

<b>Title</b>	<b>Demonstrate knowledge of and apply mountain bike skills on trails up to MTBNZ Grade 4</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>15</b>

<b>Purpose</b>	<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 4.</p> <p>People credited with this unit standard are able to demonstrate and apply knowledge of mountain bikes, gear and equipment commonly used in Aotearoa New Zealand; perform a range of mountain bike maintenance and on-trail repairs; and demonstrate personal mountain biking skills on MTBNZ Grade 3 and Grade 4 trails.</p>
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<b>Classification</b>	Outdoor Recreation > Mountain Biking
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<b>Available grade</b>	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 clothing and footwear.

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## Outcomes and performance criteria

### Outcome 1

Demonstrate and apply knowledge of mountain bikes, gear and equipment commonly used in Aotearoa New Zealand.

#### Performance criteria

- 1.1 Describe and compare features of mountain bikes commonly in use on mountain bike trials in Aotearoa New Zealand.
- 1.2 Describe and compare the types of mountain bikes, gear and equipment commonly used for mountain biking in Aotearoa New Zealand.  
  
Range includes but is not limited to – comparison of cost, advantages and limitations, maintenance and storage.
- 1.3 Demonstrate the use of gear and equipment, appropriate to the terrain, season and weather.
- 1.4 Justify tools and repair kit items carried while mountain biking.

### Outcome 2

Perform a range of mountain bike maintenance and on-trail repairs.

#### Performance criteria

- 2.1 Perform a range of bike maintenance and on-trail bike repairs.  
  
Range maintenance and repairs may include but are not limited to – suspension set up and adjustment, brake adjustment and pad replacement, adjustment of gears and/or gear indexing, replacing broken shifter cable, derailleur management, broken chain, puncture, tyre pressure, headset adjustment and wheel malfunction management.
- 2.2 Make on-trail improvised emergency repairs and adjustments to mountain bike as required.

### Outcome 3

Demonstrate personal mountain biking skills on MTBNZ Grade 3 and Grade 4 trails.

#### Performance criteria

- 3.1 Demonstrate climbing and descending skills including body position and balance.
- 3.2 Demonstrate cornering skills on flat, off camber and berms.

- 3.3 Demonstrate maintaining a chosen line on technical terrain, braking without skidding on loose terrain, and effective cadence and use of gears.
- 3.4 Demonstrate rolling over small drops, standing front and rear wheel lifts and seated front wheel lift using a pedal stroke.
- 3.5 Demonstrate trail navigation skills using maps to estimate time, distance and route for a given section of trail, and to determine present position on the map.

Range may include mountain biking mapping apps commonly used in Aotearoa New Zealand.

<b>Planned review date</b>	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

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.