

MOUNTING & DISMOUNTING



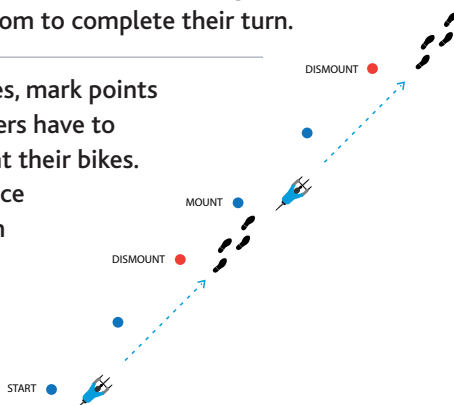
AIM:

Riders will be able to demonstrate an effective mount and dismount of their bicycle from both sides.

EQUIPMENT: Coloured marking cones.

SET UP: Make sure the approach to and exit from the obstacle/circuit is clear. Make sure riders give the rider in front plenty of room to complete their turn.

ACTIVITY: Using coloured cones, mark points on a course that riders have to mount and dismount their bikes. Remember to practice mounting from both sides of the bike. Turn activity into a relay race.



COACHING TIPS:

MOUNTING

- Two hands on bars, cover brakes.
- Always check behind before moving off.
- Look ahead when moving off, not down at pedals.
- Have lead leg in 'pedal ready' position, 2 o'clock.
- Engage second pedal as soon as it comes round don't look down.

DISMOUNTING

- Check for safety before stopping
- Remove foot you want to stand on first, keep weight on other pedal.
- While stopping, slide forward off saddle then put free foot down.
- Check behind before swinging leg back over bike.
- When stopped remove other foot.
- Check behind before swinging leg back over bike.