

Level 1 Foundation			
Aim	Internship Hours	Limitations	Teaching Hours & Courses
To lead beginner cyclists on low technical difficult terrain and coach basic riding skills	50 Hours Logged experience	Trail Centres at moderate difficulty as a guideline Cycle permitted pathways and tracks of low technical difficulty Within 30 min walk	50 Hours Teaching & Self Study Skills assessment Level 1 Practical coaching and leading assessment
Level 2 Intermediate			
To coach and lead Technical riding for intermediate riders on appropriate terrain Has a bolt on two-day Expedition? Module	80 Hours logged hours since level 1 Proficient in a hill walking environment	Trail centres at difficult grade Cycle permitted pathways and tracks of difficult technical difficulty Within 1 hour walk from callout	80 Hours Teaching & Self Study Skills assessment level 2 Practical coach and leading assessment Theory Exams Module 1
Level 3 Advanced			
To coach and lead technical skills and leadership at advanced levels including overseas	120 logged hours since Level 2 Expedition module. Overseas experience	Trail centres at severe technical difficulty Cycle permitted pathways and tracks of severe technical difficulty and overseas.	80 Hours Teaching & Self Study Skills assessment level 3 Practical coach and leading assessment Theory Exams modules 1-5
Level 4 ABMG Guide			
To Coach and Guide At all levels within the remit of the ABMG award and the EOMTB European Award	80 logged hours since Level 3 Wide overseas experience Total Hours 330	All levels within the Guides current logged experience and risk assessed	80 Hours Teaching & Self Study 1. ABMG Guides Training Course 2. ABMG Guides Assessment Course 3. EO-MTB Final Exam Theory Exam Business Plan Total Hours 280