

Title	Demonstrate and apply knowledge of mountain bike skills on trails up to MTBNZ Grade 3		
Level	4	Credits	15

Purpose	<p>This unit standard is intended for people 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: demonstrate and apply knowledge of mountain bike gear and equipment; demonstrate and apply knowledge of on-trail mountain bike maintenance and field repairs; and demonstrate personal mountain biking skills on Intermediate MTBNZ Grade 3 trails.</p>
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Classification	Outdoor Recreation > Mountain Biking
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment against this standard must be carried out in accordance with the following:
 - relevant legislation including Health and Safety at Work Act 2015 and Human Rights Act 1993, Vulnerable Children Act 2014 and The Health and Safety at Work (Adventure Activities) Regulations 2016;
 - relevant Activity Safety Guidelines published by WorkSafe New Zealand <https://www.supportadventure.co.nz/advice-resources/general-2/activity-safety-guidelines/>;
 - industry Codes including the *Land Safety Code* <https://www.adventuresmart.nz/land/the-land-safety-code>, and *Leave No Trace* principles <https://leavenotrace.org.nz>;
 - a recognised and approved safety management system including organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), incident response management plans and the use of personal protective equipment (PPE);
 - relevant industry publications and current industry good practice.
- 2 Definitions

Current industry good practice means the range of actions currently accepted within the adventure and outdoor sector to manage the risk of harm to staff, participants, and visitors.

Gear includes footwear and clothing.

Outcomes and performance criteria

Outcome 1

Demonstrate and apply knowledge of mountain bike gear and equipment.

Performance criteria

- 1.1 Select and justify gear, equipment, nutrition and hydration requirements for a mountain biking trip.
- Range advantages, limitations, location, season, weather and personal needs.
- 1.2 Describe advantages and limitations of commonly used communication devices for mountain biking in Aotearoa New Zealand.
- 1.3 Explain the use of communication device/s appropriate for the location and trip.
- 1.4 Describe strategies to minimise wear of gear, check for damage and meet storage needs of any personal gear and equipment.
- 1.5 Describe different types of mountain bikes including frames, suspensions and gear mechanisms.

Outcome 2

Demonstrate and apply knowledge of on-trail mountain bike maintenance and field repairs.

Performance criteria

- 2.1 Carry out basic mountain bike maintenance and on-trail repairs.
- Range tyre and tube (including puncture repair), chain repairs, headset adjustment, handlebar alignment.

Outcome 3

Demonstrate personal mountain biking skills on Intermediate MTBNZ Grade 3 trails.

Performance criteria

- 3.1 Demonstrate personal mountain bike skills and riding on MTBNZ Grade 3 trails.
- Range selection of gears, good riding line, braking, cornering, and safe and efficient ascending and descending.
- 3.2 Perform on-trail navigation using a map for the area, with mountain bike trails marked.
- Range navigation includes – current location on the map using natural features, orientate map using natural features.

3.3 Monitor changes in the weather and modify the ride as required.

Planned review date	31 December 2029
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	31 December 2026
Review	2	12 December 2024	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toi Mai Workforce Development Council qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.