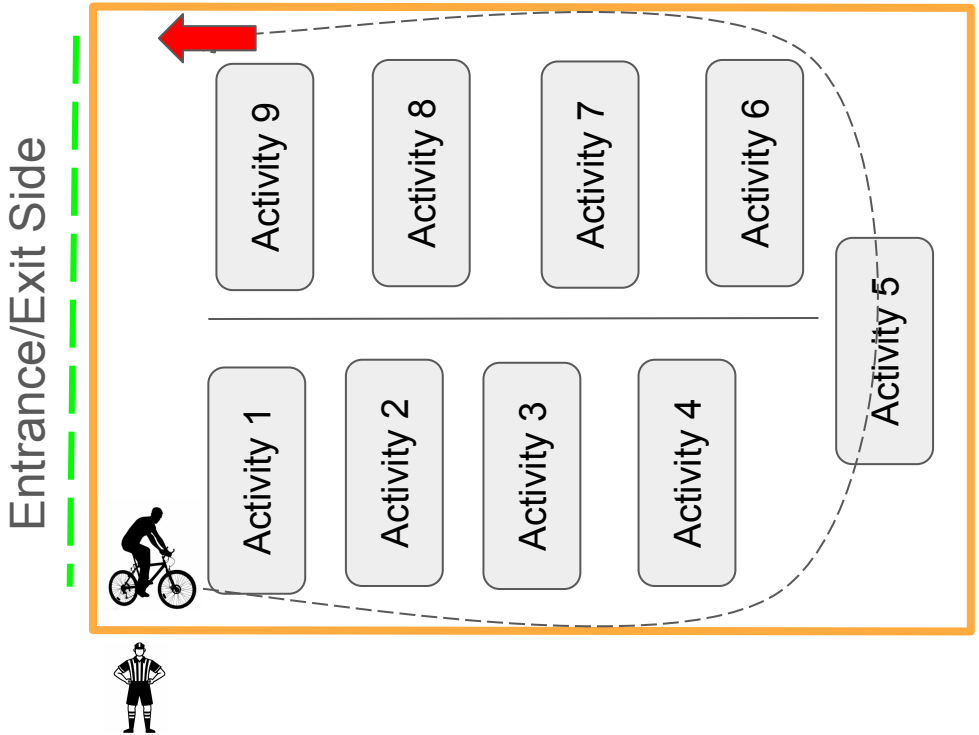
# Adventure Skills Course Plan ParCour

2026 DICL Season

# Location at White Clay



# Activity Overview

Source: https://bike-revolution.ch/en/kids-parcours/

Each station has three different difficulty levels: **white** = easy / **red** = medium / **black** = difficult

**The scoring of the parcours is as follows:**

- 1 point for correct riding on the white line
- 2 points for correct riding on the red line
- 3 points for the correct riding of the black line

The aim is to achieve as many points as possible in the parcours. With 9 stations, the maximum number of points is 27 (subject to change).

Activities would be setup in a series so each rider could do one at a time.

There needs to be a scorekeeper with a laptop and one judge per rider.  With more than one judge more riders can go through the course at the same time with a staggered start.

**General Rules:**

- the obstacle must be driven over completely
- the colour of the line can be chosen by the rider
- only one line per station may be ridden
- only one attempt counts
- the entire post must be completed on the bike, descending or holding during the station will be counted as a mistake and no points will be awarded
- do not touch or ride over the side markings, otherwise no points will be awarded for this obstacle
- the numbering of the activities is only for reference and is meant for the judges, it has nothing to do with the order

# Activity 1: Log Hop

The obstacle must be crossed while riding.

Front tire can not touch the log.

Black: 7 in (2 - 4x4 wood sections)

Red: 5 in (1 - 4x4+2x4 wood sections)

White: 1.5 in (1 - 2x4 flat wood section)





# Activity 2: Back-wheel Circle

Must do laps with back tire staying in the circle.  Front tire must stay out of circle once lap begins. (Think ratcheting)

Middle school: 1 lap

High school: 2 laps

Three different diameter circles

Black: 2 ft

Red: 3 ft

White: 5 ft



# Activity 3: Track Stand

Middle school: 4-second balance exercise

High school: 8-second balance exercise

The front wheel must be on the circle when the countdown begins; the circle may only be exited after the signal from referee.

Black: 6 in (~hockey puck)

Red: 12 in (~coffee can lid)

White: 30 in (~hulahoop)



# Activity 4: Skinny

8 ft long section of skinny with widths defined below.

Black: 3.5 in with two raised parts as shown in picture.

Red: 5.5 in with one raised part.

White: 7.5 in no raised sections



# Activity 5: Pick Up - Set Down

Pick up a tennis ball from a certain height stand and place down on 2nd stand spaced out ~10 ft.  Stand should be hollow PVC tube.

Stand Height

Black: 6 in

Red: 12 in

White: 24 in






# Activity 6: Slalom Riding

The bottles must be passed in the designated direction; if any bottle is knocked over, no points are awarded.  Both tires must pass through each bottle gate.

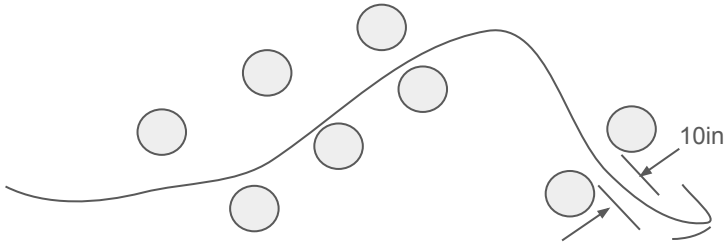
Bottle spacing: 8 bottles per color half full of water. Bottles are placed in a gate setup. Bottle spacing should zig zag over 10 foot distance. See ref to lower right

Black: 10 in apart (taller bottles)

Red: 16 in apart (smaller bottles)

White: 20 in apart (smaller bottles)





# Activity 7: Limbo Bars

The bar must not fall, and the bike may not be modified.

Black: short

Red: Mid

White: Tall



# Activity 8: Drop Ramp

The rear wheel must touch the ground before the front wheel.

Drop size

Black: Tall

Red: Mid

White: Short



# Activity 9: Zig Zag Skinny

8 ft long section of skinny with widths defined below.

Feature

Black: 3.5 in wide and 5.5 in high

Red: 4.5 in wide and 3.5 in high

White: 6.5 in wide and 1.5 in high

