Adaptation and validation of MIDE MTB system

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In the last years, adventure tourism has increased significantly in Spain, being MTB one of favorite activities to practice. Despite all the benefits that they have, we cannot forget the risk factor intrinsic in those activities. Because of this, prevention measures are an obligation when planning and organizing physical activities in the natural environment.

In this study, we realized an adaptation and validation of the MIDE (Spanish acronym for "Trip Information Method", Método de Información de Excursiones) to MTB. This instrument allows professionals to realize an objective valuation of the difficulty of a MTB route according to four aspects: Medio (Environment), Itinerario (Itinerary), Desplazamiento (Movement) and Esfuerzo (Effort). The MIDE for MTB is a system whose aim is to improve and unify the graduation system of MTB routes, and it is presented as a tool for risk management and prevention of accidents during the practice of MTB.

Firstly, a review of the specialized literature was performed to establish a set of criteria for observation. Secondly, content validation was carried out through the agreement and consensus method among ten expert judges at the qualitative level (degree of understanding, appropriateness of wording, relevance of questions, etc.), and quantitative level (global assessment on a scale from 0 to 10).

We added experts suggestions and the modifications, resulting in the final model that we want to present (Figure 1 and 2).

Figure 1: general information about MIDE MTB system

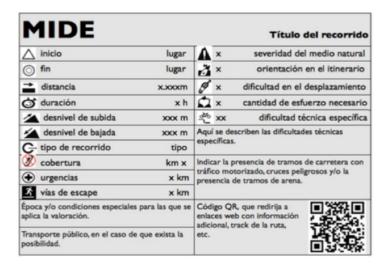
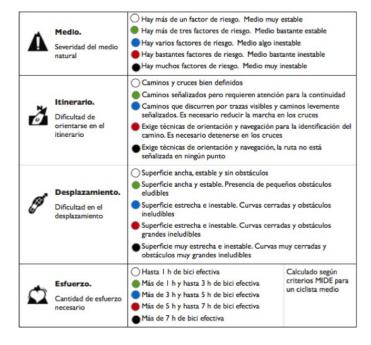


Figure 2: specific information about MIDE MTB system



Conclusion

The MIDE can be considered as a useful tool for adventure tourism companies, public administrations, as well as private individuals, when conducting the risk management planning for a MTB route proposal.