

## LEVEL 1 – MINIMUM REQUIREMENTS

BICP Level 1 Skills	Level 1 - Skill Requirement (with FLAT PEDALS)
• 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 (small 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 on Green – Blue trail slopes of 30 degree decline for twenty feet or longer
• Roll Down	Roll down a minimum of twelve inches

While Instructor Trainers work with participants to refine their riding, BICP certification courses are not focused on skills development.

A minimum standard, as outlined below, is expected prior to arrival.