EO M326.02B – RIDE A MOUNTAIN BIKE

1. **Performance.** Ride a Mountain Bike.

2. **Conditions**

   a. Given:

      (1) Mountain bike equipment, to include:

         (a) mountain bike,

         (b) helmet,

         (c) bell or horn,

         (d) lights and reflectors,

         (e) water carrier, and

         (f) day pack;

      (2) Topographical map of the area,

      (3) Compass,

      (4) Whistle,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Expedition centre, on novice mountain bike trails during daylight hours.

3. **Standard.** IAW A-CR-CCP-951/PT-002, the cadet shall ride a mountain bike on novice trails not to exceed Level 3, as part of an expedition, to include:

   a. fitting a mountain bike;

   b. practicing trail etiquette;

   c. practicing trail and road safety; and

   d. demonstrating mountain bike skills when riding, to include:

      (1) shifting gears;

      (2) braking;

      (3) gearing;

      (4) ascending hills; and

      (5) descending hills.

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4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Introduce principles of safe riding, to include: a. awareness of trail difficulty, to include: (1) novice trails, (2) intermediate trails, and (3) experienced trails; and b. adherence to the six codes of conduct that minimize the impact of mountain biking on the environment and on other trail users, to include: (1) riding on open trails only; (2) practicing the principles of “Leave No Trace”; (3) controlling your bicycle; (4) giving way to other users; (5) avoiding animals; and (6) planning ahead.	Interactive Lecture	5 min	C2-083 (p. 13) C2-087 (pp. 31-32)
TP2	Identify the parts of a mountain bike, to include: a. handlebar, b. gear shifter, c. brake lever, d. top tube, e. tire, f. quick release, g. derailleur (front and rear), h. chainring, i. chainset, j. pedal, k. chain, l. cogs, m. cassette, n. brakes, o. seat tube, p. seat post release, q. seat post, and r. saddle.	Interactive Lecture	10 min	C2-082 (pp. 356–362) C2-084 (pp. 12–13, pp. 234–239) C2-088 (p. 18)

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TP	Description	Method	Time	Ref
TP3	Explain, demonstrate and have the cadet select and adjust a mountain bike by: a. selecting a helmet; b. adjusting the helmet; and c. sizing a mountain bike by: (1) sizing by eye; (2) completing the stand-over test; and (3) adjusting the saddle.	Demonstration and Performance	20 min	C2-088 (pp. 22–23, p. 32) C2-089
TP4	Explain, demonstrate and have the cadet practice the procedure for completing a pre-ride bike check using the ABC Quick Check method, to include: a. air, to include; (1) tire pressure, and (2) wear on the tread or cuts on the sidewall; b. brakes, to include: (1) brake levers, and (2) brake function; c. chain and crank, to include: (1) lubrication, and (2) pedals; d. quick release, to include: (1) wheel, and (2) saddle; and e. final check.	Demonstration and Performance	10 min	C2-088 (pp. 36–37) C2-089
TP5	Explain and demonstrate safety precautions which must be adhered to when mountain biking, to include: a. the rules of the road for bikers; b. signalling, to include: (1) left, (2) right, and (3) stop; and c. riding discipline, to include: (1) formations for riding, (2) spacing, (3) stopping/starting procedures, and (4) road crossing.	Demonstration	10 min	A2-001 (pp. 8-1 to 8-3) C2-089 C2-090
TP6	Explain, demonstrate and have the cadet practice mountain bike techniques, to include: a. mounting;	Demonstration and Performance	55 min	C2-087 (p. 40, p. 42)

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TP	Description	Method	Time	Ref
	b. braking; c. dismounting; d. gearing, to include: (1) gear ratio, (2) chainset, (3) cassette, and (4) shifting gears; e. ascending hills, to include: (1) position, and (2) gearing and shifting; and f. descending hills, to include: (1) position, and (2) gearing and shifting.			C2-088 (p. 104–113) C2-092
TP7	Have the cadet practice mountain bike skills during an expedition, to include: a. pre-ride check; b. mountain bike techniques; to include: (1) mounting, (2) braking, (3) dismounting, (4) gearing, (5) ascending hills, and (6) descending hills; c. riding formations; and d. communication skills.	Practical Activity	45 min	
TP8	Explain and demonstrate the procedure for completing a post-ride check, to include: a. cleaning; and b. assessing for repairs.	Demonstration and Performance	5 min	C2-088 (pp. 44–45, pp. 52–53)

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	15 min
c.	Demonstration and Performance:	90 min
d.	Demonstration:	10 min
e.	Practical Activity:	45 min
f.	Total:	165 min

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6. **Substantiation**

   a. An interactive lecture was chosen for TPs 1 and 2 to introduce the principles of safe riding and provide an overview of the parts of a mountain bike.

   b. Demonstration and performance was chosen for TPs 3, 4, 6 and 8 as it allows the instructor to explain and demonstrate selecting and adjusting a mountain bike, the procedure for a pre-ride and post-ride bike check, and proper mountain bike techniques while providing an opportunity for the cadet to practice each skill under supervision.

   c. Demonstration was chosen for TP 5 as it allows the instructor to explain and demonstrate safety precautions when mountain biking.

   d. A practical activity was chosen for TP 7 as it is an interactive way to introduce the cadet to mountain bike techniques and procedures in a controlled environment during an expedition. The expedition contributes to the development of these skills and procedures in a fun and exciting manner.

7. **References**

   a. A2-001 A-CR-CCP-951/PT-002 Director Cadets 3. (2006). *Royal Canadian Army Cadets Adventure Training Safety Standards*. Ottawa, ON: Department of National Defence.

   b. C2-082 (ISBN 1-57954-883-0) Downs, T. (2005). *Bicycle Maintenance & Repair for Road & Mountain Bikes*. USA: Rodale Inc.

   c. C2-083 (ISBN 0-07-149390-5) Brink, T. (2007). *The Complete Mountain Biking Manual*. Camden, ME: Ragged Mountain Press.

   d. C2-084 (ISBN 1-55297-734-X) Allwood, M. (2004). *Mountain Bike Maintenance: The Illustrated Manual*. Richmond Hill, ON: Firefly Books Ltd.

   e. C2-087 Badyk, M., Buck, K., Sahl, N., Schultz, R., & Vrooman, D. (1998). *Ontario Learn to Mountain Bike Clinic Workbook* (2nd ed.). North York, ON: Ontario Cycling Association and Ontario Recreational Mountain Bicycling Alliance.

   f. C2-088 (ISBN 1-55297-653-X) Crowther, N. (2002). *The Ultimate Mountain Bike Book: The Definitive Illustrated Guide to Bikes, Components, Techniques, Thrills and Trails*. Toronto, ON: Firefly Books Ltd.

   g. C2-089 Ministry of Transport Ontario. (2007). *Young Cyclists Guide*. Retrieved October 5, 2007, from http://www.mto.gov.on.ca/english/safety/cycling/youngcyclist.htm.

   h. C2-090 International Mountain Bicycling Association. (2007). *Trail Difficulty*. Retrieved October 10, 2007, from http://www.imba.com/resources/trail_building/itn_17_4_trail_difficulty.html.

   i. C2-092 Ministry of Transport Ontario. (2007). *Cycling Skills: Cycling Safety for Teen and Adult Cyclists*. Retrieved October 5, 2007, from http://www.mto.gov.on.ca/english/pubs/cycling/cyclingskills.htm.

8. **Training Aids**

   a. Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,

   b. Mountain bike equipment,

   c. Topographical map of the area,

   d. Compass,

   e. Whistle,

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f. Communication device,

g. GPS receiver,

h. Batteries,

i. First aid kit,

j. Bike maintenance tool,

k. Bike tire pump,

l. Lubricant, and

m. Gear/masking tape.

9. **Learning Aids**

a. Mountain bike equipment,

b. Topographical map of the area,

c. Compass,

d. Whistle,

e. Communication device,

f. Batteries,

g. First aid kit,

h. Bike maintenance tool,

i. Bike tire pump,

j. Lubricant, and

k. Gear/masking tape.

10. **Test Details.** This EO is assessed IAW Chapter 3, Annex B, Appendix 8 (326 PC).

11. **Remarks**

a. Expedition centres are required to select two dynamic modes of travel from EO M326.02a (Paddle a Canoe), EO M326.02b (Ride a Mountain Bike), and EO M326.02c (Hike Along a Route) to incorporate into their weekend training.

b. This EO has been allocated five and a half periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

c. Upon arrival at the expedition centre cadets will be broken into teams/groups. These teams/groups will remain the same for the duration of the weekend.

d. IAW A-CR-CCP-951/PT-002, the following equipment is required for the familiarization ride:

(1) reflective vest (worn by the person in the rear of the group),

(2) topographical map of the area (if unfamiliar),

(3) compass,

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(4) first aid kit,

(5) communication device (cellular phone or hand-held radio), and

(6) basic bike repair kit.

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