EO M426.02B – RIDE A MOUNTAIN BIKE

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

2. **Conditions**:

   a. Given:

      (1) Fully equipped mountain bike,

      (2) Personal mountain bike equipment,

      (3) Group mountain bike equipment,

      (4) Supervision, and

      (5) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Expedition centre, familiarization / intermediate mountain bike trails IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, during daylight hours.

3. **Standard**:The cadet, in a team of no more than six, shall ride a mountain bike on familiarization / intermediate trails during an expedition.

4. **Teaching Points**:

   a. Conduct a briefing to include an explanation of:

      (1) the objectives and the importance of the activity;

      (2) the resources that may be required to perform the activity; and

      (3) any safety guidelines that must be followed while performing the activity.

   b. Explain, demonstrate and have the cadets practice the following advanced mountain bike skills prior to / during the conduct of the expedition:

      (1) log hops, and

      (2) cornering.

   c. Have the cadets, in teams of no more than six, ride a mountain bike on familiarization / intermediate trails for a distance of 40–50 km during an expedition.

   d. Conduct a debriefing by asking the cadets:

      (1) how they felt about the activity;

      (2) how they felt their team worked together;

      (3) what portion of the activity challenged them the most;

      (4) how their teammates assisted them when they were challenged;

      (5) if there any specific examples of when their team bonded;

      (6) how the team made decisions;

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(7) whether or not all team members ideas / suggestions were considered; and

(8) what they would do as a leader of this type of activity to ensure their subordinates enjoyed the experience.

5. **Time**:

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	260 min
c. Total:	270 min

6. **Substantiation**:The experiential approach was chosen for this activity as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experiences mountain biking on familiarization / intermediate trails during an expedition and defines that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while mountain biking and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References**:

a. A2-001 A-CR-CCP-930/AG-001, National Cadet & Junior Canadian Rangers Support Group (2019). *Cadet Program Interim Activity Safety Direction*. 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. Personal mountain bike equipment,

c. Group mountain bike equipment,

d. Lubricant,

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e. Cleaning kit, and

f. Gear / masking tape.

9. **Learning Aids**:

a. Personal mountain bike equipment,

b. Group mountain bike equipment,

c. Lubricant, and

d. Cleaning kit.

10. **Test Details**:This EO is assessed IAW Chapter 3, Annex B, 426 PC.

11. **Remarks**:

a. Expedition centres are required to select two dynamic modes of travel from EO M426.02a (Paddle a Canoe), EO M426.02b (Ride a Mountain Bike), EO M426.02c (Hike Along a Route), EO M426.02d (Snowshoe Along a Route) and EO M426.02e (Ski Along a Route) to incorporate into the expedition training.

b. This EO has been allocated nine 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 divided into teams. Cadets will be given an opportunity to navigate and lead peers. These teams will remain the same for the duration of the weekend.

d. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*:

(1) a fully equipped mountain bike is described as having the following:

(a) bell or horn,

(b) lights, and

(c) reflectors;

(2) the following personal mountain bike equipment is required when riding a mountain bike:

(a) helmet,

(b) water carrier,

(c) day pack, and

(d) whistle; and

(3) the following group mountain bike equipment is required when riding a mountain bike:

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

(b) topographical / trail map of area as required,

(c) compass,

(d) first aid kit,

(e) communication device (eg, hand-held radio),

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(f) GPS receiver, and

(g) mountain bike repair kit, to include:

i. spare tube,

ii. tube patch kit,

iii. tire levers,

iv. bike multi-tool, to include:

(i) 2-, 2.5-, 3-, 4-, 5-, 6- and 8-mm hex keys,
(ii) chain tool,
(iii) flat screwdriver,
(iv) Phillips screwdriver,
(v) T-25 Torx spoke key,
(vi) spoke wrenches, and
(vii) 8- and 10-mm open wrenches; and

(h) mini pump with gauge.

e. Ensure each cadet has a day pack and an ample supply of water when mountain biking.

f. A mountain bike cleaning kit is comprised of the following items:

(1) bucket,

(2) hand brush,

(3) cleaning cloth,

(4) sponge,

(5) small brush,

(6) stiff brush,

(7) dish soap, and

(8) lubricant.

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