

<b>Title</b>	<b>Demonstrate mountain biking on grade 1 terrain</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate: preparedness for mountain biking on grade 1 terrain; and riding skills on grade 1 terrain.
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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 within this standard must be carried out in accordance with the following as relevant:
  - Te Tiriti o Waitangi/Treaty of Waitangi principles of partnership, protection and participation;
  - relevant legislation including Health and Safety at Work Act 2015, Health and Safety at Work (Adventure Activities) Regulations 2016, Privacy Act 2020, Children’s Act 2014 and Human Rights Act 1993, and all subsequent amendments and associated regulations;
  - *The New Zealand Curriculum* and/or *Te Marautanga o Aotearoa*; EOTC Guidelines – Bringing the Curriculum Alive 2016;
  - industry guidelines, including any relevant Good Practice Guide, found at <http://www.supportadventure.co.nz/good-practice/good-practice-guidelines/> and Activity Specific Guidelines, found at <http://www.supportadventure.co.nz/good-practice/activity-safety-guidelines-2/>;
  - industry codes such as the Mountain Safety Council Outdoor Safety Code, available from <https://www.mountainsafety.org.nz/land-safety-code/> and Leave No Trace principles and relevant Care codes, all available from <https://www.doc.govt.nz/parks-and-recreation/know-before-you-go/care-codes/>, and any relevant activity specific industry codes such as the Mountain Bike New Zealand Mountain Biking Trail Grading and Code, found at <https://www.mtbnz.org.nz/mtb-trail-grading>;
  - a Safety Management System (SMS) including organisational policies and procedures covering risk management, incident and emergency response, and the use of personal protective equipment (PPE);
  - current industry good practice.
  
- 2 Assessment
 

The type of bike must be suited to the terrain.

### 3 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 others.

*Grade 1 terrain* is defined in the Mountain Bike New Zealand Mountain Biking Trail Grading and Code as fairly flat, wide, smooth track or gravel road.

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## Outcomes and performance criteria

### Outcome 1

Demonstrate preparedness for mountain biking on grade 1 terrain.

#### Performance criteria

1.1 Assemble required personal gear for the mountain bike ride.

Range may include but is not limited to – clothing, footwear, food, hydration, helmet, personal medication.

1.2 Participate in basic directed safety checks before commencing ride.

Range includes but is not limited to – helmet fit and check, bike check.

### Outcome 2

Demonstrate riding skills on grade 1 terrain.

#### Performance criteria

2.1 Demonstrate safe and controlled riding skills on grade 1 terrain.

2.2 Follow instructions and safety guidelines, to maintain personal, group and other users' safety.

<b>Planned review date</b>	31 December 2026
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	29 October 2004	31 December 2023
Review	2	28 October 2021	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>.

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**Comments on this unit standard**

Please contact the Skills Active Aotearoa [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.