



# Pathways to Permits

## Mountain Biking

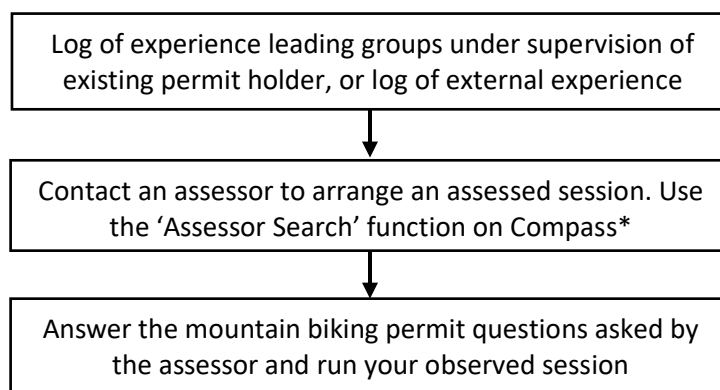
A progression pathway that will enable adults to obtain a [permit to lead mountain biking](#) activities for a single group in Terrain 1 (T1) or Terrain 2 (T2) environments. If you have a permit to lead Mountain Biking then you will need to be with your group at all times. Details of group sizes for Mountain Biking can be [found in POR](#).

**Terrain 1:** Below 800 metres, but more than 500 metres above sea level; or is more than 30 minutes, but less than three hours travelling time from a road/track upon which an ambulance could travel. Does not contain areas of mountainous steep ground where scrambling (regularly using hands for balance) or the use of a confidence rope may be required.

**Terrain 2:** Over 800 metres above sea level; or more than 3 hours from a road/track upon which an ambulance could travel. May contain areas of steep ground where scrambling and the use of a confidence rope may be required (excludes climbing activities). Additionally note that groups taking part in terrain 2 activities must have immediate access to someone holding a relevant and current full First Aid Qualification (two-day course).

### Logbook of leadership experience:

Before being assessed for a permit, the assessor will expect to see a log of your leadership experience, either in the role of assisting an existing permit holder lead a session or in the role of a session leader operating under the permit of an existing permit holder.



The County Assessor in Suffolk for Mountain Biking in T1 & T2 summer conditions is  
Roland Dakin