

Title	Demonstrate mountain biking skills on grade 3 terrain		
Level	3	Credits	2

Purpose	People credited with this unit standard are able to demonstrate: individual preparedness for mountain biking on grade 3 terrain; and mountain biking skills on grade 3 terrain.
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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 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 3 terrain is defined in the Mountain Bike New Zealand Mountain Biking Trail Grading and Code as steep slopes and/or avoidable obstacles possibly on narrow track and/or with poor traction. There may be exposure at the tracks outside edge.

Outcomes and performance criteria

Outcome 1

Demonstrate individual preparedness for mountain biking on grade 3 terrain.

Performance criteria

1.1 Wear or carry required personal and group gear for the mountain bike ride.

Range may include but is not limited to – clothing, footwear, food, hydration, safety equipment, first aid, repair kit.

1.2 Perform bike and helmet safety checks to ensure correct fit and function.

1.3 Demonstrate basic track side repairs.

Range chain back on, tube replaced.

Outcome 2

Demonstrate mountain biking skills on grade 3 terrain.

Performance criteria

2.1 Demonstrate safe and controlled mountain biking skills on grade 3 terrain.

2.2 Maintain personal safety while riding a range of trail features.

Range may include but is not limited to – rocks, roots, drops, mud, water, loose surfaces, steep ascents, descents, exposed edges, switch backs.

Replacement information	This unit standard replaced unit standard 458.
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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
Revision	2	26 January 2007	31 December 2023
Review	3	28 October 2021	N/A

Consent and Moderation Requirements (CMR) reference

0099

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.