

Bike Ventures Camp Skill Levels

	Before this session, camper must already:	Skills developed in this level:
Bike Ventures Level 1	<ul style="list-style-type: none"> • Be able to ride a 2-wheel bike, with gears and independently (without assistance) • Ride in a straight line, without weaving • Have consistent and controlled braking • Be able to ride up to 1-hour long • Ride comfortably at various speeds and on small hills (up and down) 	<ul style="list-style-type: none"> • Trail etiquette & riding with a group • Steering competently – avoid obstacles, turn corners • Comfort changing gears when appropriate (knowing when and how to change) • Riding on narrow paths/trails
Bike Ventures Level 2	<p><i>In addition to all the skills in Level 1:</i></p> <ul style="list-style-type: none"> • Have some trail riding experience – dirt single or double track • Comfort changing gears when appropriate (knowing when and how to change) • Be able to ride up hills • Be able to ride up to 2-hour long 	<ul style="list-style-type: none"> • Trail etiquette & riding with a group • Steering competently – avoid obstacles, turn tight corners • Riding on narrow paths/trails • The hover position – standing up, hovering over seat, pedals flat • Riding over uneven surfaces – gravel paths, dirt trails, small sections of roots and rocks • Intro to downhill and uphill trail riding