





















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 Lerderderg 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.

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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

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Safety Equipment, Inventory & Clothing Requirements

Blackwood Staff	Group Leader	Visiting Staff	Participants
🐼 Mountain Bikes	🐼 1 st Aid Kit	🐼 Sunscreen	🐼 Hats
🐼 Helmets	🐼 All Medical Details	🐼 Snacks	🐼 Appropriate Clothing
🐼 Pumps & Bike Tools	🐼 Water Bottles	🐼 Water	🐼 Water
🐼 Safety Briefing & Check	🐼 Appropriate Clothing	🐼 Appropriate Clothing	🐼 Solid Footwear
🐼 Everyone should wear solid footwear at all times eg. sandals/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

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