

Title	Instruct participants in beginner cycle skills for riding in a non-traffic environment		
Level	4	Credits	20

Purpose	People credited with this unit standard are able to: create a plan for beginner cycle skills sessions that develop participant balance and basic bike control; and instruct beginner participants through activities designed to develop balance and basic bike control.
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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 All learning and assessment against this standard must be carried out in accordance with the following:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, Children's Act 2014 and Human Rights Act 1993;
 - industry codes and guidelines, including The Official New Zealand Code for Cyclists;
 - ACC SportSmart (Cycling) framework;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE);
 - Treaty of Waitangi | Te Tiriti o Waitangi principles of partnership, protection and participation.

- 2 All learning and assessment leading towards this standard must be carried out in accordance with national cycle skills training guidelines. The current national cycle skills training guidelines are the BikeReady Cycle Skills Training Guidelines published by New Zealand Transport Agency <https://bikeready.govt.nz/instructors/bikeready-guidelines/>.

- 3 Definitions

Beginner means cycle skills training that takes place in an environment away from cars or traffic, usually in a playground or school court. On completion, participants will have good bike control; will understand how to do a basic bike safety check (where to find the problems) and helmet check and fit; and will know how what they wear can affect their cycling experience. Beginner is also commonly referred to as Grade 1.

Non-traffic environment means an environment with an open firm surface that does not have any vehicular traffic, usually a playground, school court or field.

Outcomes and performance criteria

Outcome 1

Create a plan for beginner cycle skills sessions that develop participant balance and basic bike control.

Performance criteria

1.1 Create a session plan to meet the beginner learning outcomes for balance and basic bike control within national cycle skills training guidelines.

Range must include – activities and strategies to manage complete beginners who cannot balance.

1.2 Create a site-specific health and safety plan for a beginner cycle skills session in a non-traffic environment.

Outcome 2

Instruct beginner participants through activities designed to develop balance and basic bike control.

Performance criteria

2.1 Instruct basic bike control skills using activities in accordance with the beginner outcomes in the national cycle skills training guidelines.

Range basic bike control skills must include – get on and off; start off and pedal; braking; steering; using gears; look around including behind; signal stop, left turn, right turn; stop quickly and with control.

2.2 Instruct beginner cycle skills sessions to build participants knowledge and understanding in accordance with the outcomes for beginners in the national cycle skills training guidelines.

Range bike and helmet safety, legal requirements for bikes for cycling on road, bike control skills and observation techniques.

2.3 Instruct beginner participants using a learner centred model to respond to a variety of learning needs.

Range models may include – 10/10/80; teach, demo, and drill.

2.4 Assess beginner participants to identify if they have confidently, competently and consistently demonstrated the observable beginner outcomes in the national cycle skills training guidelines.

2.5 Manage individuals and the group safely while conducting the beginner cycle skills training session.

- 2.6 Use judgement to adapt beginner cycle skills session and/or delivery based on changes in environment, weather or participant needs.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	09 December 2010	December 2021
Review	2	28 November 2019	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 Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.