



SheADV Rating System for Off-Road Terrain and Skills Needed for Five Levels of Dual Sport and ADV Riding

IMPORTANT NOTICE: THIS IS ONLY TO BE USED FOR OUR SheADV TRAINING/TOURS AND IS TO HELP YOU ASSESS WHERE YOUR SKILLS ARE IN RELATION TO THE TERRAIN OUR TOURS WILL BE COVERING. WE PUT THIS TOGETHER AS A GUIDE TO HELP YOU BETTER ASSESS YOURSELF. WE WILL USE THIS AS A REFERENCE FOR THE TERRAIN WE WILL BE COVERING EACH DAY SO YOU CAN MAKE BETTER DECISIONS ON WHAT YOU ARE CAPABLE OF FROM DAY-TO-DAY.

NOTE: (1) The purpose of this rating system is only to give dual sport and adventure riders a reference/guide, just like skiers and mountain bikers are given for the trails and routes they play on. We when rate a section, we are doing our best to reference the terrain that is present for the most part but know that there could be a mix at times.

(2) All the levels build on each other and riders must possess all of the skills from one level to the next. For example, to be considered a Level 3 Rider, you must be proficient at ALL the skills of a Level 1 and Level 2 Rider, as well as being proficient with the skills of a Level 3 Rider. If you possess all of the skills of a Level 1 and 2, and some of a Level 3 Rider, we'd consider you still in transition to being a Level 3 Rider.

Note: DIRTY for GOOD 2021 Riders need to be proficient at ALL Level 1 and 2 Skills, have some Level 3 Skills and be prepared to work towards becoming proficient Level 3 Riders through DIRTY for GOOD 2021 Situational Trail Training.

Consider adding a level to the TERRAIN if:

- A. Riding a 600cc + bike
- B. Riding fully loaded
- D. Lower fitness level
- C. Conditions are wet – note, knobby tires like a D606/TKC80 vs. a 50/50 tire can make a significant positive difference
- E. When fatigue level is higher on any given day for various reasons, such as your fitness level is being challenged because of riding for multiple days, you're not fueling your body well enough, not getting enough rest, having lots of energy sucking activities like picking up bikes often, riding with tension, etc.

✓ **LEVEL 1 RIDER**

TERRAIN FOR LEVEL 1	SKILLS NEEDED FOR LEVEL 1
Gravel roads, well maintained and could include poorly maintained paved roads	Comfortable doing harder stops on low traction surfaces using both brakes (speeds of 12-18 mph)
Moderate wash boards	Traction control and comfortable with bike moving around on 1" deep gravel roads
Freshly-graded road 1" deep	Ability to control bike while cornering on moderate wash boards
Slight steepness of hills with slight turns at entrance and/or exists	When cornering, understanding that using outside peg helps maintain traction
Shallow water crossings, smooth bottom, less than 2"	When cornering, understanding that using good body position helps maintain traction and control the bike
Overall changing surfaces but good for cars, may have some embedded rock	Good throttle control assists with overall bike control

Riders should be proficient at ALL of Level 1 skills, prior to transitioning into a Level 2 Rider.



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✓ **LEVEL 2 RIDER**  

TERRAIN FOR LEVEL 2	SKILLS NEEDED FOR LEVEL 2
2-track with easy to go around obstacles/fairly well - maintained forest service roads	Confident doing harder stops at higher speeds on low traction surfaces (speeds of 18-24 mph)
Patches of more loose surfaces, like moderate sand, softer gravel, shallow mud, loose shale, less than 3" deep	Comfortable moving around on the bike, no muscle tension
Wide ruts 2' +	Comfortable keeping bike in balance on and off the bike
Moderate steepness of hills, with some turns at the entrance and/or exists	Ability to shift weight from ground to peg and alternating feet with smooth transitions
Water crossings have a solid base and less than 3" deep	Control the bike using clutch and throttle interaction with no brakes, emphasis on hills
Occasional rocks easy to pick a line around < 3", embedded, ability to roll over	Ability to keep bike in tension using brakes, throttle and clutch when moving slow or during tight turns
Roots and/or logs less than 3"	Ability to steer the bike with the pegs
	Ability to choose a line in order to cover the terrain/maneuver bike around some obstacles
	Shifting and braking while standing
	Ability to manage moderate short distant muddy and/or sandy conditions 20' long and 2" deep
	Higher comfort and control with slightly steeper hills Control = ability to manage the bike with lower speed, especially with down hills
	Being able to pause at the top of a hill to assess what may be on the other side

Riders should be proficient at ALL of Level 2 skills, prior to transitioning into a Level 3 Rider.

✓ **LEVEL 3 RIDER**   

TERRAIN FOR LEVEL 3	SKILLS NEEDED FOR LEVEL 3
Rutted 2-track/narrower, less maintained forest roads	Confident doing harder stops at higher speeds on low traction surfaces (speeds of 24-30 mph)
More rocks/shale, and obstacles like roots/logs < 6"	Comfortable moving around bike, loosely, including dabs
Steeper hills with hair pin turns at the entrance and/or exists	Ability to minimize turning radius for U-turns or close quarters (within 20')
Standing water/larger mud puddles less than 6"	Ability to turn a bike around on a 2-track road
Water crossings muddy, loose base uneven, rocky, slimy, < 6" deep	Very good at line selection, ability to put the bike where you want it
Moderate sand/silt levels (less than 6"), and narrower ruts (not much more than a tire width)	Confidence with bikes capability, lofting bike over 6" obstacles such as rocks, ruts, logs
More hazards to maneuver around but still possible line choices	For steep descents, ability to toggle between clutch and both brakes to control speed and avoid front wheel locking
Hills have rock embedded, still can pick a line fairly easily	Fine throttle and clutch control (no wheel spin, especially for steep ascents)
Some moderate off camber terrain	Ability to turn the bike around on a hill

Riders should be proficient at ALL of Level 3 skills, prior to transitioning into a Level 4 Rider.

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✓ **LEVEL 4 RIDER**    

TERRAIN FOR LEVEL 4	SKILLS NEEDED FOR LEVEL 4
Rutted 2-track that may include wetter sections more over- growth	Confident doing harder stops at higher speeds on low traction surfaces (speeds of 30-40 mph)
More roots/logs, loose, larger rock, greater than 6", harder to pick a line	Ability to do skid turns
Deep sand and/or mud greater than 6"	Higher proficient level with moving around on the bike, including multiple dabbing
Deep, narrow, long ruts greater than 50'	Very fine motor skills with all controls
Steep hills with more obstacles, possible shale, hair pin turns, little to no line choose	Manage current bike very well (easily) on any of the varied terrain mentioned
Deeper water crossings > than 6", muddy, loose base uneven, rocky, slimy. Note: Faster the water flow, even less deep still equals higher level skill required	Have the knowledge/skills to get yourself unstuck in deep sand and mud
Could encounter snow greater than 3"	
Longer, possible steeper off-camber hills, 20% + grade	
Longer demanding sections of any of the above-mentioned terrains, can be a combination of terrains	

Riders should be proficient at ALL of Level 4 skills, prior to transitioning into a Level 5 Rider.

✓ **LEVEL 5 RIDER**     

TERRAIN FOR LEVEL 5	SKILLS NEEDED FOR LEVEL 5
Hard to pick a line, terrain best for dirt bikes	Confident doing harder stops at higher speeds on low traction surfaces (speeds of 40-50 mph)
Larger amounts of loose shale, deep gravel greater than 10", rocks, roots/logs greater than 10"	Proficient at power slides
Bolder fields, steep stair step ledge climbs/ledge drops (1+ feet), steep cliffs near b	Lots of time with practicing skills/seat time/experience with level 4 and below on varied terrain.
Water crossings > 9" deep and/or extremely fast flowing, muddy, loose base uneven, rocky, slimy.	Taking lower-level skills and making them harder by going slower, turning tighter, using one hand, etc.
Combination of steep hills, hair pin turns, loose/large rocks/debris, ledges greater than 10", slippery surfaces, narrow ruts, overall varied obstacles, etc.	We are not proficient at anything until we have put in 10,000 hours and have applied proper techniques.

Riders should be proficient at ALL of Level 5 skills, in order to be consider a Level 5 Rider.

Invest in yourself and get proper training from a professional off-road instructor.

Special Note: Bret Tkacs offers a great resource for the larger ADV bike riders that goes into great detail what it means to be a novice, intermediate or advanced rider. Brettkacs.com/adv-skill-rating-system/