



From the Ground Up

Key Considerations for Building an Adaptive
Mountain Biking Program



“

“I skate to where the puck is going, not to where it has been.”



aMTB Program Development

- Understanding Your Needs
- The Equipment Question
- Building Your Community





Hello!

I am Mike Riediger

Executive Director at Kootenay Adaptive

&

Lead Adaptive Instructor Trainer at the Bike

Instructor Certification Program

A bit of background

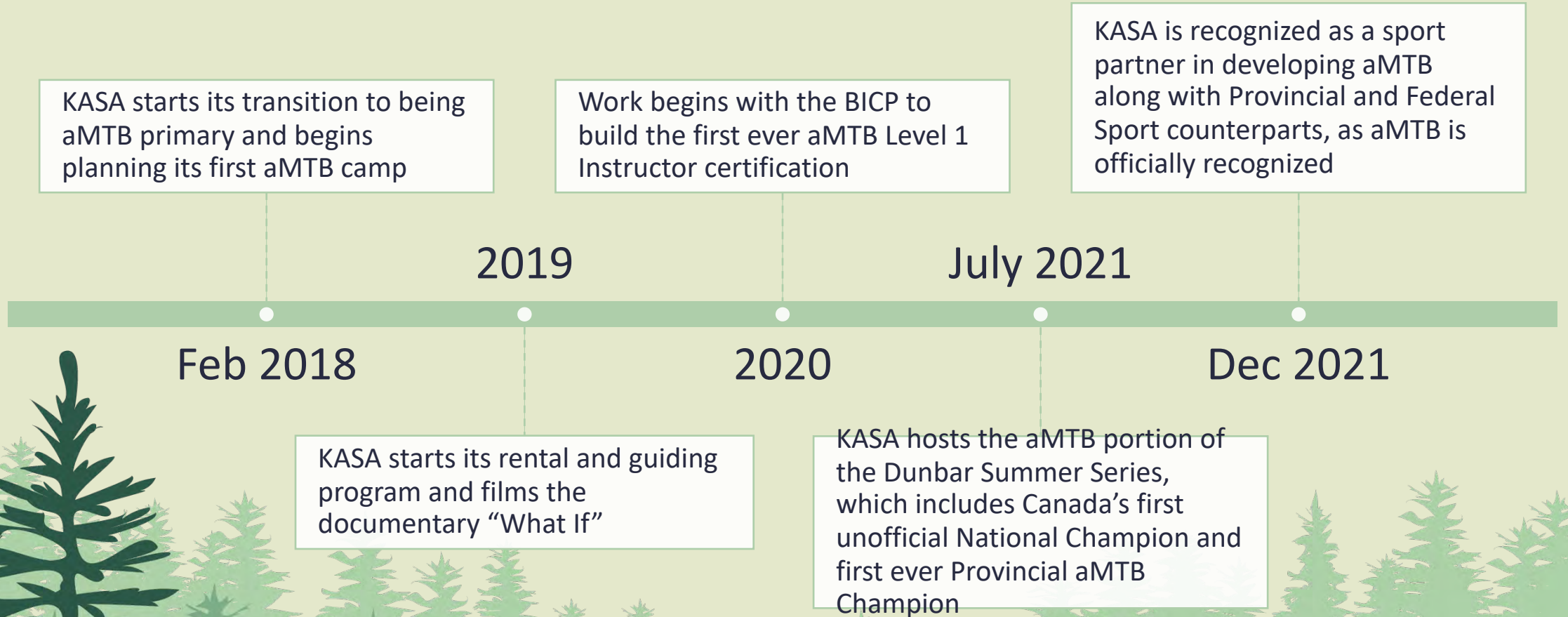
History, Development and the future at Kootenay Adaptive



**Born in the Spirit of
collaboration.**



A Short Timeline



Where is the Future Taking Us?

- Program Development and Consulting
- Further Development and Expansion of the aMTB Instructor Certification pathway
- Race Category Development
- Safety and Risk Assessments
- Staff Training
- Organization Training
- Multi Location Rental Hubs



1. Understanding Your Needs

Building Capacity and Understanding what Resources are Available



Understanding Your Needs

- Needs Assessment
- Program Planning and Development
- Equipment and Infrastructure Assessment
- Safety and Risk Assessment
- Training and Staffing
- Marketing and Outreach
- Program Evaluation



Needs Assessment

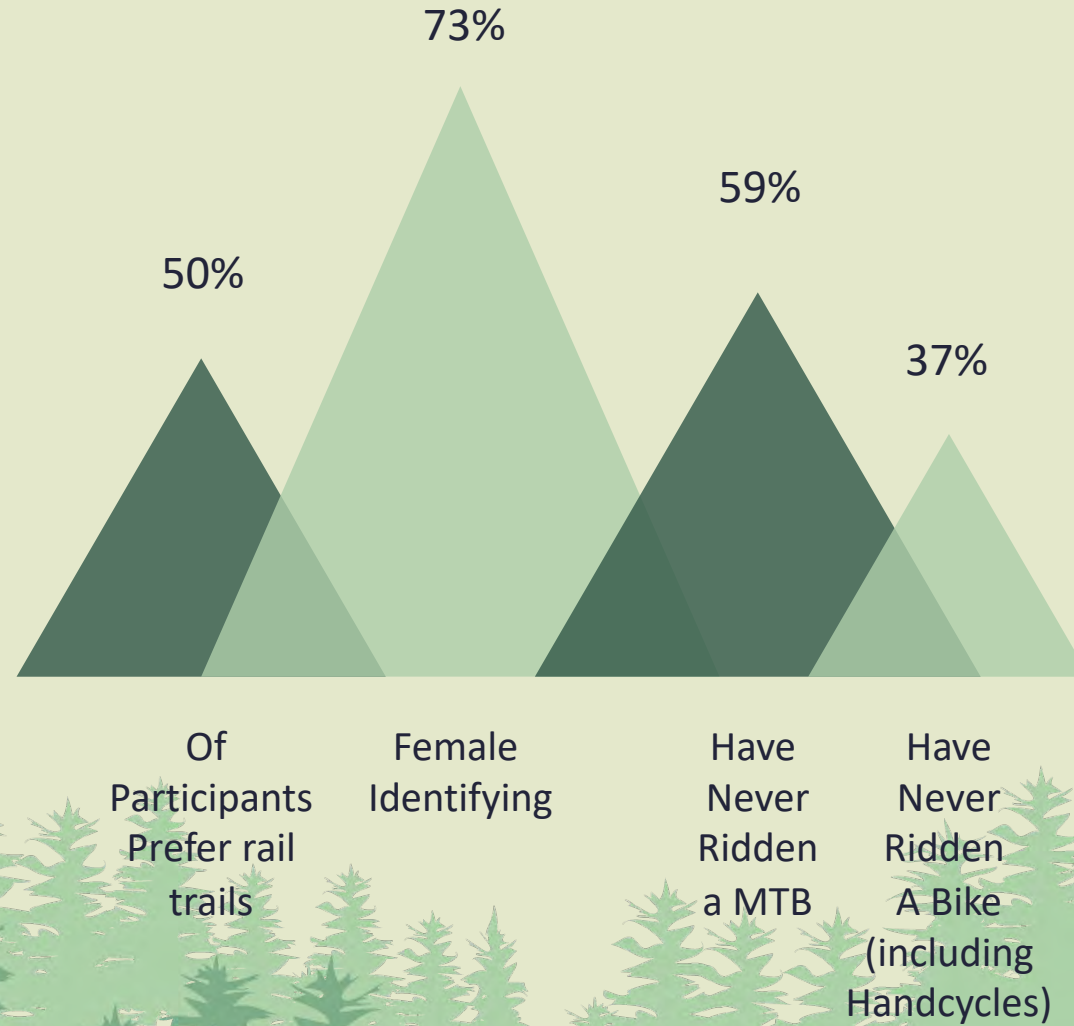
- Conduct comprehensive assessment of your organization's current facilities, trail access, equipment and resources, to identify opportunities and challenges. This may involve reviewing existing trails and infrastructure, identifying local partnerships and understanding the needs of the community.





**Assess the needs of your
community and the path
you wish to follow**

Kootenay Adaptive Stats



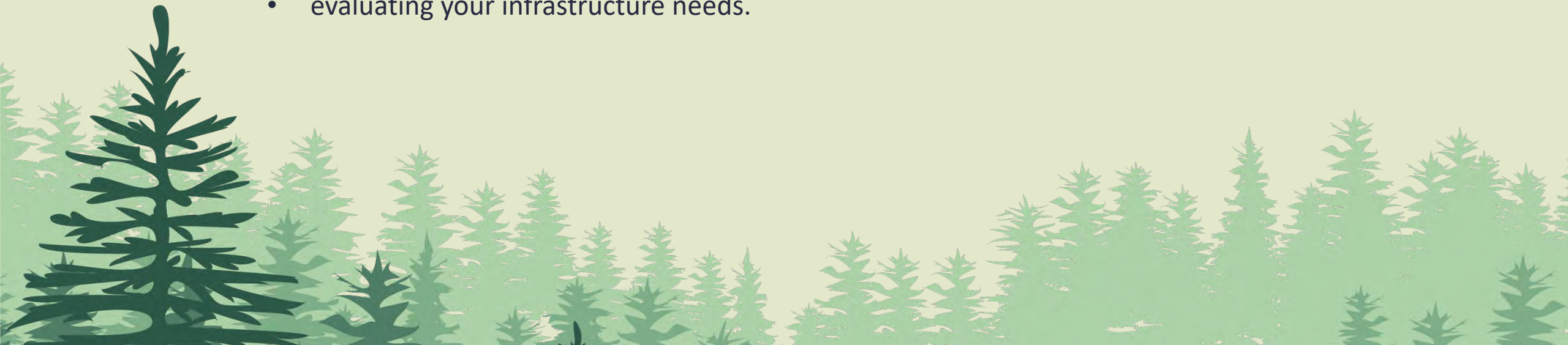
Program Planning and Development

- Based on the results of the needs assessment, your organization will need to develop a strategic plan for implementing adaptive mountain biking programs. This would involve:
 - Defining program goals and objectives;
 - Outlining the scope of services to be provided and;
 - Developing a timeline and budget for implementation.



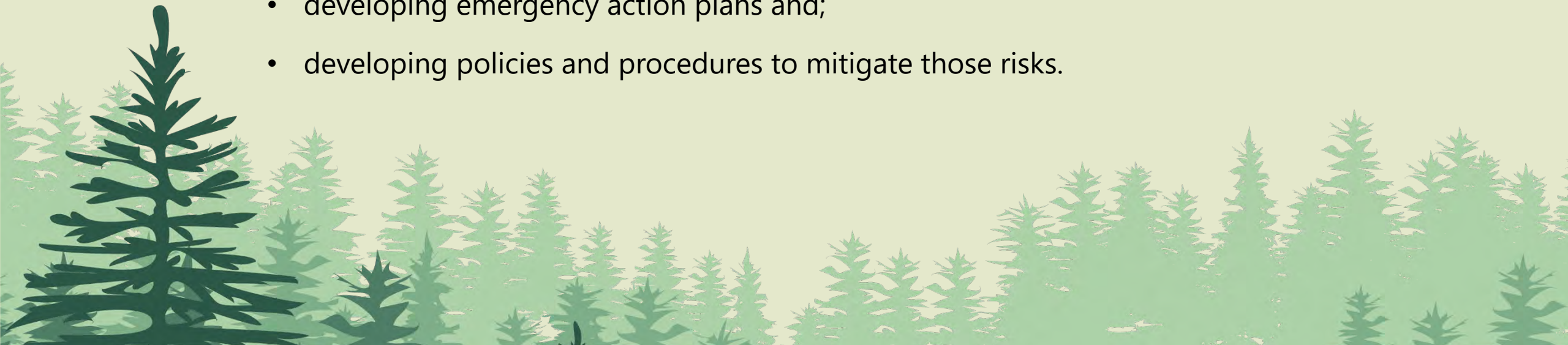
Equipment and Infrastructure Assessment

- Evaluating your organization's existing equipment and infrastructure to determine what modifications and adaptations may be required to make it suitable for adaptive mountain biking programs. This may include;
 - training on bike mechanics;
 - adaptive equipment use and best practices and;
 - evaluating your infrastructure needs.



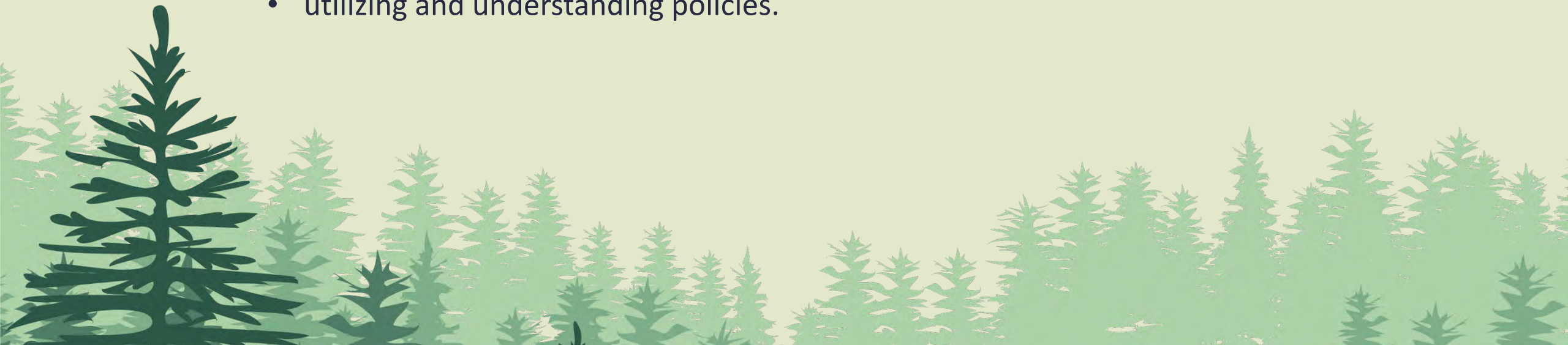
Safety & Risk Assessment

- This involves evaluating the legal and liability risks associated with the adaptive mountain biking program. This includes identifying potential risks such as;
 - accidents or injuries;
 - assessing the liability of the program;
 - hazard ID and Risk Assessment
 - developing emergency action plans and;
 - developing policies and procedures to mitigate those risks.



Training and Staffing

- Knowledge is power. Providing support and training to the organization's staff and volunteers, ensures that they have the knowledge and skills required to support adaptive mountain biking programs. This may include training on;
 - bike mechanics specific to adaptive equipment use;
 - instructor certifications and;
 - utilizing and understanding policies.



Bike Instructor Certification Program

- Fully Inclusive of Adaptive Athletes
- Currently a two Level Instructor Pathway
- Developed for and with Adaptive Recreation Professionals



Continued coaching is a sure way to avoid additional injuries.



78

Certified aMTB Instructors in North America



aMTB Instructors Worldwide



Safety, confidence,
development.



Marketing and Outreach

- This involves assessing and developing your marketing and outreach needs for the adaptive mountain biking program. This includes;
 - identifying target audiences and developing strategies for promoting the program;
 - as well as assessing the need for additional resources such as marketing materials or outreach events.



Program Evaluation

- This involves assessing the overall effectiveness of the adaptive mountain biking program over time. Which includes;
 - developing metrics for success;
 - gathering data on program outcomes, and;
 - evaluating the impact of the program on participants and the local community.



Resources



aMTB Specific Policy

Races, Guiding, Operations policy and templates. KASA's resource database assists organizations across the world to implement or supplement adaptive cycling programs.



Instructors

KASA's instructors have some of the deepest industry and adaptive cycling knowledge around. With a number of instructors being adaptive cyclists themselves. These instructors and coaches are there to make sure that cyclists are equipped with the skills to have fun, progress and be safe.



E-Support

We're never more than a click away. Making sure individuals and organizations choose the best equipment, sharing our knowledge and assisting new riders across our home province and the world.



E-Resources

In the Fall of 2023, KASA is releasing
online resources for riders and
organizations



**Utilizing Adaptive Cycles
for more than just
Mountain Biking**

2. The Equipment Question

Right for you, right for your terrain and right for your staff



With dozens of options,
how does one choose?





Delta



Delta

- Great entry level style that suits a variety of riders.
- Delta styles are great for riders who want casual gravel and in town experiences on rigid frames and cheaper prices or for those looking for more excitement in the mountains with full suspension.
- E-Assist variants come with 250 – 1200 watts

Best price point, greatest variety and highest comfort.

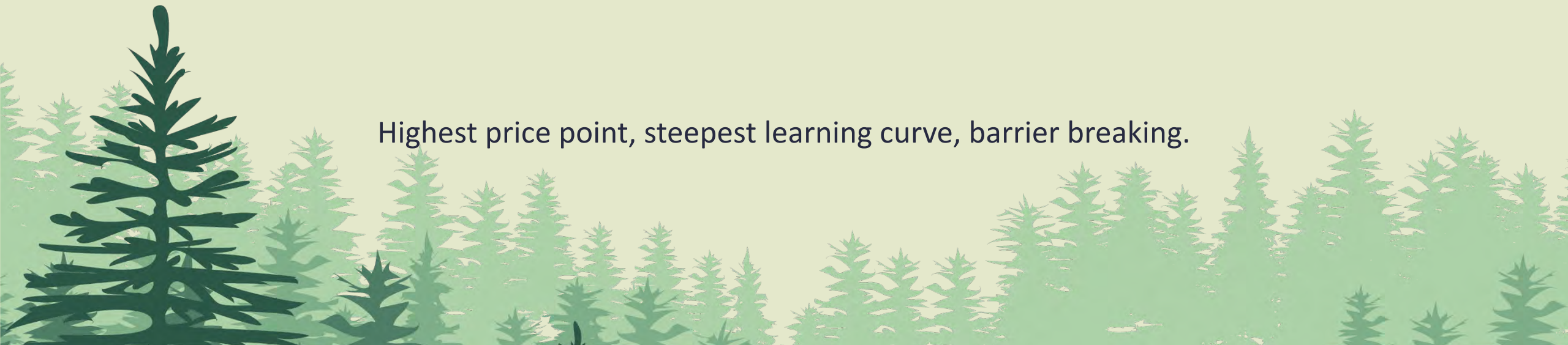
Bowhead Reach



Bowhead Reach

- Highest skill requirement barrier to entry
- Large amount of user groups covered
- Most trail access

Highest price point, steepest learning curve, barrier breaking.



Prone



Prone

- Truest to form, mountain bike experience
- Smallest user segment
- Great for all around exploration and hiking

Medium price point, smallest user group and a unique experience.



Options and Expertise



3. Building your Community

Building Better



Athlete Recruitment

Media

What does your media show? Are you projecting inclusion or exclusion?

Inclusion in and Exclusive Sport

Mountain Biking as a whole has a lot of work to do, to become more inclusive. Adaptive Mountain Biking by it's association, starts with those preconceived ideas.

Sense of Belonging

Create opportunities for participants to connect with each other and encourage participants to share their experiences and perspectives to ensure everyone feels valued and heard.



Integration

- Ride night partnerships with local cycling organizations
- Participation in Trail Days
- Encourage Membership

Local partnerships help accelerate your already Barrier Breaking work.



Summary

“I skate towards where the puck is going, not
to where the puck has been”



The Process



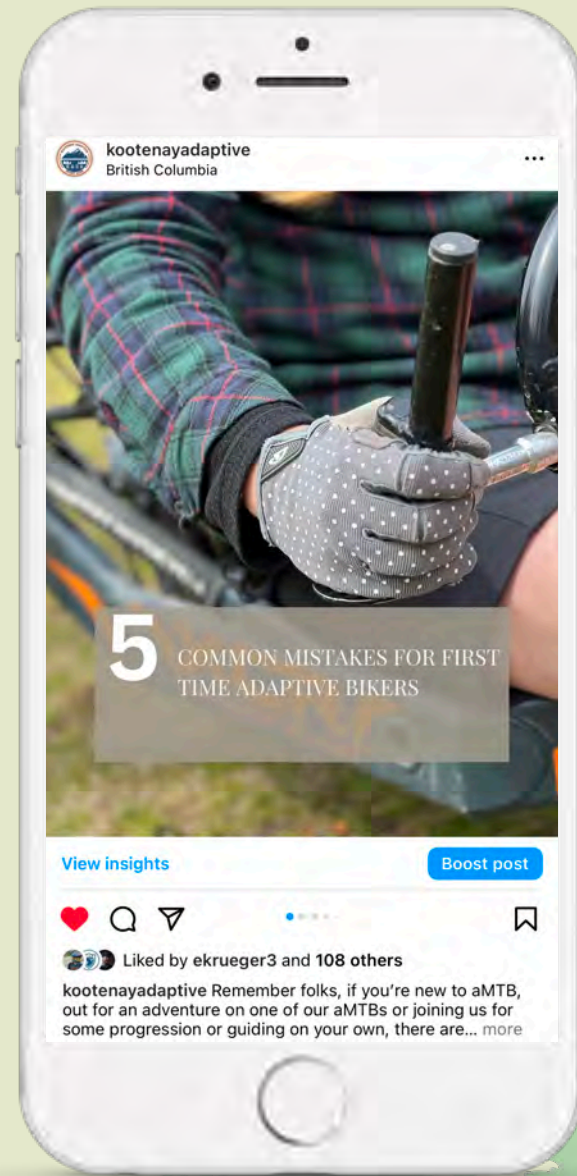
Resources on Social

Follow us on social media

@kootenayadaptive

&

@icp.bike



Resources

Program Development, Education,
Training, Templates and much more,
coming soon.



Thanks!

Any questions?

You can find me at: @kootenayadaptive @icp.bike & @bikeandbrew_
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