

# Mountain Adventure Skills and Tourism Academy

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## Mountain Adventure Skills and Tourism Academy: M.A.S.T.A.

Level 1: Prerequisite for Level 2      Credits: 4 credits

Fee: \$200

Introductory course to riding, skills development, bicycle maintenance, first aid, trail building, and conditioning.

Rider level: Beginner to Intermediate. Must be able to ride trails such as: Badger, Raccoon, Turnstyles, Lefty.

Requirements: Full face helmet, gloves, eye protection, knee pads, pack, first aid kit, basic tools, flat repair tools, pack. Full suspension bikes are required. Rental bikes are available upon a need basic to be discussed before hand.

In this course, students develop mountain bike riding, single-day guiding skills, and trail development and sustainability skills and apply these skills to the environment of the trails and tourism opportunities. The course covers the material required to facilitate mountain biking from a beginner level to an intermediate level and to guide fellow students on a single-day trip. The course also covers different bike types and components including the maintenance and repairs of basic systems required while mountain biking and guiding single-day trips. The development and sustainability of mountain biking and tourism is dependent upon the creation and



maintenance of trail networks. As such, the course will explore the application and implementation of development projects through grant and bursary application in connection with local and provincial opportunities. Integral throughout the course are specific emphasis on physical fitness, health, and of course... riding bikes!

## **Mountain-Biking Adventure Skills and Tourism Academy: M.A.S.T.A.**

Level 2: Prerequisite is Level 1 or demonstrated advanced/expert skills. Credits: 4 credits

Fee: \$200

Advanced riding development course: riding, skills development, bicycle maintenance, first aid, trail building, sustainability, maintenance plans, and conditioning.

Rider level: Advanced to expert. Must be able to ride trails such as: Eli Simm, Fat Chance, Powerslave and other black diamond trails.

Requirements: Full face helmet, gloves, eye protection, knee pads, pack, first aid kit, basic tools, flat repair tools, pack. Full suspension bikes are required. Rental bikes are available upon a need basic to be discussed before hand.

In this course, students expand on mountain bike riding, single-day guiding skills, and trail development and sustainability skills and apply these skills to the environment of the trails and tourism opportunities. The course covers the material required to facilitate mountain biking from an advanced level to an expert level and to guide fellow students on a single-day trip. The course also covers different bike types advanced riding skills and coaching and emphasis of taking riding to a higher level. Maintenance of components including repairs of advanced systems required while mountain biking and guiding single-day trips are expanded. The development and sustainability of mountain biking and tourism is dependent upon the creation and maintenance of trail networks. As such, the course will explore the application and implementation of development projects through grant and bursary application in connection with local and provincial opportunities. Integral throughout the course are specific emphasis on physical fitness, health, and of course... riding bikes!

