





## AWARD DETAILS

When kids have completed all the skills they can be awarded the Push Play Skills certificate just download and print out.

To make it more 'official' approach the local bike shop to see if one of their staff would assist, e.g. demonstrate and help with assessing the kids. They may also be willing to donate water bottles, to all kids who pass.

Recommended Avanti dealers go to the following;

[http://www.bikewise.co.nz/events/kids\\_mountain\\_bike\\_jams/Rules.asp](http://www.bikewise.co.nz/events/kids_mountain_bike_jams/Rules.asp)

1. Ride up a slope – standing up out of their saddle as they 'climb' up the slope
2. Ride down the slope – with bottom off the saddle and back over the seat, arms straight, body leaning back.
3. Ride over a series of 4 larger obstacles – e.g., large branches, about 2 - 3m apart, depending on size, suggested obstacles – 'Fallen **log**' – **obstacle guide page - 2**
4. Ride over a series of 6 small obstacles – close together – e.g. '**Ladder**' - **obstacle guide page 2**–, or small branches, bits of broom handle.
5. Ride in and out of slalom – minimum 8 comes, 2m apart.
6. Go under the limbo – 1.1m high See obstacle guide page - 5
7. Ride along a plank 20 cm wide by 2 m long, up at a small angle – jacked up by brick – **see obstacle guide page 1**
8. Ride between 2 lines 30cm apart for 3m.
9. Ride up and over a seesaw – **see obstacle guide – page 3**
10. Bunny hop up a small obstacle, curb
11. Ride down small jump – **see guide – page 5.**

**Skills tips** - [http://www.bikewise.co.nz/bike\\_info/pro\\_riding\\_tips/default.asp](http://www.bikewise.co.nz/bike_info/pro_riding_tips/default.asp)

**Plans for making your own obstacles** scroll to the bottom of page -

[http://www.bikewise.co.nz/events/kids\\_mountain\\_bike\\_jams/Skills.asp](http://www.bikewise.co.nz/events/kids_mountain_bike_jams/Skills.asp)