

Title	Conduct a cyclist skills training course		
Level	3	Credits	10

Purpose	<p>This unit standard is designed for people who work or intend to work as instructors in cyclist skills training.</p> <p>People credited with this unit standard are able to: demonstrate cyclist skills instruction techniques; assess trainees for cyclist skills competencies; and evaluate cyclist skills training lessons.</p>
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Classification	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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Available grade	Achieved
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Guidance Information

- 1 It is recommended a cyclist skills training instructor must be able to:
 - demonstrate knowledge of road traffic environments and hold a current drivers licence;
 - demonstrate cycling experience of complex road traffic conditions;
 - hold a current First Aid certificate; and
 - complete a satisfactory police check when working with school children.
- 2 When working within school settings, a completed risk management and assessment system (RAMS) form will be required for the course of instruction. For assistance and advice on how to manage safe training refer to *Education Outside the Classroom Guidelines: Bringing the Curriculum Alive* (Ministry of Education, 2009) available at <http://eotc.tki.org.nz/EOTC-home/EOTC-Guidelines>.
- 3 Legislation, rules, and codes relevant to this unit standard may include but are not limited to – Crimes Act 1961, Health and Safety in Employment Act 1992, Education Act 1989; Injury Prevention, Rehabilitation, and Compensation Act 2001, Land Transport (Road User) Rule 2004.
- 4 *The Official New Zealand Road Code* (the Code) and *The Official New Zealand Code for Cyclists* (both available from the New Zealand Transport Agency, at <http://www.nzta.govt.nz/resources>) are only guides to New Zealand's traffic laws and safe driving and cycling practices and do not fully reflect the legal requirements of the Land Transport (Road User) Rule 2004 (the Rule).
- 5 The *New Zealand Environmental Care Code* applies to cyclist skills training instruction which takes place off-road in natural environments, and is available from the Department of Conservation, Head Office, PO Box 10420, Wellington, <http://www.doc.govt.nz>.

6 Evidence is required of conducting cyclist skills training lessons for one of a beginner, intermediate, or advanced cyclist skills training course.

7 Definitions

Organisational requirements refer to the policies and procedures of the cyclist skills training organisation and include compliance with any applicable legislation, standards, and codes.

Guideline for cyclist skills training instructors refers to *Cyclist skills training – A guide for the set-up and delivery of cyclist training in New Zealand*, available from New Zealand Transport Agency, <http://www.nzta.govt.nz/resources/cyclist-skills-training-guide>. The *Guideline* includes guidance to the core skills, exercises, observable outcomes, defined road traffic environments, course duration including number of lessons per course, and course objectives for beginner, intermediate, and advanced cyclist skills training courses.

Trainee in the context of this unit standard refers to the person being trained by the candidate in cyclist skills.

Outcomes and performance criteria

Outcome 1

Demonstrate cyclist skills instruction techniques.

Performance criteria

- 1.1 Legal requirements for bike accessories, equipment and helmet are explained in accordance with the Rule.
- 1.2 Trainee compliance with the Rule for the legal requirements for bike accessories, equipment and helmet is checked.
- 1.3 Delivery of cyclist skills theory supports the practical training components of the lessons.
- 1.4 Instruction techniques are demonstrated in accordance with the needs of the individual and group and enable trainees to demonstrate cyclist skills appropriate for their training level or grade.
- Range techniques include but are not limited to – teaching styles, teaching progressions, checking for individual understanding after presenting skill progressions, adapting plans to suit needs, responsive to group dynamics, maintaining a positive environment; needs include but are not limited to – individual's initial skills and understanding, learning speeds, learning styles, communication styles.
- 1.5 Any exposure of trainees to risk during the course of instruction is minimised in accordance with organisational requirements.
- 1.6 Instructor explains cause and effect of actions and checks understanding of the trainee.

- 1.7 Progress of each trainee is evaluated and accurate feedback is given in a manner which meets their needs and learning styles and positively reinforces safe cyclist skills.
- 1.8 Trainees are informed of all objectives of the following lesson to build interest.

Outcome 2

Assess trainee for cyclist skills competencies.

Performance criteria

- 2.1 The trainee's handling skills competencies are assessed against the Guideline milestones and any areas of deficiency and ways to improve are identified in feedback.
- 2.2 Assessment of trainee undertaking a bicycle check meets the Guideline's observable outcomes and provides opportunity for trainee to demonstrate understanding of the Code.
- 2.3 Trainee understanding of legal requirements for bicycle and safety equipment is assessed and any areas of deficiency and ways to improve are identified in feedback.
- 2.4 Assessment or monitoring forms to support feedback and identify trainee progress in skill acquisition are used in accordance with organisational requirements and the Guideline requirements.

Outcome 3

Evaluate cyclist skills training lessons.

Performance criteria

- 3.1 Evaluation of lesson identifies progress of individuals and group in terms of meeting course objectives.
- 3.2 Evaluation of lesson identifies effectiveness of implementation of lesson plan in terms of meeting course objectives.
- 3.2 Evaluation of lesson identifies trainee progress against observable outcomes in accordance with the Guideline.
- 3.3 Evaluation outcomes are reviewed and any areas of deficiency and ways to improve are identified and implemented before the next lesson.
- 3.4 Evaluation of cyclist skills training lessons by trainees, parents or teachers is gathered and used to improve instructor performance.

Replacement information	This unit standard was replaced by unit standard 32014.
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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	9 December 2010	31 December 2021
Review	2	28 November 2019	31 December 2021

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>.