 **EXPERIENCE FOR MOUNTAIN BIKE CLIENT DAYS**

Please complete this form as accurately as possible to allow us to make sure that you are at the right level for being a mock student on this course. A good level of fitness is required to make the day possible, you should be expecting to ride around 30 kilometers over wild technical terrain. If you are currently L3 Trained or qualified (and/or MBL) then you will be too experienced to take part.

You will need a bike, helmet, gloves and suitable clothing for a day's ride out in the hills and of course your food and drink for the day. Your bike needs to be well serviced and good to ride wild technical trails. Along with your bike working well you need to make sure you have plenty of brake pad left on the front and rear and spares if you can. As well as these its always good to have a spare rear gear mech hanger specific for your bike. Unfortunately these items are usually specific to your bike so its unlikely that we will have spares.

If you do require to borrow any equipment we may be able to help but this needs to be booked well in advance as it may be out on other courses.

We will be in touch by email with dates when we have courses running that need mock students. Please note that the day starts prompt at 0800hrs and will finish around 1730hrs.

Whilst the training is free and all equipment supplied, **you have to cover the costs of your food and any accommodation as well as any travel costs to get here**.

|  |  |
| --- | --- |
| **Name** |  |
| **Email** |  |
| **Telephone** |  |

**MTB Experience**

**How often are you out on your MTB?**

Once a month Once a week More than once a week

**How comfortable are you riding graded trails?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not Comfortable | Almost Comfortable | Quite Comfortable | Very Comfortable |
| Blue |  |  |  |  |
| Red |  |  |  |  |
| Black |  |  |  |  |

**Please give some recent examples of some rides you have completed:**

|  |  |  |
| --- | --- | --- |
| **Where** | **Distance** | **Difficulty** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Please return the form by email to** **mockstudent@glenmorelodge.org.uk**

**If returning by post please send to Kirsty Murfitt, Glenmore Lodge, Glenmore, Aviemore, PH22 1QZ**

**“*sport****scotland is the controller of the personal data provided by you on this form.*

*Please note that your/your child’s personal data will be processed by sportscotland in order for us to perform the services for you which are outlined in this contract. Please go to* [*https://sportscotland.org.uk/privacy/*](https://sportscotland.org.uk/privacy/) *for more information about the management of your/your child’s personal data.”*