

<b>Title</b>	<b>Demonstrate mountain biking knowledge and skills</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>This unit standard is primarily intended for people such as club or youth group leaders, teachers, or leaders at an outdoor activity centre who provide mountain biking experiences on trails up to and including Mountain Bike New Zealand (MTBNZ) Grade 3.</p> <p>People credited with this unit standard are able to: describe mountain biking equipment used in New Zealand; prepare for mountain biking; demonstrate mountain biking skills; check and adjust mountain bike parts and carry out trailside repairs and adjustments; and navigate using a map for mountain biking purposes.</p>
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<b>Classification</b>	Outdoor Recreation > Mountain Biking
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<b>Available grade</b>	Achieved
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### Explanatory notes

- 1 Definitions  

*Current industry practice* refers to practices promoted through industry national forums, newsletters, and assessments and which are generally accepted by experienced practitioners as safe and relevant. These will be consistent with any applicable regulatory requirements and/or manufacturer's recommendations. Applicable regulatory requirements and manufacturer's recommendations may be specified in performance criteria where required for particular emphasis.

*MTBNZ Grade 3*, for the purposes of this unit standard, includes trails with the following characteristics: clearly defined and simple to follow; designated for cycle access; limited exposure at the outside edge of the track and where speed is manageable; expert assistance is on call and emergency service could be available within one hour; in easily accessible terrain or front country.
- 2 Evidence is required of candidate's performance on trails of MTBNZ Grade 3 or above.
- 3 For assessment purposes, the candidate's behaviour must demonstrate environmental care and consideration of other riders and users of the area consistent with the New Zealand Environmental Care Code and current industry practice.
- 4 The following legislation and codes are relevant to this unit standard:  
 Health and Safety in Employment Act 1992;  
 Injury Prevention, Rehabilitation, and Compensation Act 2001;

Department of Conservation, *New Zealand Environmental Care Code*, available at <http://www.doc.govt.nz>;  
Mountain Bike New Zealand (MTBNZ), *Mountain Bikers Code*, available at <http://www.bikenz.org.nz/Resource.aspx?ID=1812>.

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## Outcomes and evidence requirements

### Outcome 1

Describe mountain biking equipment used in New Zealand.

#### Evidence requirements

- 1.1 Mountain biking equipment used in New Zealand is described in accordance with manufacturer's recommendations and/or current industry practice.

Range equipment includes but is not limited to – wheel and hub, tyres, forks, brakes, steering, gears, pedals, drivetrain, frame (hardtail, full suspension), footwear, helmet, clothing; description includes but is not limited to – use, care, and characteristics.

### Outcome 2

Prepare for mountain biking.

#### Evidence requirements

- 2.1 Explanation of trail grading for mountain biking is in accordance with MTBNZ criteria.
- 2.2 Route is selected and justified in terms of estimated route difficulty, ride duration, weather, track condition, and contingencies.
- 2.3 Equipment is selected and justified, and is fitted as required to suit oneself, in accordance with current industry practice.

Range equipment includes but is not limited to – bike, helmet, clothing, footwear.

- 2.4 Equipment safety checks are carried out in accordance with manufacturer's recommendations and/or current industry practice.

Range equipment includes but is not limited to – wheel and hub, quick release, tyres, brakes, steering, gears, drive chain, frame, helmet, clothing, footwear.

**Outcome 3**

Demonstrate mountain biking skills.

**Evidence requirements**

- 3.1 Gear ratios used are appropriate for the terrain and conditions.
- 3.2 Lines are picked through sections to maintain momentum, traction, flow, and balance.
- 3.3 Braking and cornering anticipate track ahead, incorporate use of front and rear brakes, and help maintain traction, control, momentum, and balance.
- 3.4 At least ninety percent of the trail is ridden without falling or resorting to walking.
- 3.5 Pacing enables completion of the intended ride.
- 3.6 Fitness level demonstrated is sufficient to allow at least two hour's ride on the trail.

**Outcome 4**

Check and adjust mountain bike parts and carry out trailside repairs and adjustments.

**Evidence requirements**

- 4.1 Bike parts are checked and adjusted to ensure correct functioning and safety in accordance with manufacturer's recommendations.
- 4.2 Trailside repairs and adjustments are carried out in accordance with manufacturer's recommendations and current industry practice.

**Outcome 5**

Navigate using a map for mountain biking purposes.

**Evidence requirements**

- 5.1 Navigation on a marked trail includes using a map appropriate to the intended mountain biking route.
- 5.2 Natural features are used to orientate the map.
- 5.3 Natural features are used to determine position on a map.

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<b>Planned review date</b>	31 December 2015
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	20 August 2010	N/A

<b>Accreditation and Moderation Action Plan (AMAP) reference</b>	0099
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This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Please note**

Providers must be granted consent to assess against standards (accredited) by NZQA, 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 granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

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