

## JS Mountain Bike Foundation (MBF)

### Course Information

1	Type of course	Training and assessment
2	Course duration (ratio)	5 day (1:6)
3	Course Aim	To train and assess students to become a competent group member on low to medium technical terrain
4	Training Objectives	
	Knowledge	Train and develop students' knowledge of mountain biking
	Performance skills	Train and assess students' in mountain bike performance skills
	Demonstrate teamwork	Train and assess students to become a competent group member on low to medium technical terrain
	Manage Equipment	Train and assess students to manage mountain bike equipment
5	Assessment criteria	Practical assessment of students' ability as a competent group member on low to medium technical terrain
6	Pre course qualifications	Nil
7	Pre course exemption	N/A
8	Pre course experience	Nil
9	Delivery	MBLA / MIAS tutor, MBI as DT

### Course Remit, Limitations and Currency

10	Conditions/remit (operating as equals)	May operate as equals, minimum of 4 persons, on terrain no greater than medium technical terrain, under 600m, no more than 30 mins walk from nearest means of communication/shelter/rescue, in day light hours and in summer conditions, world wide
11	Remit (led Groups)	Nil
12	Remit (DT)	Nil
13	Qualification expiry	Course is not time barred
14	Currency	Students advised to maintain an mtb logbook

### RM, RAF,SF and Civilian Equivalent

15	Royal Marine (RM)	Nil
16	RAF Mountain Rescue (MR)	Nil
17	Special Forces (SF)	Nil
18	NGB equivalent	Nil

### Course Loading Details

19	Location	JSATI, JSMTTC (R), (B), (ATC), AL2 ATC
20	Frequency	See <a href="http://www.ahrc.co.uk">www.ahrc.co.uk</a>

### Support Information

21	Key references	MBLA Official Training Manual
22	Additional remarks	Nil

## JS Mountain Bike Foundation (MBF)

Course Information		
1	Type of course	Training and assessment
2	Course duration (ratio)	5 days (4 days training, 1 day assessment)
3	Course Aim	To train and assess students in mountain bike leadership to lead groups on low to medium technical terrain
4	Training Objectives	
	Knowledge	Train and assess students' knowledge of mountain biking
	Performance skills	Train and assess students' mountain bike performance skills
	Leadership, instruction and coaching	Train and assess mountain bike supervisory skills
	Manage Equipment	Train and assess students to manage mountain bike equipment
5	Assessment criteria	Practical assessment of students' ability to lead a group on low to medium technical terrain
6	Pre course qualifications	MBF
7	Pre course exemption	Nil
8	Pre course experience	20 rides > 1.5 hours duration gained since MBF
9	Delivery	MBLA / MIAS tutor and MBI at a L4 Centre
Course Remit, Limitations and Currency		
10	Conditions/remit (operating as equals)	May operate on low to medium technical terrain, under 600m, no more than 30 mins walk from nearest means of communication/ rescue/shelter, in day light hours, in summer conditions, world wide.
11	Remit (led Groups)	As above with ratio of 1:6
12	Remit (DT)	N/A
13	Qualification expiry	Course is not time barred
14	Currency	Students are advised to maintain a mountain bike log book
RM, RAF,SF and Civilian Equivalent		
15	Royal Marine (RM)	N/A
16	RAF Mountain Rescue (MR)	N/A
17	Special Forces (SF)	N/A
18	NGB equivalent	MBLA TCL, MIAS L2
Course Loading Details		
19	Location	JSATI, JSMTTC (R), (B), (ATC), AL2 ATC
20	Frequency	See www.ahrc.co.uk
Support Information		
21	Key references	MBLA Official Training Manual
22	Additional remarks	Nil

## JS Mountain Bike Instructor Training (MBIT)

### Course Information

1	Type of course	Training and assessment
2	Course duration (ratio)	5 days. (3 days technical MBI training and 2 days expedition module training and assessment)
3	Course Aim	To prepare students for the MBI award and to train and assess for the expedition module
4	Training Objectives	
	Knowledge	Train and assess students' knowledge of mountain biking
	Performance skills	Train and assess students' mountain bike performance skills
	Leadership, instruction and coaching	Train and assess mountain bike supervisory skills
	Manage Equipment	Train and assess students to manage mountain bike equipment
5	Assessment criteria	Practical assessment of students' ability to lead a group on multi day, self sufficient expeditions
6	Pre course qualifications	MBL
7	Pre course exemption	Nil
8	Pre course experience	10 rides gained since MBL, of which, 5 x rides > 6 hrs, leading groups on MBL terrain
9	Delivery	MBLA / MIAS tutor and MBI at a L4 Centre

### Course Remit, Limitations and Currency

10	Conditions/remit (operating as equals)	May lead self sufficient multi day trips on low to medium technical terrain, under 600m, no more than 30 mins walk from nearest means of communication/ rescue/shelter, in day light hours, in summer conditions, world wide
11	Remit (led Groups)	As above with ratio of 1:6
12	Remit (DT)	N/A
13	Qualification expiry	MBIT module valid for 2 years, expedition module not time barred
14	Currency	Students are advised to maintain a mountain bike logbook

### RM, RAF,SF and Civilian Equivalent

15	Royal Marine (RM)	N/A
16	RAF Mountain Rescue (MR)	N/A
17	Special Forces (SF)	N/A
18	NGB equivalent	MBLA MBL training, MBLA expedition module training

### Course Loading Details

19	Location	JSATI, JSMTTC (R), (B), (ATC), AL2 ATC
20	Frequency	See <a href="http://www.ahrc.co.uk">www.ahrc.co.uk</a>

### Support Information

21	Key references	MBLA Official Training Manual
22	Additional remarks	Nil

## JS Mountain Bike Instructor (MBI)

### Course Information

1	Type of course	Training and assessment
2	Course duration (ratio)	5 days. (2 days MBI technical assessment, 3 days trainer training)
3	Course Aim	To assess the students' ability to lead groups on medium to high technical terrain and to deliver a trainer training programme
4	Training Objectives	
	Knowledge	Train and assess students' knowledge of mountain biking
	Performance skills	Train and assess students' mountain bike performance skills
	Leadership, instruction and coaching	Train and assess students' mountain bike supervisory and training skills
	Manage Equipment	Train and assess students to manage mountain bike equipment
5	Assessment criteria	Practical assessment of students' ability to lead groups on medium to high technical terrain
6	Pre course qualifications	MBIT
7	Pre course exemption	MBLA MBL + MBLA Expedition Module
8	Pre course experience	20 rides gained since MBIT: 3 different mountainous areas, varying routes, on both man made and natural trails
9	Delivery	MBLA / MIAS tutor and MBI at a L4 Centre

### Course Remit, Limitations and Currency

10	Conditions/remit (operating as equals)	May operate on medium to high technical terrain, any height above sea level below the snow line, world wide and on self sufficient multi day trips during day light hours
11	Remit (led Groups)	As above with a ratio of 1:6
12	Remit (DT)	May deliver MBF at unit level
13	Qualification expiry	N/A
14	Currency	Students are advised to maintain a mountain bike log book

### RM, RAF, SF and Civilian Equivalent

15	Royal Marine (RM)	N/A
16	RAF Mountain Rescue (MR)	N/A
17	Special Forces (SF)	N/A
18	NGB equivalent	MBLA Tutor grade 1, MIAS level 5

### Course Loading Details

19	Location	JSATI, JSMTTC (R), (B), (ATC), AL2 ATC
20	Frequency	See <a href="http://www.ahrc.co.uk">www.ahrc.co.uk</a>

### Support Information

21	Key references	MBLA Official Training Manual
22	Additional remarks	Nil

## JSAT COURSE APPLICATION FORM

Address: Insert Centre's Details	Unit Address:
*Email address for Joining Instructions:	
*(Where possible <b>all</b> Joining Instructions will be emailed out)	

Mil Tel No:	
Civ Tel No:	
Fax Ext No:	
UIN :	

### COURSE DETAILS

<b>Course Title:</b>			
<b>Course No:</b>	<b>Bid By Date:</b>	<b>Assembly Date:</b>	<b>Dispersal Date:</b>
1 <sup>st</sup> Choice:			
Alternative (1):			
Alternative (2):			

### APPLICANT'S DETAILS

<b>Service No:</b>	<b>Rank:</b>	<b>Surname &amp; Initials:</b>	<b>Service/Regt:</b>
<b>DOB:</b>	<b>Gender M/F</b>	<b>Medical Category:</b>	<b>Civ Home Tel No:</b>
			<b>Mob Tel No:</b>
<b>Priority: 1 2 3 4 5 6 7</b>	<b>Regular/Reserve/OTC/Other:</b>		<b>Date due to leave service</b>

Priority guidelines for Course Bids are given in Para 32 of Section 1 of JSP 419.

**WRITTEN JUSTIFICATION:** (To be completed by Supervising/Employing Officer)

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To be completed by the applicant and is to accompany the Course Application. Centres will use this proforma to aid course selection. Applicants are advised, therefore, to give full details whenever possible.

I am registered with the following National Governing Bodies (NGB) or Clubs associated with the course I have applied for: (eg BCU, MLTE, BSAC, RYA, BHPA).

I hold/have attained the following **relevant** pre-course qualifications, training courses, skill level awards, first aid certificates etc: appertaining to the course I am applying for, as outlined in JSP 419 (available from [www.ahrc.co.uk](http://www.ahrc.co.uk)). (Course and qualification dates are to be included. Photocopies of the JSAT qualification logbook certificates are to be attached to this application.)

Qualifications & Experience: Relevant to the Exercise or Symposium you are applying for; e.g. Sea/Surf/kayak/Open/Ice Climbing/Rock Climbing/Scrambles etc		
Qualifications held (NGB & Military)	Date Assessed & Experience Gained	1 <sup>st</sup> Aid Qualification (Include run out date)

I wish to undertake the following course(s)/assessment(s)/training/experience: (e.g. BCU 4\* Sea/Surf/Open, BCU Lev 3 Open/Kayak/WCL/WCI/RCL/RCI etc)

Exercise/Symposium Title:			
Date(s) attending	Course / assessment / training or experience required	NGB (and or) Military qualification required	NGB membership details (members only)

## CERTIFICATE OF COMPETENCE

It is confirmed that the applicant has the necessary pre-course experience and aptitude as stipulated in JSP 419 and is physically fit to attend the course.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Rank: \_\_\_\_\_

Appt: \_\_\_\_\_

Telephone: \_\_\_\_\_

WMO: PORT\*/PLY\*/Scotland\*

\* Delete as applicable.

Unit/WMO\*/RAF PEd Flt\*  
Stamp

**IMPORTANT.** Information relating to JSAT courses and the location that the application needs to be sent is available on the Internet: [www.ahrc.co.uk](http://www.ahrc.co.uk).