

Alpine 100 RIDE

Student & staff preparation

School Name:- _____

Ride Co-Ordinator:- _____ Signature:- _____

Student & staff training log

Getting your groups out riding in preparation for the Alpine 100 Ride will help ensure they have a successful and enjoyable ride. And if they do, so will you! Use this template to help track your group rides

Ability Acronyms: **I= Incompetent Rider** **P= Poor Rider** **C= Competent Rider** **E= Excellent Rider**

Ride Date				
Ride Terrain				
Ride Weather				
Ride Surface/condition				
Ride Location				
Student Name	Ability	Ability	Ability	Ability
Staff Name	Ability	Ability	Ability	Ability

Staff qualifications

Name	Qualification	Training Organisation	Expiry Date	Signature

Preference should be given to staff who have cycling experience, current cycling qualifications, first aid qualifications and are able to train & prepare with students.

Please return this form to Shane Le Fevre by Monday 9th of March.