

Instruct in skills for mountain bike riding on intermediate to expert terrain

Level 4

Credits 6

Purpose People credited with this unit are able to: prepare for instructing in and teach skills for, mountain bike riding on intermediate to expert terrain; demonstrate effective instruction techniques during, and provide leadership for mountain bike rides; and evaluate the effectiveness of the instruction and leadership provided.

Subfield Outdoor Recreation

Domain Mountain Biking

Status Registered

Status date 29 October 2004

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Entry information Prerequisites: Unit 424, *Administer first aid in the outdoors*; Unit 451, *Manage risk for an outdoor activity*; Unit 20145, *Demonstrate knowledge of theories and processes associated with instructing in the outdoors*; Unit 20159, *Access and compare weather information for outdoor recreation*; Unit 20817, *Plan for, participate in and evaluate mountain bike rides on intermediate to expert terrain*; or demonstrate equivalent knowledge and skills.

Accreditation Evaluation of documentation and visit by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation

Accreditation and Moderation Action Plan (AMAP) reference 0102

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

- 1 *Intermediate to expert terrain* is terrain that includes unmaintained 4WD tracks, rough narrow tracks and very steep slopes (up to 30 degrees) with many large obstacles, sharp turns, and drop-offs.
- 2 For assessment purposes at least four rides lasting at least two hours each must be completed.
- 3 All activities must comply with relevant environmental, legislative, and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington, <http://www.doc.govt.nz/>.
- 4 Mountain Bike New Zealand's *Code of Behaviour* can be used instead of the *New Zealand Environmental Care Code*. The *Code of Behaviour* is available from MTBNZ – c/o Bike NZ, PO Box 1057, Wellington, <http://www.bikenz.org.nz>.
- 5 Before a candidate can be assessed against this unit standard they need to have logged an additional 10 days of instructional experience beyond the hours logged when gaining the prerequisite unit standards. When gaining the instructional experience the candidate is engaged in the role of instructor but has no responsibility for clients, although is responsible for self.
- 6 There are minimum assessor requirements for the assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

Elements and performance criteria

Element 1

Prepare for instructing in mountain bike riding on intermediate to expert terrain.

Performance criteria

- 1.1 The instructional objectives and requirements are identified.
- 1.2 Rides are selected and their selection justified based on the objectives to be achieved and the make up of the group.

Range	group make up may include but is not limited to – age, culture, gender, health, ability, confidence, experience, emotional and intellectual needs, group size, skills to be taught.
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- 1.3 Planning is completed.
- Range plan may include but is not limited to – accommodation, cost, access, weather, risk management, transport, equipment, food, contingencies, fuel, communication, personal details, intentions, resources.
- 1.4 A pre-trip brief for participants, and other interested parties is prepared.
- Range brief may include but is not limited to-responsibilities, expectations, personal requirements, logistics.
- 1.5 Instruction plans are prepared to meet the learning objectives, taking into consideration the needs of the group and individuals, and equipment, and environment issues.
- Range plans may include but are not limited to – content, progressions, resources, environmental factors, contingencies, current professional technical information, balance of theory and practical components, retaining a positive learning experience.
- 1.6 Evaluation methods and requirements are identified.

Element 2

Teach skills for mountain bike riding on intermediate to expert terrain.

Performance criteria

- 2.1 Clients are instructed in planning and preparation for mountain bike riding.
- Range instruction must include but is not limited to – ride selection suitable to the rider's needs, researching information about the chosen area, identifying route requirements, intention sheets, identifying individual needs, fitness requirements, clothing, footwear, personal and group equipment, food requirements and storage, safe drinking-water options, gear distribution, packing cycles, risk identification and management.
- 2.2 Clients are instructed in mountain bike riding skills and participation in rides.
- Range instruction must include but is not limited to – fitness requirements, interpreting maps, using gear ratios, ascents, descents, cornering, braking, communication, rider etiquette, environmental care, bike transportation, procedures for lost or injured group member, equipment care and maintenance.

2.3 Clients are instructed on debriefing.

Range may include but is not limited to – personal and group performance, preparation, participation, recommendations for future rides.

2.4 Emergency management is explained.

Range must include but is not limited to – emergency communication, alternative routes identified, organisation's procedural requirements, search and rescue.

Element 3

Demonstrate effective instruction techniques during mountain bike rides.

Performance criteria

3.1 Instruction skills and techniques are demonstrated that are relevant to the needs of the group and enable them to achieve mountain bike skills.

Range skills and techniques may include but are not limited to – different teaching styles, teaching progressions, checking for individual understanding after presenting skill progressions, adapting plans to suit needs, responsiveness to group dynamics, maintaining a positive environment;
needs may include but are not limited to – individuals initial skill and understanding, different learning speeds, different learning styles, different communication styles.

3.2 The instructor is able to effectively establish rapport and/or a learning partnership with the riders.

3.3 Progress of each rider is evaluated and accurate feedback is delivered in a manner that matches the needs and learning styles of each rider.

Range may include but is not limited to – constructive, timely, verbal, visual.

Element 4

Provide leadership for mountain bike rides.

Performance criteria

4.1 Leadership is demonstrated that ensures the needs of the group are met and a safe and positive environment is maintained throughout the rides.

Range may include but is not limited to – navigation, weather interpretation, river crossings, first aid, environmental care, group processes, communication, motivation, enthusiasm, role modelling.

4.2 Risks are identified.

4.3 Effective risk management is demonstrated.

Range factors must include – people, equipment, environment.

Element 5

Evaluate the effectiveness of the instruction and leadership provided.

Performance criteria

5.1 The plans and objectives are evaluated against actual outcomes and reasons for changes are provided and justified.

5.2 The instructional and leadership components of the rides are evaluated for strengths and areas for improvement.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@sfrito.org.nz if you wish to suggest changes to the content of this unit standard.