

Title	Instruct participants in intermediate cycle skills for riding on quiet local roads		
Level	4	Credits	20

Purpose	People credited with this unit standard are able to: create a plan for intermediate cycle skills sessions that develop participant skills and knowledge to cycle on quiet local roads; and instruct intermediate participants through activities designed to develop the skills, knowledge and attitudes required for cycling on quiet local roads.
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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**
Intermediate means that cycle skills training sessions takes place on quiet local roads, giving participants a real cycling experience that equips them with skills to deal with traffic on short journeys on local roads, such as cycling to school, work, or the local shops. Intermediate is also commonly referred to as Grade 2.
Quiet local road means simple roads and intersections with low to moderate motorised vehicle traffic flow.

Outcomes and performance criteria

Outcome 1

Create a plan for intermediate cycle skills sessions that develop participant skills and knowledge to cycle on quiet local roads.

Performance criteria

- 1.1 Create a session plan to meet the intermediate learning outcomes for the skills and knowledge required for cycling on quiet local roads within national cycle skills training guidelines.
- 1.2 Create a site-specific health and safety plan for an intermediate cycle skills session on quiet local roads.

Range must include – an incident management response plan.

Outcome 2

Instruct intermediate participants through activities designed to develop the skills, knowledge and attitudes required for cycling on quiet local roads.

Performance criteria

- 2.1 Instruct participants to refine cycle skills using activities in accordance with the intermediate outcomes in the national cycle skills training guidelines.

Range intermediate outcomes include – start, stop, ride along road, pass a parked or slow moving vehicle, pass side road, turn left, turn right, travel through controlled and uncontrolled intersections.

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

Range must include – observation techniques, hazard awareness, defensive cycling strategies (see, be seen, communicate), lane position, some road rules and road signs, positive road sharing behaviours and attitudes;
may also include use of other cycling infrastructure such as shared paths, cycle lanes and cycleways.

- 2.3 Instruct intermediate 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 intermediate participants to identify if they have confidently, competently and consistently demonstrated the observable intermediate outcomes in the national cycle skills training guidelines.

2.5 Manage individuals and the group safely while conducting the intermediate cycle skills training session in a range of simple traffic situations.

Range hazard identification and management, responding to dynamic changes in environments.

2.6 Use judgement to adapt intermediate cycle skills session and/or delivery based on changes in traffic conditions, 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.