

Plan for, participate in, and evaluate mountain bike rides on intermediate to expert terrain

Level 3

Credits 3

Purpose People credited with this unit standard are able to: plan and prepare for mountain bike rides for groups, and participate in mountain bike trips and demonstrate riding skills on intermediate to expert terrain; and evaluate the rides and make recommendations for future rides.

Subfield Outdoor Recreation

Domain Mountain Biking

Status Registered

Status date 29 October 2004

Date version published 26 January 2007

Planned review date 31 October 2008

Entry information Prerequisite: Unit 20138, *Select, set up and maintain a mountain or cycle touring bike*, or demonstrate equivalent knowledge and skills.

Replacement information This unit standard replaced unit standard 458.

Accreditation Evaluation of documentation and visit by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation

Accreditation and Moderation Action Plan (AMAP) reference 0102

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

Special notes

- 1 Suitable safety helmet for cycling must be worn.
- 2 For assessment purposes at least two rides lasting at least two hours each must be completed.

- 3 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.
- 4 *Intermediate to expert terrain* 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.
- 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 Sfrito website <http://www.sfrito.org.nz/>.

Elements and performance criteria

Element 1

Plan, and prepare for, mountain bike rides for groups on intermediate to expert terrain.

Performance criteria

- 1.1 The routes are selected using maps and their selection justified.

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| Range | may include but is not limited to – ability, fitness, experience, duration, distance. |
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- 1.2 Mountain bike rides are selected and their selection justified based on the group.

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| Range | may include but is not limited to – medical or health status, group size, age, guardians' approval, first aid knowledge, leader to rider ratios, skill, fitness, experience. |
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- 1.3 Information on the area chosen for the group ride is researched and documented.

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| Range | may include but is not limited to – map, trip distance, intentions, access, weather forecast, budgeting, transport. |
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- 1.4 Items of personal equipment are selected and their selection justified based on the conditions of the ride.
- Range may include but is not limited to – footwear, clothing, food, bike set up, spare tube, puncture repair kit, hydration.
- 1.5 Items of group equipment are selected and their selection justified based on the conditions of the ride and the group.
- Range may include but is not limited to – chain break, spare parts, tools, first aid kit, communication.
- 1.6 Techniques for safely transporting bikes are demonstrated.
- Range may include but is not limited to – trailer, roof rack, bike rack.

Element 2

Participate in mountain bike trips and demonstrate riding skills on intermediate to expert terrain.

Range unmaintained 4WD track, rough narrow track.

Performance criteria

- 2.1 Selected route maps are accurately interpreted and followed.
- 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 Candidate's communication with the group leader and other group members is effective.
- Range clear, intentions understood.
- 2.5 Rider etiquette is demonstrated.
- Range other riders, other road users.
- 2.6 Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.

Element 3

Evaluate the rides and make recommendations for future rides.

Performance criteria

- 3.1 Events during the rides from preparation to return are described.
- Range information may include but is not limited to – difficulties, highlights, skill performance, original plan compared with what actually happened, overall success.
- 3.2 Recommendations resulting from the evaluation are identified and recorded to aid the planning of future rides.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report 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.

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

Comments on this unit standard

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