



International Mountain Bike Association Instructor Certification Program: Level 1 June 9-11, 2017

The IMBA Instructor Certification Program (ICP) offers professional training and certification for individuals who lead group rides or teach mountain bike skills clinics. With the ICP, IMBA is building on proven, successful methods nearly two decades in development, and aims to establish a global standard for mountain bike skills instructor training.

- Cost:** \$495 for current IMBA members. \$550 for non-IMBA members.
- Duration:** 2.25 day (18 hour) training course and assessment
- Schedule:** Friday, 6/9 – Sunday, 6/11, 2017
- Location:** Specific meeting location on Lyndon State College campus will be announced shortly.
- Instructor:** IMBA Certified Instructor

Who participates?

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Prerequisite:

Level 1 Pre-requisites:

- Current First Aid and CPR certificate
- Three or more years of mountain biking experience
- At least 18 years of age
- Good communication skills with a strong desire to help others have more fun and progress safely
- Ability to perform basic trailside repairs (flat tires, broken chains, and shifting adjustments)
- Fluent in the English language including reading and speaking
- Wilderness First Aid certification strongly recommended

Completion of the course, in addition to passing a practical exam will qualify an individual to:

- Lead individual or group mountain bike rides in a professional, systematic and safe manor
- Assess the level of each rider in their group through a pre-ride session
- Assess and diagnose common errors within each rider's fundamental skills
- Prepare and implement action plans in an emergency situation
- Make responsible choices in picking trail routes for specific groups
- Assist ICP instructors at clinics, camps, and events



Level 1 Course Topics:

- Risk management
- Leadership
- The ten fundamental elements of mountain biking:
 - Neutral Position, Ready Position, & Ready State
 - Bike/Body Separation
 - Pedal Position
 - Eye Movement
 - Braking
 - Steering
 - Speed
 - Gearing and Cadence
 - Timing and Coordination
 - Pressure Control
- Group management
- Rider assessment through a pre-ride skills session
- Instruction principals
- Safety and etiquette

REGISTER today at www.LyndonState.edu/Professional

For additional information, contact Ann Nygard at ann.nygard@lsc.vsc.edu or (802) 626-4867.