

<b>Title</b>	<b>Plan, prepare, lead and evaluate introductory mountain biking experiences on trails up to and including MTBNZ Grade 2</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>20</b>

<b>Purpose</b>	<p>This unit standard is intended for people who provide mountain biking experiences for groups on trails up to and including Mountain Bike New Zealand (MTBNZ) Grade 2.</p> <p>People credited with this unit standard are able to: plan and prepare an introductory mountain biking experience; demonstrate group and safety management for introductory mountain biking experience; lead a group for an introductory mountain biking experience on up to MTBNZ Grade 2 trails; apply knowledge of environmental practices and cultural awareness; evaluate own performance as a mountain bike leader.</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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## 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 and Human Rights Act 1993, Vulnerable Children Act 2014 and The Health and Safety at Work (Adventure Activities) Regulations 2016;
  - relevant Activity Safety Guidelines published by WorkSafe New Zealand and subsequent updates;
  - industry Codes including the Outdoor Safety Code and 'Leave No Trace' principles;
  - a recognised and approved safety management system including organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), incident response management plans and the use of personal protective equipment (PPE);
  - relevant industry publications;
  - current industry good practice.

## 2 Definitions

*Current industry good* means the range of actions currently accepted within the adventure and outdoor sector to manage the risk of harm to staff, participants, and visitors.

*Trail* may include but is not limited to venue, ride, track.

- 3 Further information regarding industry guidelines, key definitions and other relevant information can be found within the Mountain Biking programme guidance document. This document should be consulted when developing learning or assessment against this unit standard. It can be found at [www.skillsactive.org.nz](http://www.skillsactive.org.nz)

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## Outcomes and performance criteria

### Outcome 1

Plan and prepare an introductory mountain biking experience.

#### Performance criteria

- 1.1 Create an introductory mountain biking session plan.

Range a defined purpose, logical sequence of progressions and activities, any consent or access requirements, individual and group gear and equipment needs.

- 1.2 Create a pre-trip emergency plan for a specific activity.

Range emergency planning includes but is not limited to: emergency equipment, internal and external communication, first aid kit contents, knowledge of group's skill-set and health issues.

- 1.3 Select suitable bike trail for a group using knowledge of any specific hazards and risk management strategies, including appropriate management of any sections of road travel.

- 1.4 Obtain a weather forecast and describe how it could affect the selected trip and track conditions.

- 1.5 Perform pre-ride tasks including logging intentions, gathering medical information, and completing pre-ride bike, gear and equipment checks.

### Outcome 2

Demonstrate group and safety management for introductory mountain biking experience.

#### Performance criteria

- 2.1 Use leadership strategies to engage, encourage and motivate participants.

- 2.2 Explain emergency and first aid procedures for introductory mountain bike experiences.

2.3 Demonstrate group and safety management techniques and strategies.

Range monitoring pace, individual participant behaviour, providing rest stops, positioning, communication, keeping the group together and accounting for all group members.

### Outcome 3

Lead a group for an introductory mountain biking experience on trails up to MTBNZ Grade 2.

#### Performance criteria

3.1 Prepare and brief the group in terms of trip requirements, participant gear and equipment, nutrition, hydration, personal medication and emergency and first aid procedures.

3.2 Instruct introductory mountain bike skills in a logical sequence with progressions.

Range skills include bike set up, fitting and use of equipment; effective use of gears, safe and effective braking.

### Outcome 4

Apply knowledge of environmental practices and cultural awareness.

#### Performance criteria

4.1 Apply the mountain bikers code of conduct.

4.2 Demonstrate respect for the environment through the personal application of environmentally sustainable principles.

Range includes respect for the tikanga and kawa of local iwi and/or hapū.

4.3 Demonstrate awareness of the physical, emotional and cultural needs of the group.

4.4 Provide interpretation about the natural environment and cultural history of the local area to the group.

### Outcome 5

Evaluate own performance as a mountain bike leader.

#### Performance criteria

5.1 Reflect on planning and own leadership practice to identify areas of success and areas for improvement.

5.2 Collect feedback from a variety of sources on the planning and leadership of a mountain bike activity.

Range sources may include but are not limited to – supervisors, peers, participants.

5.3 Evaluate feedback and self-reflection to identify actions for improvement as a mountain bike leader.

<b>Planned review date</b>	31 December 2022
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.