social abilities		
• MTB conditions technique		
• Coordination / state on mountain biking		
• Orientation In the field		
• on the ATV Repair		
• Social abilities		
<u>MTB Instructor:</u>		
Swiss Mountain Bike Instructor is aimed at people who give mainly technical cycling lessons. Among the technical courses include courses in bike parks and Guiding freeride .		
Study programme :		
• Entrance exam		
• BLS / AED		
• Basic visit		
• Methodology and didactics (TMD) 1		
• Methodology and didactics (TMD) 2		
• Business Model (GAG)		
• Internship days		
• Final exam in theory and practice		
Module :		
• Systematization and segmentation of ATV driving techniques.		
• Motion analysis (with video analysis)		
• Transfer of ATV technology for advanced shapes, such as Rabbit Hop, Wheelie , Manual, etc.		
• Psychology.		
• Analysis and choice of the line in difficult terrain.		
• Technical courses in the bike park (rules of conduct, special techniques such as jumps, drops, etc.).		
• Risk and emergency management.		
The course ends with a practical and theoretical exam. Participants who pass both exams receive the Swiss diploma Cycling mountain bike instructor.		