

Title	Demonstrate mountain biking knowledge and skills		
Level	3	Credits	5

Purpose	<p>This unit standard is primarily intended for people such as club or youth group leaders, teachers, or leaders at an outdoor activity centre who provide mountain biking experiences on trails up to and including Mountain Bike New Zealand (MTBNZ) Grade 3.</p> <p>People credited with this unit standard are able to: describe mountain biking equipment used in New Zealand; prepare for mountain biking; demonstrate mountain biking skills; check and adjust mountain bike parts and carry out trailside repairs and adjustments; and navigate using a map for mountain biking purposes.</p>
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Classification	Outdoor Recreation > Mountain Biking
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Available grade	Achieved
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Guidance Information

- 1 Definitions

Current industry practice refers to practices promoted through industry national forums, newsletters, and assessments and which are generally accepted by experienced practitioners as safe and relevant. These will be consistent with any applicable regulatory requirements and/or manufacturer's recommendations. Applicable regulatory requirements and manufacturer's recommendations may be specified in performance criteria where required for particular emphasis.

MTBNZ Grade 3, for the purposes of this unit standard, includes trails with the following characteristics: clearly defined and simple to follow; designated for cycle access; limited exposure at the outside edge of the track and where speed is manageable; expert assistance is on call and emergency service could be available within one hour; in easily accessible terrain or front country.
- 2 Evidence is required of candidate's performance on trails of MTBNZ Grade 3 or above.
- 3 For assessment purposes, the candidate's behaviour must demonstrate environmental care and consideration of other riders and users of the area consistent with the New Zealand Environmental Care Code and current industry practice.

- 4 The following legislation and codes are relevant to this unit standard:
Health and Safety in Employment Act 1992;
Injury Prevention, Rehabilitation, and Compensation Act 2001;
Department of Conservation, *New Zealand Environmental Care Code*, available at <http://www.doc.govt.nz>;
Mountain Bike New Zealand (MTBNZ), *Mountain Bikers Code*, available at <http://www.bikenz.org.nz/Resource.aspx?ID=1812>.

Outcomes and performance criteria

Outcome 1

Describe mountain biking equipment used in New Zealand.

Performance criteria

- 1.1 Mountain biking equipment used in New Zealand is described in accordance with manufacturer's recommendations and/or current industry practice.

Range equipment includes but is not limited to – wheel and hub, tyres, forks, brakes, steering, gears, pedals, drivetrain, frame (hardtail, full suspension), footwear, helmet, clothing; description includes but is not limited to – use, care, and characteristics.

Outcome 2

Prepare for mountain biking.

Performance criteria

- 2.1 Explanation of trail grading for mountain biking is in accordance with MTBNZ criteria.

- 2.2 Route is selected and justified in terms of estimated route difficulty, ride duration, weather, track condition, and contingencies.

- 2.3 Equipment is selected and justified, and is fitted as required to suit oneself, in accordance with current industry practice.

Range equipment includes but is not limited to – bike, helmet, clothing, footwear.

- 2.4 Equipment safety checks are carried out in accordance with manufacturer's recommendations and/or current industry practice.

Range equipment includes but is not limited to – wheel and hub, quick release, tyres, brakes, steering, gears, drive chain, frame, helmet, clothing, footwear.

Outcome 3

Demonstrate mountain biking skills.

Performance criteria

- 3.1 Gear ratios used are appropriate for the terrain and conditions.
- 3.2 Lines are picked through sections to maintain momentum, traction, flow, and balance.
- 3.3 Braking and cornering anticipate track ahead, incorporate use of front and rear brakes, and help maintain traction, control, momentum, and balance.
- 3.4 At least ninety percent of the trail is ridden without falling or resorting to walking.
- 3.5 Pacing enables completion of the intended ride.
- 3.6 Fitness level demonstrated is sufficient to allow at least two hour's ride on the trail.

Outcome 4

Check and adjust mountain bike parts and carry out trailside repairs and adjustments.

Performance criteria

- 4.1 Bike parts are checked and adjusted to ensure correct functioning and safety in accordance with manufacturer's recommendations.
- 4.2 Trailside repairs and adjustments are carried out in accordance with manufacturer's recommendations and current industry practice.

Outcome 5

Navigate using a map for mountain biking purposes.

Performance criteria

- 5.1 Navigation on a marked trail includes using a map appropriate to the intended mountain biking route.
- 5.2 Natural features are used to orientate the map.
- 5.3 Natural features are used to determine position on a map.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 August 2010	31 December 2023
Review	2	28 October 2021	31 December 2023

Consent and Moderation Requirements (CMR) reference

0099

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