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| Title | Instruct participants in advanced cycle skills for riding on the full range of roads where cycling is allowed | | |
| Level | 4 | Credits | 15 |

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| Purpose | People credited with this unit standard are able to: create a plan for advanced cycle skills sessions that develop participant skills and knowledge to ride with confidence on the full range of roads where cycling is allowed; and instruct advanced participants through activities designed to develop the skills, knowledge and attitudes required to ride with confidence on the full range of roads where cycling is allowed. |
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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

- 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.
- 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/>.
- Definitions**
Advanced means cycle skills training sessions that take place on more complex and busy roads. On completion, participants will have learnt advanced road positioning and have developed a strong and assertive riding style. They will be able to flow with the traffic, have excellent awareness of potential hazards and be able to manage risk. They will be confident to ride anywhere cycling is allowed. Advanced is also commonly known as Grade 3.

Complex road environments can include infrastructure, road layout or situations such as – multi-lane roads, multi-lane roundabouts, heavy traffic, rural and possibly high speed roads, hazardous roading surfaces.

Outcomes and performance criteria

Outcome 1

Create a plan for advanced cycle skills sessions that develop participant skills and knowledge to ride with confidence on the full range of roads where cycling is allowed.

Performance criteria

- 1.1 Create a session plan to meet the advanced learning outcomes within national cycle skills training guidelines.
- 1.2 Create a site-specific health and safety plan for an advanced cycle skills session on a range of roads and in complex road environments.

Range must include – an incident management response plan.

Outcome 2

Instruct advanced participants through activities designed to develop the skills, knowledge and attitudes required to ride with confidence on the full range of roads where cycling is allowed.

Performance criteria

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

Range must include – negotiate multi-lane roads and roundabouts, negotiate traffic -signal controlled intersections, pass slow moving and queued traffic, react to hazardous road surfaces, ride in rural and possibly high-speed environments.

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

Range advanced skills include – advanced observation techniques, advanced hazard awareness, defensive cycling strategies (read and react), advanced lane positioning, positive road sharing behaviours and cooperative attitudes to other road users, route planning to minimise hazards en route.

- 2.3 Instruct advanced participants using a learner centred model to respond to a variety of learning needs and participant needs.

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

- 2.4 Assess advanced participants to identify if they have confidently, competently and consistently demonstrated the observable advanced outcomes in the national cycle skills training guidelines.
- 2.5 Manage individuals and the group safely while conducting advanced cycle skills training sessions on the full range of roads where cycling is allowed.
- Range complex hazard identification and management, responding to dynamic changes in traffic and roading environments
- 2.6 Use judgement to adapt advanced cycle skills session and/or delivery based on changes in traffic conditions, environment, weather or participant needs.

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| 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 |

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| 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.