

## Appendix A: Core Competencies and Key Tests

**L1 – Awareness / Manager:** 4 to 8 hours (1 day)

**L2 – Operations:** 3 days (60 GLH (Guided Learning Hours) for NCFE

**L3 – Technician:** 5 days (usually 2 separated courses 3 days (Operations) and 2 days)

TOPIC	DESCRIPTION	L1 – A/M	L2 - Ops	L3-Tech
<b>Foundation</b>	Can list ways to use a MBSAR	✓	✓	✓
	Understand best capacity for MBSAR	✓	✓	✓
	Understand limitations & poor use	✓	✓	✓
<b>Clothing</b>	Can list suitable clothing		✓	✓
	Identify unsuitable clothing		✓	✓
	Understands need to be clean at start		✓	✓
<b>PPE</b>	Can list suitable PPE		✓	✓
	Can identify unsuitable PPE		✓	✓
	Has PPE needed for bike Ops.		✓	✓
<b>Uniform</b>	IF TESTED: Has required uniform	?	✓	✓
	IF TESTED: Mountain Bike extras	?	✓	✓
	IF TESTED: Pass spot check inspections	?	✓	✓
<b>Personal Kit</b>	Can list suitable personal kit		✓	✓
	Can assess unsuitable kit		✓	✓
	Possess & packed small all basic kit			✓
<b>Bike Kit</b>	Can list suitable bike kit		✓	✓
	Can identify essential kit		✓	✓
	Possess & packed small basic bike kit			✓
<b>Mountain Bike</b>	Can identify standard needs		✓	✓
	List bike parts and function		✓	✓
	Has a bike in good working order		✓	✓
<b>Maintenance</b>	Can change or fix a tyre / adjust seat etc		✓	✓
	Can perform basic fixes (ie brakes)		✓	✓
	Perform basic maintenance		✓	✓
<b>Before Starting</b>	Good starting, signalling & stopping		✓	✓
	Can ride around well balanced		✓	✓
	Change speed & direction easy		✓	✓
<b>Defensive</b>	Jump off moving bike		✓	✓
	Good stopping		✓	✓
	Use defensively in attack		✓	✓
<b>Basic Operations</b>	Very very slow riding (slower than walk)		✓	✓
	Good Road & Group Riding		✓	✓
	Can clear kerbs up and logs		✓	✓
<b>Intermediate</b>	Steeper hill climbs / descents		✓	✓
	Wilderness, water & woods		✓	✓
	Track-stand & pedal kick		✓	✓
<b>More Advanced</b>	Bunny Hops (Static & Moving)		✓	✓
	Speed Jumps		✓	✓
	Drop offs		✓	✓

OPERATIONS				
TOPIC	DESCRIPTION	L1 – A/M	L2 - Ops	L3-Tech
Mountain Bike	State SAR Mountain Bike uses	✓	✓	✓
	Give examples of support uses	✓	✓	✓
	List MBSAR Riding Formations	✓	✓	✓
Navigation	Can orientate oneself on a map		✓	✓
	Find cardinal points of Compass		✓	✓
	Describe direction changes		✓	✓
GPS	Understands GPS coordinates		✓	✓
	Can set a way point in starting		✓	✓
	Use GPS to go to grid reference		✓	✓
SAR Overview	Definition of Search and Rescue	✓	✓	✓
	Understand L.A.S.T. Concept	✓	✓	✓
	Different types of SAR	✓	✓	✓
Search	Overview of missing persons & LPB	✓	✓	✓
	Passive & Active Searching	✓	✓	✓
	Search patterns & Tracking	✓	✓	✓
Rescue	Basic ropes and knots		✓	✓
	Carry and Transport Skills		✓	✓
	Water Rescue Awareness ( <i>Other</i> )		✓	✓
Medical	Carries a very basic first aid kit		✓	✓
	Basic Medical & Life Support		?	✓
	Wilderness & Austere Adjuncts		?	✓
MBSAR Formations	Overview of formation riding		✓	✓
	Riding Patterns on bike		✓	✓
	Search patterns on bike		✓	✓
Scenarios	Search Scenario on Foot		✓	✓
	Search Scenario on Bike		✓	✓
	Combined Skills Scenario		✓	✓
Fitness	Can complete basic fitness test		✓	✓
	Exercises &/or Rides Regularly		✓	✓
	Can fair exceed the minimum req'd			✓
Post-Ops	Clean bike, kit & clothes / uniform after		✓	✓
	Replace, Replace, Replenish used kit		✓	✓
	Debrief, Re-Task, Plan, Train, etc.		✓	✓
Medical	Carries a basic First Aid Kit		✓	✓
	Has been trained in Basic First Aid / CPR		✓	✓
	Qualified in at least Basic First Aid / CPR			✓
Survival	Understands Standard Survival: 10	✓	✓	✓
	Received Practical Survival Training			✓
	Can make fire & shelter & source water			✓
Night	Understand night time operation needs		✓	✓
	Search and night (non-technical)			✓
	Search and night (Full-technical)			?
Overnight	Possess basic survival tools / kit			✓
	Find suitable place & establish camp			✓
	Can spend a night or 2 camped out			✓

<b>Sustenance</b>	Has food and snacks for 1 day		✓	✓
	Has water & isotonic fluids to hand		✓	✓
	Has dehydration salts (in First Aid Kit)		✓	✓

## Appendix B: Core Competencies for Instructors

<b>INSTRUCTORS / MANAGERS</b>				
<b>TOPIC</b>	<b>DESCRIPTION</b>	<b>L1 Trainer</b>	<b>L2 Trainer</b>	<b>L3 Trainer</b>
<b>Medical Training</b>	Qualified in at least Basic First Aid / CPR	✓	✓	✓
	Carries and maintains a kit	✓	✓	✓
	Higher First Aid / Wilderness Medic?	✓	✓	✓
<b>Leadership</b>	Review of Leadership Components	✓	✓	✓
	Practical Planning exercise	✓	✓	✓
	Practical Field Leadership Exercise	✓	✓	✓
<b>Didactic</b>	How to teach	✓	✓	✓
	Teaching styles	✓	✓	✓
	Types of learning	✓	✓	✓
<b>Experience</b>	Preferably Teaching Experience	✓	✓	✓
	Preferably Mountain Biking Experience	✓	✓	✓
	Preferably Search & Rescue Experience	✓	✓	✓
<b>Evaluation</b>	Can pass (over 70%) Written Test	✓	✓	✓
	Can pass all practical components req'd	✓	✓	✓
	Teaches comfortably to the group	✓	✓	✓

A new training manual / book is being written on the subject.

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