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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. All sections need to be recorded in number of hours. |
| Summary of personal and instructional/guiding experience | Total |
| Total number of hours (no less than 100 hours on a variety of tracks) | # of hours |
| Details of personal experience | Total |
| Total number of personal riding hours (**no less than 60 hours on trails graded MTBNZ 3 and 4**) |  # of hours |
| Of your total personal riding, how many rides have been on trails graded MTBNZ 4? (**no less than 20 rides**)  |  # of rides |
| ***List trails, grades and locations:***Click to enter text. |
| Of all the rides listed above, approx. how many were 5 hours or more in duration? (**no less than 2**) | # of rides |
| Details of instructional/guiding experience | Total |
| Total number of hours leading or instructing a group on trails graded MTBNZ 3 and 4 Grade 3, can include hours as an assistant instructor or co-instructor (**no less than 40 hours**) |  # of hours |
| Of your total instructional/guiding hours, how many have been on trails graded MTBNZ 4 (**no less than 10 hours**) | # of hours |
| How many have been instructing hours? (vs guiding hours - can be all on trails graded MTBNZ 3) | # 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. |