

<b>Title</b>	<b>Plan for, participate in and evaluate a self-sufficient cycle tour</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to: plan, prepare for, and undertake a self-sufficient cycle tour and demonstrate cycling skills; and evaluate the cycle tour and make recommendations for future cycle tours.
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<b>Classification</b>	Outdoor Recreation > Cycle Touring
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<b>Available grade</b>	Achieved
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<b>Prerequisites</b>	Unit 20138, <i>Set up and undertake basic maintenance of a mountain or cycle touring bike for outdoor recreation</i> , or demonstrate equivalent knowledge and skills.
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### Guidance Information

- 1 *Self-sufficient* requires the candidate to carry all their own equipment for the entire trip, be able to fix and repair this equipment, and be able to make their own decisions.
- 2 Suitable safety helmet for cycling must be worn.
- 3 The tour must be of at least three days duration and include at least five hours cycling each day. A part of being self-sufficient is to select trips appropriate to one's own ability therefore the length of the trip will vary from candidate to candidate.
- 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 this unit standard.
- 5 All activities must comply with 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, <http://www.doc.govt.nz/>.
- 6 Mountain Bike New Zealand's *Code of Behaviour* can be used instead of the *New Zealand Environmental Care Code*. The *Code of Behaviour* is available from MTBNZ – c/o Bike NZ, PO Box 1057, Wellington, <http://www.bikenz.org.nz>.

- 7 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website <https://www.skillsactive.org.nz/>.

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## Outcomes and performance criteria

### Outcome 1

Plan and prepare for a self-sufficient cycle tour.

#### 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.
- 1.2 Route are identified and organised.
- Range may include but is not limited to – transport, costs, accommodation, permission.
- 1.3 Clothing, footwear, food and drink are selected and their selection justified based on the requirements of the tour selected.
- 1.4 Cycle is selected and set up safely and meets the needs of the rider and the tour.
- 1.5 Items of personal equipment are selected and their selection is justified based on the requirements of the tour.
- Range may include but is not limited to – spare tube, puncture repair kit, light, hydration, panniers, racks, first aid kit, map.
- 1.6 Items of group equipment are selected and their selection is justified based on the requirements of the tour.
- Range may include but is not limited to – chain break, spare parts, specialised tools, group first aid, communication device.
- 1.7 Risks are identified and the strategies to manage them are described.
- 1.8 Individual needs and issues are identified and the strategies to manage them described.
- Range may include but is not limited to – health, participation choice.
- 1.9 Rider etiquette is described.
- Range other riders, other road users.

- 1.10 Intention sheet is completed and lodged according to the requirements of the organisation under which the ride is being operated.
- 1.11 Planning is documented.

## **Outcome 2**

Undertake a self-sufficient cycle tour and demonstrate cycling skills.

### **Performance criteria**

- 2.1 The cycle is packed safely and efficiently.
- 2.2 Panniers and racks are safely and securely fastened.
- 2.3 Selected route maps are accurately interpreted and followed.
- 2.4 Gears are used appropriately for the terrain and conditions.  
Range may include but is not limited to – flat, ascents, descents, wind.
- 2.5 Riding skills are demonstrated using safe, smooth and efficient techniques.  
Range ascents, descents, cornering, braking.
- 2.6 A commitment to safety of self and others is shown and riding adheres to the New Zealand Road Code and NZMBA's Off Road Code.
- 2.7 Rider etiquette is demonstrated.  
Range other riders, other road users.
- 2.8 Communication with the team leader and other team members is effective.  
Range clear, intentions understood.
- 2.9 Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.

## **Outcome 3**

Evaluate the cycle tour and make recommendations for future cycle tours.

### **Performance criteria**

- 3.1 What happened during the tour from preparation to return is described.  
Range information may include but is not limited to – difficulties, highlights, skill performance, original plan compared with what actually happened, appropriateness of plan, completeness of plan, how effectively information was communicated, overall success.

- 3.2 Recommendations resulting from the evaluation are identified and recorded to aid the planning of future tours.

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**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	29 October 2004	N/A
Revision	2	26 January 2007	31 December 2023
Review	3	28 October 2021	31 December 2023

**Consent and Moderation Requirements (CMR) reference**

0099

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