

BMX & MT. BIKING INSTRUCTOR

DESIRED QUALIFICATIONS

- Be 18 years of age or older.
- Possess current First Aid and CPR certification.
- Have knowledge and experience with mountain biking and BMX.
- Knowledge and ability to do bike repairs.

RESPONSIBLE TO ASSISTANT CAMP DIRECTOR

CAMP GOALS

- To provide instruction for proper mountain biking and BMX biking techniques and safety, in addition to providing well-planned biking experience for campers

GENERAL RESPONSIBILITY

- Instruct campers on proper bike usage, care and repair.
- Provide a safe environment in which campers can ride.
- Instruct campers on proper riding techniques in varied terrain

SPECIFIC RESPONSIBILITY

1. Prepare all bikes prior to the arrival of campers at activity period.
2. Conduct a thorough safety inspection of each bicycle before use.
3. Assure that all water bottles are filled and ready to go.
4. Helmets are mandatory to be worn for the entire ride.
5. Be sure helmets fits correctly and is worn snugly as designed so rider safety is maximized.
6. Demonstrate to campers the proper use of bikes.
7. Prior to starting a ride, review with campers all safety procedures.
8. Check to see that the bike "fits" the camper properly so as to minimize any accidents.
9. Do not allow bikes to leave bike area without permission.
10. Bikes are not to be ridden in camp.
11. Campers must be accompanied by biking instructors on all rides.
12. Notify assistant camp director of equipment or supplies needed.
13. Notify camp maintenance department of any maintenance needs for bikes or trails.
14. Keep bike area free of litter and neat at all times.
15. Teach using lesson plans you have prepared with daily and weekly goals outlined.
16. In the event of an accident or injury on the trail or bike course:
 - a. Radio the camp office for help.
 - b. Administer first aid & CPR if necessary.
 - c. Camp nurse and assistant camp director will be notified.
 - d. Accident report must be filed within five hours of incident to be given to nurse, with copies for camp manager and camp director.
17. Know all safety procedures and emergency protocol including codes (red, yellow, blue & green)

ESSENTIAL FUNCTIONS

Must have physical ability and stamina to safely lead campers on bike trips in rough terrain, and to have the knowledge and ability to administer first aid in the event of a biking accident.