

# Which level should I register my child for?

## Level Green

Never been to a bike park before.

### Requirements:

- ✓ Can ride safely on paved roads
- ✓ Can ride downhill on a gravel road while standing

## Level Blue

Have already explored the blue trail.

### Requirements:

- ✓ Can brake without locking the wheels
- ✓ Feels safe on a pump track and can ride the corners smoothly

## Level Blue+

Have ridden the blue trail before but need to refine techniques.

### Requirements:

- ✓ Have some experience in the bike park
- ✓ Know how to approach bermed turns
- ✓ Masters the standing riding position
- ✓ Wants to ride over small tables (jumps)

## Level Red

Feel confident on the blue trail and have enough speed and courage to start hitting jumps on the red trail.

### Requirements:

- ✓ Can ride a flow trail from top to bottom without breaks
- ✓ Can jump small drops (up to 1 meter)
- ✓ Feels comfortable and confident on small tables (jumps)

## Level Red+

Already comfortable on red trails but want to improve jumping techniques.

### Requirements:

- ✓ Feels safe and comfortable on a jumpline with multiple jumps
- ✓ Not afraid of large tables (jumps) with a stronger kick
- ✓ Has already jumped a medium-sized drop (over 1 meter)

## Level Black

Confident on red trails and ready to take on the Lenzerheide World Cup track.

### Requirements:

- ✓ Can ride all drops on red trails and clear tables confidently
- ✓ Comfortable riding at high speeds
- ✓ Has experience with rooty and rocky sections