

NICA Discovery



NEW FRIENDS FIELD GUIDE

NICA NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

BUILDING STRONG MINDS, BODIES, CHARACTER, & COMMUNITIES

THIS FIELD GUIDE BELONGS TO

PHONE NUMBER

EMAIL

PROGRAM SITE



Photo by Ashley Seare

PURPOSE

This guide is available to those who have completed the NICA Discovery Leader Training. It serves as a pocket-handly reminder to leaders of the activities and pacing within the NEW FRIENDS NICA Discovery curriculum. For full content please refer to the curriculum guide.

Thanks for being awesome!

Questions? Reach out to anya@nationalmtb.org

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COVER PHOTO FROM THE MARYLAND INTERSCHOLASTIC CYCLING LEAGUE

PROGRAM OUTCOMES

- Increased responsibility, efficacy, and accountability
- Greater situational awareness
- Increased communication and cooperation
- Increased balance, coordination, and stamina
- Increased confidence, physically, mentally, and socially
- Increased social-emotional well being
- Increased interest in caring for the natural environment
- Increased interest in physical activity in the outdoors

Key skills for each session

Stand and coast

Up out of the saddle
when not pedaling

Start and stop

Standing over the
top tube, feet
planted on the
ground

Braking

Using both brakes to
stop

RULES/AGREEMENTS

- **Be safe**
 - Always wear a helmet and closed-toe shoes
 - Check your bike before each ride
 - Use hand and auditory signals
 - Call out stopping, slowing, and turning
 - Leave a space between yourself and the rider in front of you
 - Avoid running into others
- **Be responsible**
 - Come to Discovery prepared
 - Carry water and snacks with you always
- **Be respectful**
 - Roll away only after getting the all clear
 - Be a good listener
 - Wait for directions
 - Be attentive



RIDE READINESS

ABCDE BIKE SAFETY CHECK

AIR: Tire air pressure should always be adjusted to respond to the terrain

BRAKES: Brakes are working properly, bolts are tight, and levers are positioned correctly

CHAIN: Chain is clean and lubricated

DRIVETRAIN: Cassette, chainring, and cranks are inspected to ensure they are tight and that there are no broken teeth or damaged links; make sure chain shifts smoothly

EVERYTHING ELSE: Check quick-release levers, thru axles, and any other bolts



Photo by Ashley Seare

RIDE READINESS

Helmet Check

- Make sure all helmets are fitted properly and in good condition
- 2, 4, 1 fit

Check Other Gear

- Closed- toe shoes
- Backpack with snacks and hydration
- Gloves (optional)
- Glasses (optional)



Photo by Ashley Seare

tips for

Follow the Leader

Safety

Always communicate the route, possible obstacles or challenges, and discuss behavior expectations with your group. Be clear and concise.

Ride

Ride responsibly, stop often, and monitor your group. Check in on kids and other leaders. Be aware of your surroundings.

Reflect

End your rides intentionally. Ask your group: Did you achieve your goals? What positive experiences did you have?

at each observation point:

“CODL”

COUNT your group; at each stop, count to ensure all are present.

OBSERVE your group for behavior signaling a possible problem.

DESCRIBE the route and features ahead before restarting your ride.

LOOK on the route to ensure it is safe to resume riding with the group.

NICA METHOD OF INSTRUCTION

**Name
IT**

What's the name of the game/activity.

**TELL
IT**

Present the rules as simply and concisely as possible.

**SHOW
IT**

No matter how effective the explanation, a brief demonstration will clarify the activity.

?

Check for understanding "What questions do you have?"

**DO
IT**

Play the game or start the activity!

ADAPT

Check to see if the kids are having fun. If so, let the activity unfold and continue to observe. If energy or enthusiasm is flagging, offer a change or modification.

REFLECT

Prompt for observations from the kids. Ask questions like, "What happened when..." and "What was challenging?"

Session Pacing

General timeline and pacing for each session. 90 minutes with kids and 120 minutes for leaders.

1. Before and as kids arrive:

Set up for activities, check in, and greetings.

2. Welcome and Openers:

Opening game/activity, Rules/Agreements, Ride Readiness

3. Set Objectives for the session:

Let the kids know what they will be learning, Group Identity ritual

4. Skills, games, activities:

The bulk of the session is spent here

5. Reflections and wrap up with kids:

Asking questions to check for learning and recognizing growth

6. Leaders debrief and connection with parents/families:

Address questions/concerns and give feedback to parents and other group leaders

Session ONE

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Squeaky toys, cones
- Bike Parts Chart
- Helmet and Plate decorating supplies
 - paper plates
 - pipe cleaners
 - markers
 - stickers etc...
- Picnic table or folding table
- Floor pump
- Bar end caps (as needed)

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become familiar with procedures and norms, and group
- Assess their own equipment for ride readiness
- Demonstrate getting off and on the bike
- Demonstrate starting and stopping safely
- Learn how to stand and coast on the bike
- Become comfortable with bike handling skills, like balance, stamina, and coordination
- Identify the parts of a bike

Session ONE

Welcome/opener activities

- Brief leaders and set up stations (10-15 minutes)
- **Welcome Stations:** (15 Minutes total 5 minutes per station)
 - **Helmet check/decoration**
 - **Ride plate making**
 - **Bike Check**
- **Agreements/rules** (5 Minutes)
- **Group Identity creation** (5 Minutes)
- **Ride Readiness** (5 Minutes)
- **Highlight objectives** (2 Minutes)

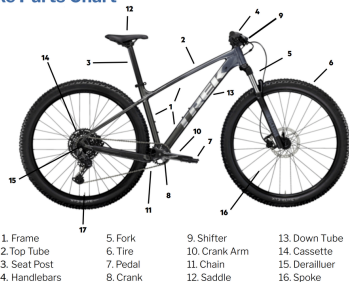


Session ONE

Skills/games/activities

- **Simon says bike parts game (10 minutes)**
- **Starting and stopping activity (10 minutes)**
 - *Getting off and on*
 - *Lean the bike*
 - *Swing legs over the bar*
 - *Starting*
 - *Off the saddle*
 - *Power Pedal*
 - *Stopping*
 - *off the saddle*
 - *full stop, heel drop, step forward*
- **Standing and coasting (10 minutes)**
- **Snack Break (10 minutes)**
- **Follow the leader (10 minutes)**

Bike Parts Chart



- **Wrap up (10 minutes)**
 - *Quick fire round of bike part names*
 - *Review Skills/objectives*
 - *What was difficult or favorites?*
 - *Kudos*
- **Connect with Families**
- **Debrief with leaders**

Session TWO

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Squeaky toys, cones

Welcome/opener activities

- **Brief leaders and set up activities(10 minutes)**
- **Opener Game: (10 Minutes)**
 - **Group Juggle**
- **Agreements/rules review (5 Minutes)**
- **Ride Readiness (5 Minutes)**
- **Highlight objectives/ Group Ritual (2 Minutes)**

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become familiar with procedures and norms, and group
- Assess their own equipment for ride readiness
- Learn and practice how to operate brakes and stop efficiently and safely
- Be able to ride safely with a group
- Learn about the 3 pillars of nutrition



Session TWO

Skills/games/activities

- **Off Bike Game: Freeze Tag** (10 minutes)
 - **Follow the leader** (10 minutes)
 - **Braking:** (15-20 minutes)
 - Which brake does what?
 - Braking challenge
 - Rear brake only
 - Both brakes
 - Progressions
 - **Game: Fuel, Recovery, Hydration** (10 minutes)
 - **Snack Break** (10 minutes)
 - **Wrap up** (10 minutes)
 - Review Skills/objectives
 - Fuel Hydration Recovery
 - Braking
 - What was difficult or favorites?
 - Kudos
- **Connect with Families**
 - **Debrief with leaders**



Session THREE

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Cones
- 3 lengths of heavy weight nylon rope

Welcome/opener activities

- **Brief leaders and set up activities (10 minutes)**
- **Opener Game: (5 Minutes)**
 - **Adjective Names**
- **Agreements/rules review (3 Minutes)**
- **Ride Readiness (5 Minutes)**
- **Highlight objectives/ Group Ritual (2 Minutes)**

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become more familiar with their group
- Assess their own equipment for ride readiness
- Become comfortable with bike handling skills, like balance, stamina and coordination
- Practice riding in different body positions
- Be able to ride a slow speeds balanced and in control

Session THREE

Skills/games/activities

- **Off Bike Game: Walk a tightrope** (10 minutes)
- **Simon Says Coasting Circle** (10 minutes)
- **Snail Race:** (15 minutes)
 - *Progressions*
- **Snack Break** (10 minutes)
- **Game: Green Light Red Light** (10 minutes)
 - Look for essential skills when starting and stopping
- **Wrap up** (10 minutes)
 - Review Skills/objectives
 - *Balance and body position*
 - *Slow speed control*
 - What was difficult or favorites?
 - Kudos
- **Connect with Families**
- **Debrief with leaders**



Session FOUR

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Cones (numbered)
- One single die or number randomizer
- Bluetooth speaker or phone
- Partially inflated bike tubes
- Plane, train, car images
- Old t-shirts cut up for towels
- Bike wash solution
- Chain lube
- 2 shallow wash basins/ rinse cups/water
- Bonus: Stickers, washable glitter, and other bike decorating items, playing cards and small zip ties

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become more familiar with their group and learn to work together
- Be able to assess their own equipment for ride readiness
- Become comfortable with bike handling skills, like balance, stamina and coordination
- Learn how to check for traffic and handle their bike while riding in an urban setting
- Be able to clean and care for their bike and chain and identify how best to store their bike

Session FOUR

Welcome/opener activities

- Brief leaders and set up activities (10 minutes)
- Opener Game: (10 Minutes)
 - **Bike Tube Pass**
- **Agreements/rules review** (2 Minutes)
- **Ride Readiness** (3 Minutes)
- **Highlight objectives/ Group Ritual** (2 Minutes)



Session FOUR

Skills/games/activities

- **Die Game** (10 -15 minutes)
- **Planes, Trains, and Cars** (15 minutes)
- **Snack Break** (10 minutes)
- **Follow the leader** (10 minutes)
 - Progress to choosing a kid to lead
- **Bike Spa** (20-25 minutes)
 - 5 stations: soap, rinse, dry, lube, and decorate!
- **Wrap up** (10 minutes)
 - Review Skills/objectives
 - How can we check surroundings when riding?
 - What are some ways to care for your bike?
 - What was difficult or favorites?
 - Kudos
- **Connect with Families**
- **Debrief with leaders**

Session FIVE

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Cones
- Heavy weight nylon rope
- 2 shallow wash basins/water
- 2- 3 Bike tubes partially inflated
- Pin or needle
- Old t shirts cut up for towels
- Marker
- Tube patch kit Small bags for trash
- Vinyl or latex gloves/trash grabbers
- Bluetooth speaker or phone
- Printed/cut out Trash Timeline Cards
- Trash Timeline KEY

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become more familiar with their group and work together to achieve an outcome
- Be able to assess their own equipment for ride readiness
- Learn how their shifters work and learn to operate them correctly
- Be able to perform minor fixes to biking equipment
- Become comfortable with bike handling skills, like balance, stamina and coordination

Session FIVE

Welcome/opener activities

- Brief leaders and set up activities (10 minutes)
- Opener Game: (10 Minutes)
 - **Birthday Line Up**
 - Bonus round no talking!
- **Agreements/rules review** (2 Minutes)
- **Ride Readiness** (3 Minutes)
- **Highlight objectives/ Group Ritual** (2 Minutes)



Session FIVE

Skills/games/activities

- **Levitation** (10 minutes)
- **Shifting Circle** (20 minutes)
 - *shifting- which lever makes it harder/softer*
 - *easiest/hardest gear sprint*
 - *best gear to sprint in*
 - *passing on outside of the circle*
- **Leave no trace Trash Timeline/Park Pick up!** (25 minutes)
- **Snack Break** (10 minutes)
- **Tube Check** (10 minutes)
- **Wrap up** (10 minutes)
 - *Review Skills/objectives*
 - *Who can explain how shifting works?*
 - *How can you find a hole in a tube?*
 - *What was difficult or favorites?*
 - *Kudos*
- **Connect with Families**
- **Debrief with leaders**

Session SIX

Supplies

- Coach pack
 - Emergency contacts
 - First aid kit
 - Multi tool, tire levers, tube
 - Extra snacks/hydration
- Cones
- Bluetooth Speaker or phone

Objectives

- Have FUN and discover a love of the outdoors and biking!
- Become familiar with their group
- Assess their own equipment for ride readiness
- Learn and practice the first principle of Leave No Trace
- Become comfortable with bike handling skills like balance, stamina, and coordination

Session SIX

Welcome/opener activities

- Brief leaders and set up activities (*10 minutes*)
- Opener Game: (*10 Minutes*)
 - **Human Knot**
- **Agreements/rules review** (*2 Minutes*)
- **Ride Readiness** (*3 Minutes*)
- **Highlight objectives/ Group Ritual** (*2 Minutes*)

Session SIX

Skills/games/activities

- **Follow The Leader/Group riding** (*10 minutes*)
- **Foot Down** (*15 Minutes*)
- **Sharks and Minnows** (*15 minutes*)
- **Snack Break** (*10 minutes*)
- **Musical Bikes** (*10 minutes*)
- **Wrap up** (*10 minutes*)
 - *Review Skills/objectives*
 - *What was difficult or favorites?*
 - *Reflect on all of New Friends*
 - *NICA Discovery: FUNdamentals*
 - *Kudos*
 - *Keep Riding!!*
- **Connect with Families**
- **Debrief with leaders**

NOTES

NOTES

NICA

NICA Discovery **New Friends**

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NICA Discovery

NEW FRIENDS FIELD GUIDE



MADE POSSIBLE BY

TREK

Special thanks to Trek Bicycle Corporation for making the NICA Discovery program possible.



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