

**While Instructor Trainers will 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 3 Skills</b>	<b>Level 3 - Skill Requirement (with flat pedals)</b>
• Advanced Braking	Greater range of body movement, increased bracing capabilities, and utilization of downward forces
• North Shore Dismount	A controlled North Shore Dismount off a 2 foot ledge
• Advanced High Speed Cornering	Balanced body position, with rotation and counter-balance, in both directions
• Steep Descents	Balanced low-speed descending of a 45 degree slope over twenty feet or longer
• Manual Front Wheel Lift	Manual front wheel lift of 2 bike lengths
• Rear Wheel Lift to the Side	90 degree rear wheel lift to the side (while rolling)
• Bunny Hop	Bunny-Hop over a bottom bracket height object (about 14 inches)
• Level Lift to the Side	A controlled level lift 10-12 inches to each side
• Lunge Drop	Balanced take-off and landing with Lunge Drop techniques of at least 4 feet in height (flat or transitioned landing)
• Pre-Load Drop	Balanced take-off and landing with Pre-Load Drop techniques of at least 4 feet in height (flat or transitioned landing)
• Pumping	Generating speed with effective pumping through rollers or on a pump-track
• Bermed Cornering	Balanced body position with evenly weighted pedals in bermed corners - in both directions
• Basic Jumping	Centered & balanced in the air and accurately landing a medium sized jump; 4-6 feet tall and 6-8 feet in length

<b>ICP Level 3 Skills</b>	<b>Level 3 Aptitude</b>
• Skill Combinations	<p>Seamless skill transitions or combinations</p> <p>Examples may include:</p> <ul style="list-style-type: none"> <li>- Steep descent with trackstand and roll-down</li> <li>- Pumping rollers, execute small jump, bermed corner, small jump</li> <li>- Lunge drop with the trail leading to a bermed corner</li> </ul>

<b>ICP Level 2 Skills</b>	<b>Increased capabilities with Level 2 Skills</b>
• Trackstanding	Trackstand of one minute or longer
• Basic Wheel Lifts	Front, Rear, and Level Lifts of 6 inches or greater in height
• Pedaling Front Wheel Lift	Pedaling front wheel lift up a 1 foot ledge