

<b>Level 1 Foundation</b>			
<b>Aim</b>	<b>Internship Hours</b>	<b>Limitations</b>	<b>Teaching Hours</b>
To Lead beginner cyclists on low technical difficult terrain and Coach basic riding skills	<b>30 Hours Logged experience</b>	Trail Centres at moderate difficulty as a guideline  Cycle permitted pathways and tracks of low technical difficulty Within 30 min from callout	<b>40 Teaching Hours</b>  <ul style="list-style-type: none"> <li>• Skills assessment Level 1</li> <li>• Practical Leading and Coaching assessment</li> <li>• First Aid Course</li> </ul>
<b>Level 2 Intermediate</b>			
To Lead and Coach Technical riding for intermediate riders on appropriate terrain Has a bolt on two-day Expedition? Module	<b>60 Hours logged hours since level 1</b>  Proficient in a hill walking environment	Trail centres at difficult grade  Cycle permitted pathways and tracks of difficult technical difficulty Within 30 min from callout	<b>80 Teaching Hours</b>  <ul style="list-style-type: none"> <li>• Skills assessment level 2</li> <li>• Practical Leading and Coaching assessment</li> <li>• Maintenance Course</li> <li>• First Aid Course</li> <li>• Skills Courses</li> <li>• Expedition module</li> </ul>
<b>Level 3 Advanced</b>			
To Lead and Coach technical skills and Guide at advanced levels including overseas	<b>120 logged hours since Level 2</b> Expedition module and Overseas experience	Trail centres at severe technical difficulty Cycle permitted pathways and tracks of severe technical difficulty and overseas.	<b>160 Teaching Hours</b>  <ul style="list-style-type: none"> <li>• Skills assessment level 3</li> <li>• Practical Leading and Coaching assessment</li> <li>• Expedition module</li> <li>• Coaching Courses</li> <li>• Skills Courses</li> <li>• First Aid Course</li> </ul>
<b>Level 4 ABMG Guide</b>			
To Coach and Guide At all levels within the remit of the ABMG award and the EOMTB European Award	<b>60 logged hours since Level 3</b>  Wide overseas experience  <b>Total Hours 270</b>	All levels within the Guides current logged experience and risk assessed	<b>80 Teaching Hours</b>  <ul style="list-style-type: none"> <li>• ABMG Guides Training Course</li> <li>• ABMG Guides Assessment Course</li> <li>• EO-MTB Final Exam</li> <li>• Theory Exam, Business Plan</li> </ul> <b>Total Hours 360</b>