

**While Instructor Trainers work with participants to refine their riding, ICP Courses are not focused on skills development. A minimum standard, as outlined below, is expected prior to arrival.**

<b>ICP Level 2 Skills</b>	<b>Level 2 - Skill Requirement (with FLAT PEDALS)</b>
• Shifting	Seamless/Silent Up-shifts and Down-shifts
• Ratcheting	Multiple ratcheting pedal strokes while staying balanced
• Riding Straight Lines	Comfortable riding a narrow line: four to six inches wide, six feet long
• Tight Turns (sm circles, rock dodge, switchbacks)	Able to ride small circles six feet in diameter or less in a standing position
• Climbing (Seated, Standing, Crouched)	Three climbing stances - seated, standing, crouched
• Climbing & Descending Dismounts	Comfortable and balanced with dismounting the bike on slopes of 30 degrees
• Restarting on a Climb	Restarting on slopes of 30 degrees
• Descending	Descending 30 degree slopes for twenty feet or longer
• Trackstand	Trackstand for ten seconds or longer
• Basic Front Wheel Lift	Basic front wheel lift over a four inch feature (small cone, stick, or up a curb)
• Basic Rear Wheel Lift	Basic rear wheel lift over a four inch feature (small cone, stick, or up a curb)
• Level Lift	Level lift over a four inch feature (small cone or stick)
• Roll Down Lunge	Roll down lunge a minimum of twelve inches
• Pedaling Front Wheel Lift	Pedaling front wheel lift up a ledge the size of a curb
• High Speed Cornering	Balanced low body position with evenly weighted pedals in both directions