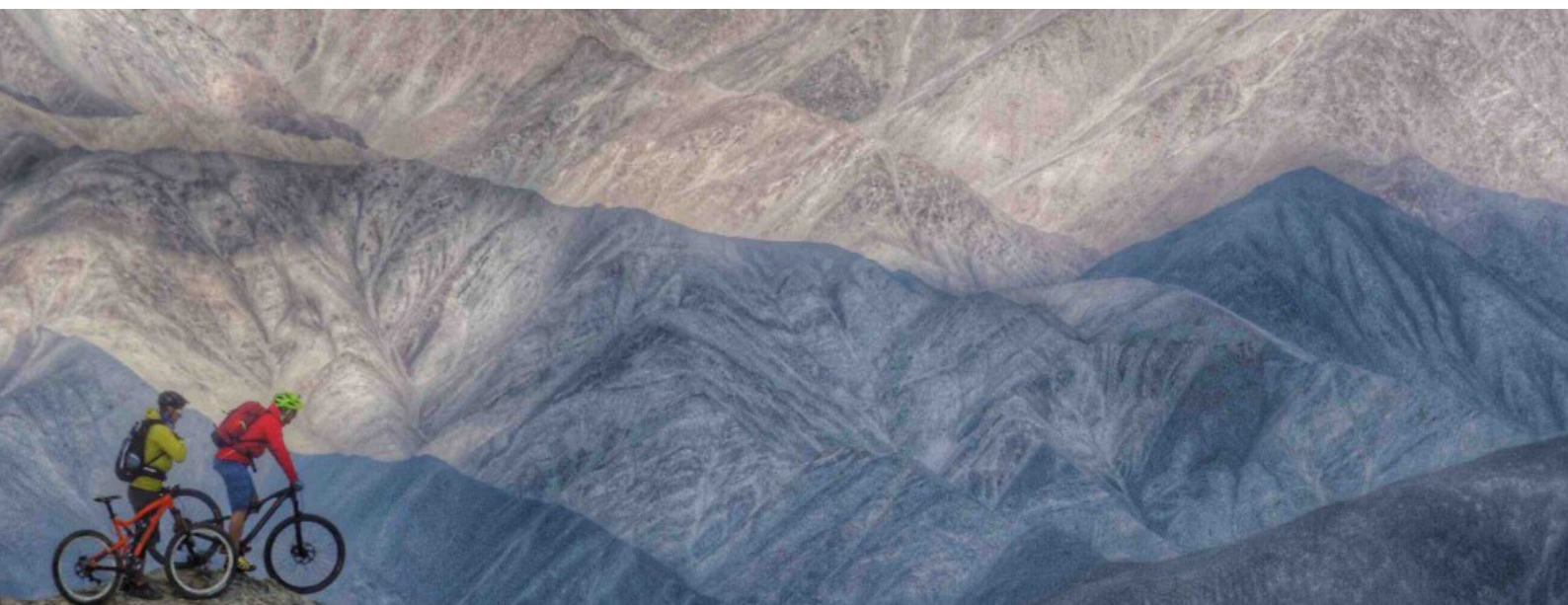


# CAPS MTB



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

---



### **D1.2 - A job description for the profession of European MTB instructor-Guide**

---



Co-funded by the  
Erasmus+ Programme  
of the European Union

Project reference : 579731-EPP-1-2016-1-FR-SPO-SSCP



**WHAT: OUTCOME 1 ST DISCUSSION JOB DESCRIPTION MTB GUIDE / MTB INSTRUCTOR**

**ATTENDEES: CTC, BRITISH CYCLING, SWISS CYCLING, MCF, DIMB, DAV, NTFU, SLOVENIAN CYCLING FEDERATION, BIKE VILLAGE, SADDLE SKEDADDLE, IMBA EUROPE**

---

### **MTB Guide and Instructor Requirements**

#### **HARD SKILLS:**

- 1) First Aid and Rescue Management
- 2) Safety management and Risk assessment
  - Basic weather
  - Safety equipment
  - Bike Check
  - Creating a safe learning environment
- 3) Basic Mechanic Skills (Trailside Repair) → Standard?
- 4) Basic Orientation und Guiding with Map
  - Reading Maps (not rely on GPS)
  - Use of GPS
- 5) Tour- / Course planning
  - At home: from the Map
  - In the field: 1) Plan 2) Ride 3) Guide
- 6) Tour- / Course leading
  - Definition of Position of the Guide in the Group
- 7) Knowledge about Environment and Culture
- 8) Legal Issues
- 9) Advanced Coaching/ Instructor Skills
  - Learning Styles
  - Coaching Styles
  - Different Target groups
  - Biomechanics Knowledge
  - Analysis of Movement
- 10) Didactics
  - Learn
  - Improve
- 10) Basic Nutrition Knowledge
- 11) Bike Setup

SOFT SKILLS:

12) Riding Skills: Level & Factor X → specific definition! (Min. S3)

- Demo Riding

13) Endurance Skills: Level & Factor X

14) **Leadership Skills**

- Evaluate and adapt clients to level
- Communication Skills
  - Motivation
  - Dealing with fear
- Appearance
- Group dynamics & Social skills