



Challenge your Boundaries

Rider Accreditation

The Challenge your Boundaries project is offering a unique opportunity to access adaptive mountain bikes (aMTB) and facilities at the Coed y Brenin mountain bike centre near Dolgellau in Southern Snowdonia.

The trails at Coed y Brenin require a degree of fitness, skill and nerve to complete successfully, and as is the case for regular cyclists, some adaptive cyclists may not find adaptive mountain biking desirable or feasible. Equally the scope for mishap is the same for all riders, whatever their ability; there are no hand-rails and safety barriers here, just long stretches of fantastic mountain forest tracks and trails to get the blood flowing and adrenaline pumping.

It is worth bearing in mind that mountain biking is an adventurous activity which has an ever-present risk of injury, and participants need to be fully aware of this. In order to ensure our riders get the most out of their experience, and to protect both riders and equipment from unnecessary injury and damage, the project requires that each rider successfully completes an accreditation process before they are able to freely access adaptive rental equipment. Our objective is to ensure riders have the right level of support when they hit the trails.

We have secured funding to subsidise a number of half-day multi-rider accreditation sessions, so that the only cost to the rider is the fee for bike rental, currently £25. Following accreditation, bikes may be rented for the same fee (subject to availability). Private one-to-one accreditation sessions may also be arranged, but are not subsidised.

Accreditation is person and bike specific, and subject to terrain limitations. For mountain bike leaders who wish to use adaptive MTBs with their groups, there is a separate Leader accreditation which gets around the need for individual rider accreditation. For further details contact Challenge your Boundaries.

Don't forget, if you are just looking for a fun day out using adaptive equipment, and don't want the fuss of an accreditation, you can always hire an aMTB-trained guide who will help you get the most out of your time at the centre. Contact Challenge your Boundaries for further information about guided rides.

A rider can achieve one of three accreditation states:

Solo

A 'Solo' rider may rent the specified bike and ride unaccompanied. To achieve solo status the rider must be over 18 and able to complete the accreditation process without assistance.

Accompanied

An 'Accompanied' rider may rent the specific bike only when they are accompanied by another rider. Accompanied status will be awarded to riders who are over 18 and can complete the accreditation process without assistance, with the exception of remounting an upturned bike, using a bike pump and the hill-climb, which may all be done with assistance.

Companion Pair

A 'Companion Pair' may rent the specific bike only when the named rider and named companion are present. The Companion Pair is non-transferable, and will be awarded where the rider is under 18, is an adult unable to give informed consent, or is unable to complete the accreditation process unassisted. For 'Companion' status the accreditation process may be completed as a pair, with the companion doing some or most of the tasks. The named companion must be over 18 and the rider will require parental/guardian consent where appropriate.

How do I book a place on an accreditation?

Booking is subject to availability, is offered on a first come first served basis, and for a half-day multi-rider accreditation, payment of £25 is required to secure a place. Contact details can be found at the end of this document.

Multi-rider accreditation dates will be listed as events on the [Facebook](#) Page, and on www.adaptivemtb.co.uk/events.html.

Private accreditation sessions may be arranged at a mutually agreeable time and date, but are not subsidised. A private 3h accreditation session costs £100.

If you cancel your place more than 14 days in advance, any monies paid will be refunded. For any cancellation made within 14 days of the ride no refund or offer of an alternative date will be made. We have been fortunate in securing funding to subsidise our accreditation process, and it is important that we fill as many of the places as possible.

In extreme weather we may have to curtail or cancel an accreditation. If an accreditation needs to be curtailed before it has been completed, then a refund or offer of an alternative date will be made. Rain in itself is not a reason for cancellation, and rides will proceed as planned wherever possible, so dress appropriately. It is Wales after all!

From time to time there may be circumstances beyond our control which mean that we have to cancel a session altogether. On these occasions we will offer a full refund or an alternative date.

When you book you will need to know which bike and which date you require. If you are not sure, give us a call on 01341 430628 to discuss your requirements.

What should I bring for the accreditation?

If you have your own helmet, gloves and riding glasses, bring them along. If not, we can provide them. You will need clothing that you don't mind getting wet and dirty (you may be rolling around on the floor) and some waterproofs for if it rains. We have some mats for working from the floor, but chair-users might consider bringing along sitting pads as part of their general riding kit. Bring any medication you need, and sun-tan cream and midge repellent may also be of use. If there is the slightest chance that you may be looking at a Companion Pair accreditation, then make sure you bring along your Companion; we can issue 'Accompanied' status if you don't need the Companion, but we cannot issue 'Companion Pair' status if the companion is not present.

On accreditation day

You will be advised of the time of your accreditation at booking. Challenge your Boundaries is based in the overflow car-park above the Go-Ape office, at the Coed y Brenin Visitor's centre, near Dolgellau, LL40 2HZ. This is about as far from the visitors centre as we could possibly be, and is far from ideal in terms of toilet facilities etc. We suggest turn up early to ensure you have plenty of time to get yourself ready, then drive on up to the top car-park.

The Accreditation

Personal Safety

The rider/companion pair will

- I. Understand that a Helmet **MUST** be worn at all times.
- II. Understand that they **MUST** stay within the terrain limitations set by the project.
- III. Know what other safety equipment is available to them, and understand the merits of that equipment.
- IV. Understand the need to take appropriate safety steps such as telling someone the expected route and return time, especially if riding alone (subject to accreditation). Be aware that there is little or no phone signal within the forest, and that neither Challenge your Boundaries nor the bike rental outlet offer any kind of recovery service.
- V. Be able to ride the hill from the bottom of 'Slipway' back to the Visitor's centre (a fairly long 12% gradient) and back up to the storage container.
- VI. Understand the need to ride within their limits.

Bike Operation

For the bike in question, the rider/companion pair will be able to

- I. Mount and dismount the bike
- II. Demonstrate effective steering
- III. Demonstrate effective braking
- IV. Demonstrate effective and appropriate use of the gears
- V. Demonstrate good trail etiquette, and an understanding of the needs of other trail users.

Dealing with Problems

For the bike in question, the rider/companion pair will:

- I. Be able to mount and dismount the bike in a trail setting. For chair users this will mean getting onto and off the floor.
- II. Be able to upright an overturned bike
- III. Be able to take out a punctured inner-tube, replace it and re-inflate the tyre.
- IV. Be able to reinstate a chain that has come off the cogs.
- V. Be able to employ towing strategies, and will understand the challenges of towing.

Rider Conduct

Behaviour which Challenge your Boundaries see as dangerous or inappropriate, or any failure to follow guidelines about helmet use and terrain limitations, or any other terms of the accreditation, will result in the removal of accredited status and a ban from using the project's equipment.

What happens next?

Following a successful Accreditation session, we will issue an agreement which will detail the terms and conditions of the project, the accreditation status (Solo, Accompanied or Companion Pair), the terrain limitations, the bike to be made available (and any special set-up details), and a photo. The rider (and companion where appropriate) will sign this to say they are happy with it all, and a copy will be given to the rental outlet. The rider will then be able to ring up and book a bike (subject to the conditions of the accreditation). This will be subject to the normal T&Cs of the rental outlet, and will cost £25 per day.

Contact us

e-mail graham@ohanlon.co.uk

or by get in touch by post to:

Coed Cae,
Taicynhaeaf,
Dolgellau
Gwynedd,
LL40 2TU

If you have further questions, give Graham a call on 01341 430628