



ASSESSORS SKILL LEVEL SHEET
Personal Skills - Level matrix

| Personal Riding skills | Level 1 | Level 2 | Level 3 |
|--------------------------------|---|--|--|
| Safe and correct use of brakes | Use of both brakes with rear applied slightly before front, modulation of power to avoid skidding | Complete use of brakes to full potential showing control when using maximum power | As Level 2 plus full control of individual brakes applying 75% front 25% rear |
| Correct use of gear selection | Appropriate selection of gears to suit terrain. No cross chaining | Appropriate selection of gears to suit terrain with proactive selection and smooth shifting | As Level 3 with complete proactive and smooth shifting. Understanding of Cadence and gear ratios |
| Pedal kick | Lift wheel clear of ground | Lift front wheel 30cm from ground | Lift front wheel 50cm from ground |
| Track stand | Hold balance for up to 5 seconds | Hold balance for 5 - 10 seconds | Hold balance comfortably for 5 - 10 seconds |
| Front wheel lift | Lift wheel over 10cm high object | Lift wheel over 15cm high object | Lift wheel over 20cm high object |
| Small drop-offs | Drop-off up to 15cm | Drop-off between 15 & 50cm | Drop-off over to 50cm |
| Short down-hill descents | Up to 30° | Between 30° & 45° | Over 45° |
| Short up-hill climbs | Up to 20° | Between 20° & 30° | Over 30° |
| Balance | Show movement of weight around the bike to keep balance | Movement of weight from side to side and front to back without hesitation as required by the terrain | Extreme movement of weight as required by the terrain e.g. Body completely over rear wheel on steep descent |
| Hopping | Demonstrate understanding of principals | Stationary hop with both wheels clear of ground | Stationary hop, both wheels clear of ground with turning or side movement |
| Bunny hop | Demonstrate understanding of principals | Hop a 7.5cm high object | Hop a 7.5cm high object clearing with ease |
| Speed jumps | Demonstrate understanding of principals | Clear a 7.5cm high object | Clear a 10cm high object |
| Obstacles | Most small obstacles such as roots, logs under 12cm and "ruts" can be cleared without posing much of a problem. | Most medium sized obstacles such as roots, logs 12- 15cm and "ruts" can be cleared without posing a problem. | Most large sized obstacles such as roots, logs over 15cm and "ruts" can be cleared without posing a problem. |
| Cornering | Inside pedal up, weight on outside foot, knee pointing into corner, wide entrance hitting apex and accelerating on exit | As Level 1 but applied through switchback corners | As Level 2 but applied through a complex series of turns |