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| Mountain Bike 1*NZOIA Summary Sheet* | NZOIA logo Revise Final 2010 jpg |
| **Name:** Click to enter text. |
| The purpose of this form is to summarise your logbook so we can clearly see the prerequisite hours required for this qualification. These are an **absolute minimum** expectation for those planning to sit this assessment. Please summarise all your logged experience.  |
| Summary of personal and instructional/guiding experience | Total |
| Total number of hours (at least 100 on a variety of tracks, formal training days included) | # of hours |
| Details of personal experience | Total |
| Number of hours personal riding (at least 60 on MTBNZ Grade 3 and 4 trails) |  # of hours |
| Number of rides on MTBNZ Grade 4 trails (at least 20)  |  # of rides |
| ***List trails, grades and locations:***Click to enter text. |
| Details of instructional/guiding experience | Total |
| Number of hours leading a group on MTBNZ Grade 3 (at least 40) |  # of hours |
| Of these, how many hours included skills instruction or coaching sessions (at least 20)  | # of hours |
| ***List trails, grades and locations:***Click to enter text. |
| Formal Training | Total |
| Number of hours of formal instruction you have *received* as part of a programme, training course etc. | # of hours |
| Have you attended a pre-assessment training programme administered by a NZOIA Mountain Bike qualification holder? | Yes or No? |
| ***If yes, when & where:***Click to enter text. |