
MOUNTAIN BIKING
Mountain bike on intermediate to expert terrain

level:	2
credit:	2
planned review date:	October 2008
sub-field:	Outdoor Recreation
purpose:	People credited with this unit standard are able to prepare for mountain biking, and complete mountain bike rides, on intermediate to expert terrain.
entry information:	Open.
accreditation option:	Evaluation of documentation by NZQA and industry.
moderation option:	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation Advisory Group.
special notes:	<ol style="list-style-type: none">1 The bike is suitable if it is road worthy and has a range of gears, and front and rear brakes.2 Suitable safety helmet for cycling must be worn.3 For assessment purposes at least two rides lasting at least two hours each must be completed.4 The rides should be done under supervision, however the role of the supervisor is to participate and only provide leadership if events occur beyond the requirements identified within the unit standard.5 <i>Intermediate to expert terrain</i> 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.

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- 6 All activities must comply with any 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.
- 7 The New Zealand Mountain Bike Association's *Off Road Code* can be used instead of the *New Zealand Environmental Care Code*. The *Off Road Code* is available from the NZMBA – NZ Mountain Bike Association, PO Box 13734, Christchurch, <http://www.nzmba.org.nz>.
- 8 This unit standard may be assessed in conjunction with Unit 20138, *Select, set up and maintain a mountain or cycle touring bike*.
- 9 There are minimum assessor requirements for 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 mountain biking on intermediate to expert terrain.

performance criteria

1.1 The route is selected using a map and its selection justified.

Range: may include but is not limited to – ability, fitness, experience, duration, distance.

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- 1.2 Clothing and footwear are selected and their selection justified based on the weather conditions and environment.
Range: safety, comfort, protection.
- 1.3 Food and drink to be carried are identified and reasons for their selection are justified based on the length of the ride, the weather conditions and the environment.
- 1.4 The helmet is fitted and worn correctly according to Land Transport Safety Authority standards.
- 1.5 Bike selection and set up are demonstrated and meet the requirements of the terrain and rider.
Range: may include but is not limited to – bike size, maintenance check, seat height, seat position, handlebar height, tyre pressure.
- 1.6 First aid equipment to be carried is identified and reasons for its selection provided.
Range: may include but is not limited to – fatigue, hypothermia and hyperthermia, chafing, blisters, abrasions, dehydration.
- 1.7 Tools and spares to be carried are identified and their use demonstrated.
Range: may include but is not limited to – spare tube, pump, puncture repair kit, tyre levers.
- 1.8 Techniques for safely transporting bikes are demonstrated.
Range: may include but is not limited to – trailer, roof rack, bike rack.

element 2

Complete mountain bike rides on intermediate to expert terrain.

performance criteria

- 2.1 Selected route maps are accurately interpreted and followed.

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- 2.2 Gear ratios used are appropriate for the terrain and conditions.
Range: may include but is not limited to – flat, ascents, descents, wind, surface obstacles, mud, water, sand.
- 2.3 Riding skills are demonstrated using safe, smooth and efficient techniques.
Range: ascents, descents, cornering, braking.
- 2.4 Rider etiquette is demonstrated.
Range: other riders, other road users.
- 2.5 Communication with the group leader and other group members is effective.
Range: clear, intentions understood.
- 2.6 Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.

Comments on this unit standard

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

Please Note

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register 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.

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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 providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0102 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.