

Bike Ventures Camp Skill Levels

| | Before this session, camper must already: | Skills developed in this level: |
|------------------------------|--|---|
| Bike Ventures Level 1 | <p>Be able to ride a 2-wheel bike, with gears and independently (without assistance)</p> <p>Ride in a straight line, without weaving</p> <p>Have consistent and controlled braking</p> <p>Be able to ride up to 1-hour long</p> <p>Ride comfortably at various speeds and on small hills (up and down)</p> | <p>Trail etiquette & riding with a group</p> <p>Steering competently – avoid obstacles, turn corners</p> <p>Comfort changing gears when appropriate (knowing when and how to change)</p> <p>Riding on narrow paths/trails</p> |
| Bike Ventures Level 2 | <p><i>In addition to all the skills in Level 1:</i></p> <p>Have some trail riding experience – dirt single or double track</p> <p>Comfort changing gears when appropriate (knowing when and how to change)</p> <p>Be able to ride up hills</p> <p>Be able to ride up to 2-hour long</p> | <p>Trail etiquette & riding with a group</p> <p>Steering competently – avoid obstacles, turn tight corners</p> <p>Riding on narrow paths/trails</p> <p>The hover position – standing up, hovering over seat, pedals flat</p> <p>Riding over uneven surfaces – gravel paths, dirt trails, small sections of roots and rocks</p> <p>Intro to downhill and uphill trail riding</p> |