

Title	Lead a mountain biking experience for a group		
Level	4	Credits	12

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 for groups on trails up to and including Mountain Bike New Zealand (MTBNZ) Grade 3.</p> <p>People credited with this unit standard are able to: plan to lead a group in a mountain biking experience; prepare to lead a group in a mountain biking experience; brief a group in a mountain biking experience; lead a group in a mountain biking experience; and evaluate own performance as leader of a mountain biking experience.</p>
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Classification	Outdoor Recreation > Mountain Biking
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Available grade	Achieved
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Recommended for entry	Unit 26246, <i>Demonstrate mountain biking knowledge and skills</i> , or demonstrate equivalent knowledge and skills.
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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.

Trail refers to tracks 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, and can be up to and including Mountain Bike New Zealand (MTBNZ) Grade 3.

Organisational requirements refer to policy and procedures of the outdoor activities organisation, and include compliance with any applicable legislation, standards, and codes.

- 2 For assessment purposes, the candidate's behaviour must demonstrate environmental care and consideration of other mountain bikers and users of the area, consistent with the Mountain Bikers Code, the Environmental Care Code, and current industry practice.
- 3 The following are examples of terrain that would be within the scope of this unit standard, depending on the characteristics of the group of participants, expected weather conditions, and equipment:
Whakarewarewa (Rotorua) MTBNZ Grade 3 trails and below
Hanmer Forest MTBNZ Grade 3 trails and below
Rainbow Road (with vehicle support that can seat all participants).
- The following are examples of environments out of the scope of this unit standard:
42 Traverse – Tongariro
Wharfedale – Oxford
rides where the use of a torch or light is required
riding in extreme conditions such as heavy rain, snow, or extreme heat
man-made obstacles such as 'North Shore' style structures (jumps, see-saws etc).
- 4 The following legislation, rule, codes, and other publications are relevant to this unit standard:
Health and Safety in Employment Act 1992;
Injury Prevention, Rehabilitation, and Compensation Act 2001;
Land Transport (Road User) Rule 2004;
SPARC – Sport and Recreation New Zealand (2005) *Outdoor Activities – Guidelines for Leaders*. Wellington (NZ), available at <http://www.sparc.org.nz>;
Ministry of Education (2009) *EOTC Guidelines – Bringing the Curriculum Alive*. Wellington, available at <http://www.tki.org.nz>;
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>.
- 5 For assessment purposes, it is desirable to use evidence from log books, equipment logs, issue and return documentation, day books, and other recording mechanisms typically used as part of good organisational practice.

Outcomes and performance criteria

Outcome 1

Plan to lead a group in a mountain biking experience.

Performance criteria

- 1.1 The nature, skills and confidence of the participants and the group are identified to determine any specific leadership requirements.
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| Range | may include but is not limited to – size, dynamics, needs, expectations, culture, attitudes, fears, concerns, composition. |
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- 1.2 An activity plan identifies the purpose and outcomes of the mountain biking experience.
- Range activity plan includes but is not limited to – activities, tasks, sequence.
- 1.3 A logistical plan is developed and documented in accordance with organisational requirements and/or current industry practice.
- Range logistical plan includes but is not limited to – group size and dynamics, access, venue issues, equipment, weather information, intentions, communication protocols, gear lists, medical information, food, clothing and footwear, environmental conditions.
- 1.4 Route plan includes estimates of trail difficulty and ride duration, and identifies contingencies.
- Range route plan includes but is not limited to – intended route, alternative route.
- 1.5 The risks of the mountain biking experience are assessed in accordance with organisational requirements and/or current industry practice.
- 1.6 Responsibilities to and respect for the site, other users, and people in close vicinity are described in accordance with the New Zealand Environmental Care Code or the Mountain Bikers Code.
- 1.7 Weather information obtained for the day is described in terms of its limitations and is explained in terms of its implications for the planned activity.
- 1.8 Emergency procedures and equipment are identified and included in the plan in accordance with organisational requirements and/or current industry practice.
- Range procedures include but are not limited to – accident, injury, medical emergency, group separation; equipment includes but is not limited to – first aid, communication device repair equipment, map.

Outcome 2

Prepare to lead a group in a mountain biking experience.

Performance criteria

- 2.1 Participant's limitations for the demands of the experience are identified.
- Range limitations may include but are not limited to – age, physical considerations, medical conditions, pre-existing injuries cultural considerations.

- 2.2 Routes are selected based on the group needs, skills, confidence and expectations for the mountain bike experience.
- 2.3 Special requirements to address participant's limitations are met professionally in accordance with organisational requirements.
- 2.4 Prior to issue, participant's clothing and equipment are checked for safety and suitability of use in accordance with organisational requirements.
- 2.5 Participants are fitted with equipment required for the experience, and fit is checked regularly throughout the experience in accordance with current industry practice.
- 2.6 Emergency equipment required for the experience is identified and justified in accordance with organisational requirements.
- Range emergency equipment includes but is not limited to – first aid, communication device.
- 2.7 Emergency equipment is carried or otherwise accessible.

Outcome 3

Brief a group in a mountain biking experience.

Performance criteria

- 3.1 The location selected for the briefing minimises communication distractions.
- Range distractions may include but are not limited to – environmental, auditory, visual, other site users.
- 3.2 The content of the briefing communicates the information required to meet the planned outcomes.
- Range content may include but is not limited to – equipment selection and usage, anticipated activity, access, environmental care, conditions, setting boundaries, expectations, emergency procedures, safety, following leader instructions; evidence of four is required.
- 3.3 Participants are advised of the risks and personal responsibilities associated with mountain biking.
- Range personal responsibilities include but are not limited to – the importance of following leader instructions, individual responsibility for own safety.
- 3.4 Participants are shown how to avoid injury in accordance with current industry practice.

3.5 The presentation of the briefing meets organisational requirements.

Range presentation may include but is not limited to – tone, volume, vocabulary, engagement of participants, checking for understanding, using questions and answers, demonstrations, non-verbal cues.

Outcome 4

Lead a group in a mountain biking experience.

Performance criteria

4.1 Task selection and sequence is based on the activity plan and is modified throughout the experience to adjust to participant's changing needs.

4.2 The group is managed safely during the mountain biking experience in accordance with organisational requirements.

4.3 Communication skills appropriate to the group and the experience are used.

Range communication skills include but are not limited to – directives, open and closed questions, active listening, technical corrections, non-verbal cues, signs and gestures, reflective statements; evidence of four is required.

4.4 The group is instructed in mountain biking and related skills in accordance with current industry practice.

Range mountain biking and related skills may include but are not limited to – safe riding behaviour on and off road; use of gears; ascending and descending including weight and balance transference; cornering, including weight and balance transference; avoiding obstacles; braking technique for conditions and trail; care of bike while not being ridden; evidence of four is required.

4.5 Environment is scanned to anticipate risks and hazards and management strategies are implemented in accordance with current industry practice.

Range risk and hazards may include but are not limited to – serious injury, medical emergency, cultural issue, environmental issue, emotional issue, loss of or damage to equipment, weather conditions.

4.6 Mountain biking skills are demonstrated with sufficient ease and competence to enable unhindered leadership of the group.

4.7 The experience is bought to a close in accordance with organisational requirements.

Range includes but is not limited to – equipment is gathered back, the experience is wrapped up, group leadership handed over.

Outcome 5

Evaluate own performance as leader of a mountain biking experience.

Performance criteria

5.1 Self-review and reflection on planning, leadership and safety of the mountain biking experience are documented.

5.2 Feedback on planning, preparation and leadership of the mountain biking experience is sought from stakeholders and documented.

Range stakeholders may include but are not limited to – supervisor, peers, participants.

5.3 Performance and plans are evaluated and actions for improvement are identified.

Range evaluation may include but is not limited to – self review, feedback.

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 2021
Review	2	23 November 2017	31 December 2021

Consent and Moderation Requirements (CMR) reference

0099

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