Blackwood Special Schools Outdoor Education Centre Inc.

MOUNTAIN BIKE RIDING

Mountain Bike Riding Locations
- The Blackwood Recreation Reserve
- The Blackwood Township
- The Imagination Trail
- The Wombat State Forest
- The Lerderdery State Forest
- The Murray to the mountains Rail Trail

Mountain Bike Riding Descriptions
- Mountain Bike Riding offers the students opportunities to:
  - An opportunity to experience Mountain Bike Riding in a Bush Environment
  - Challenge themselves beyond their Comfort Zones
  - Increase their Cycling Skills
  - Improve Communication
  - Further Develop Bike Skills
  - Improve their Fitness & Co-Ordination
  - Increase their Knowledge of Bicycle Safety
- Mountain Bike Riding also challenge students to further develop:
  - Friendships
  - Teamwork
  - Communication
  - Leadership Skills
  - Initiative Skills

Age Suitability
- All Ages.

Staff Ratio
(Remember Blackwood Special Schools Outdoor Education Centre Inc. Staff cannot be considered as part of your Staff : Student Ratio at any stage during your Blackwood Experience.)
- 1:6 - leaders/teachers/adults to campers (a minimum of 2 Visiting Staff must be on any Mountain Bike Ride)

Blackwood Special Schools Outdoor Education Centre Inc. Staff Experience
- Blackwood Special Schools Outdoor Education Centre Inc. Staff have previous experience in preparing, implementing, leading and reviewing Mountain Bike Riding.
- They are confident of their own experience & ability to safely implement Mountain Bike Riding.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff have experience in Mountain Bike Riding.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff are aware of the intricacies involved in implementing the Mountain Bike Riding including, but not limited to:-
  - Qualifications required
  - Equipment required
  - Students causing problems during the activity
  - Risk Management & Emergency Procedures
- All other Logistical requirements for Mountain Bike Riding.
Group Leaders Experience

- Must have previous experience in supervising groups in outdoor recreation activities.
- Must have previous experience in Bike Riding - Mountain Bike Riding Experience is preferable.

Student Participant Experience

- Ability & Willingness to safely be involved in Mountain Bike Riding.
- Awareness of others and safety guidelines relating to Mountain Bike Riding.

Blackwood Special Schools Outdoor Education Centre Inc. Responsibilities

- **MUST HAVE CURRENT BICYCLE EDUCATION INSTRUCTOR TRAINING ACCREDITATION.**
- To ensure the Activity is appropriate for the age, ability & experience of the visiting students.
- To safely & confidently implement Mountain Bike Riding Programs.
- Take responsibility for the technical and related safety of participants engaged in the activity.
- Confirming Weather conditions with Group Leaders prior to preparing for mountain Bike Riding.
- Briefing participants about the nature and purpose of the activity, about potential hazards and appropriate safety procedures and instructions to be followed.

Group Leaders Responsibilities

- **ANY GROUP LEADER or VISITING STAFF RUNNING MOUNTAIN BIKE RIDING WITHOUT BLACKWOOD SPECIAL SCHOOLS OUTDOOR EDUCATION Inc. STAFF SUPPORT MUST HAVE CURRENT BICYCLE EDUCATION INSTRUCTOR TRAINING ACCREDITATION.**
- The Group Leader will be responsible for the supervision and behaviour of campers on the activity, at all times and for first aid.
- Assessing first aid requirements, identifying campers at risk e.g. asthma and appointing the first aider.
- Informing other Visiting Staff of their roles in the behaviour, supervision and instruction of campers.
- Monitoring the welfare and fitness of Campers and other Visiting Staff.
- Checking the suitability of clothing and equipment carried by Campers and other Visiting Staff.
- Undertaking a head count prior to, during and after the Mountain Bike Riding Program.
- Implementing sun safe strategies for all Campers & Visiting Staff.
- Recording all incidents – including near misses – on the Incident Notification Form and / or patient Care Report and advising the Blackwood Special Schools Outdoor Education Centre inc. Staff and their School Principals.
- Assuming all Blackwood Special Schools Outdoor Education Centre Inc. Staff Responsibilities – as listed above – if leading the Activity without Blackwood Special Schools Outdoor Education Centre Inc. Staff support.

Visiting Staff Responsibilities

- To carry out tasks as directed by the Group Leader and / or Blackwood Special Schools Outdoor Education Centre Inc. Staff.
- These may include – but are not limited to:-
  - Monitoring the welfare and fitness of campers;
  - Assisting the Group Leader and Blackwood Special Schools Outdoor Education Centre Inc. Staff;
  - First aid responsibility;
  - The supervision and behaviour of campers; and
  - Adhering to the safety rules.

Participant Responsibilities

- Adhering to the safety rules and directions of:-
  - Blackwood Special Schools Outdoor Education Centre Inc. Staff
  - Group Leader
  - Visiting Staff

*A destination for exploration*
Safety Equipment, Inventory & Clothing Requirements

<table>
<thead>
<tr>
<th>Blackwood Staff</th>
<th>Group Leader</th>
<th>Visiting Staff</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Bikes</td>
<td>1st Aid Kit</td>
<td>Sunscreen</td>
<td>Hats</td>
</tr>
<tr>
<td>Helmets</td>
<td>All Medical Details</td>
<td>Snacks</td>
<td>Appropriate Clothing</td>
</tr>
<tr>
<td>Pumps &amp; Bike Tools</td>
<td>Water Bottles</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td>Safety Briefing &amp; Check</td>
<td>Appropriate Clothing</td>
<td>Appropriate Clothing</td>
<td>Solid Footwear</td>
</tr>
</tbody>
</table>

Everyone should wear solid footwear at all times eg. sandshoes/runners - Thongs, Sandals & Gumboots are NOT appropriate

First Aid Requirements

- The Group Leader MUST carry a first aid kit at all times.
- There MUST be a qualified first aider within the visiting staff - not necessarily the Group Leader.
- Insect repellent and stingoes is a good idea.

Safety Briefing & Emergency Response

- All riders MUST follow all instructions AT ALL TIMES
- NO Mountain Bike Riding Program will commence with a Mountain Bike Safety Check
- While it is understood that the group may separate over a distance ride - the front riders will regularly be stopping to wait for the slower riders
- Do not ride off the tracks AT ANY TIME
- There is always a LEAD RIDER & a WHIP RIDER in every Mountain Bike Riding Group
- NO - ONE is to ride in front of the Lead Rider & NO-ONE is to ride behind the Whip Rider
- If you need a rest, food, water or to tie up your shoe lace - let the Leader know & we will stop the entire group
- On distance Mountain Bike Rides there will be a Swag Wagon available
- The Lead Rider, Whip Rider & Swag Wagon Driver will have constant Walkie Talkie Communication
- All riders MUST Ride in Control at ALL TIMES
- DO NOT Skid, Mono, Endo or perform any other BMX Tricks
- DO NOT disturb others who are engaged in the Activity
- IF THERE IS AN EMERGENCY SITUATION EVERYONE MUST STOP AND FOLLOW THE DIRECTIONS OF BLACKWOOD SPECIAL SCHOOLS OUTDOOR EDUCATION CENTRE Inc. STAFF / GROUP LEADER / EMERGENCY SERVICES

Activity Notes

- Anyone Leading Initiative Games through Blackwood Special Schools Outdoor Education Centre Inc MUST BE:-
  - Familiar with Mountain Bike Riding
  - Familiar with the Mountain Bike Riding Activity Safety Briefing
  - Familiar with Emergency & Risk Management Plans
  - Currently 1st Aid Level 2 Qualified
- Everyone MUST BE checked to ensure they have appropriate gear for Mountain Bike Riding
- Constantly check the health and wellbeing of all members of the group

Environmental Considerations

- Groups MUST implement Minimal Impact Practices throughout every Mountain Bike Riding Program
- These include but are not limited to:-
  - If you carried it in, you carry it out
  - Don’t feed or leave food for the animals
  - Leave the Mountain Bike Riding Route and / or Area better than you found it
  - Always ride on the tracks and established paths
- Keep the noise to a minimum

A destination for exploration