

SKILLS IN THE SPOTLIGHT

Identify one UK venue that offers mountain biking trails

Name one well-known mountain biking destination in the UK

Explain one piece of essential safety equipment for mountain biking

Explain why pre-ride bike checks are important

Explain how gloves help a rider maintain safety

Identify one clothing item that improves comfort when cycling



Mountain Biking

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Forestry England
trail centres

Cannock
Chase/Coed y
Brenin/Forest of
Dean

Bike helmet protects the head
during falls which can reduce fatal
head injuries like concussions

Ensures the brakes and
tyres are safe for use
to avoid injuries

Improve grip and
protect hands during
falls to avoid
abrasions

Padded cycling
shorts



Mountain
Biking