

Title	Set up and undertake basic maintenance of a mountain or cycle touring bike for outdoor recreation		
Level	2	Credits	2

Purpose	People credited with this unit standard are able to set up and undertake basic maintenance of a mountain or cycle touring bike for outdoor recreation.
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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 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 Land 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 Definition

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.

Outcomes and performance criteria

Outcome 1

Set up and undertake basic maintenance of a mountain or cycle touring bike for outdoor recreation.

Performance criteria

1.1 Adjust a mountain or cycle touring bike to meet the needs, size and proportions of the rider and the intended outdoor recreation use.

Range seat height and position, handlebar height and position.

1.2 Clean mountain or cycle touring bike to prevent damage.

1.3 Lubricate the drive train.

1.4 Check mountain or cycle touring bike parts to ensure correct functioning and safety based on the manufacturer's recommendations.

Range may include but is not limited to – wheels, tyres, tyre pressure, brake systems and cables, pedals, bottom brackets, crank, headset, seat, handlebars, suspension systems, gear systems and cables;
three completed checks.

1.5 Perform basic bike repairs.

Range may include but is not limited to – brake pads replaced, broken chain repair, cable replaced, puncture repair, tyre changed, spoke tightened;
two basic repairs completed.

Planned review date	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

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 the Skills Active Aotearoa info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.