

Title	Plan, prepare, manage and evaluate mountain bike trips on trails up to MTBNZ Grade 4		
Level	5	Credits	15

Purpose	<p>This unit standard is intended for people who guide or instruct mountain biking experiences for groups on trails up to and including Mountain Bike New Zealand (MTBNZ) Grade 4.</p> <p>People credited with this unit standard are able to: prepare and plan for beginner and intermediate mountain bike trips; manage a group on up to MTBNZ Grade 4 mountain bike trail ride; apply effective group safety management; demonstrate and apply knowledge of accepted environmental practices, knowledge and cultural awareness for mountain biking in New Zealand; evaluate a mountain bike trip.</p>
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Classification	Outdoor Recreation > Mountain Biking
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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 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 Definition

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

- 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

Outcomes and performance criteria

Outcome 1

Prepare and plan for beginner and intermediate mountain bike trips.

Performance criteria

- 1.1 Use identified aims and objectives to develop an activity plan for a guided or instructional mountain bike day trip.
- 1.2 Create a trip plan.
- Range plan must include route information, alternative routes, estimated riding times and distances, any access or consent requirements.
- 1.3 Plan and prepare for safety and risk management.
- Range emergency routes, weather forecast, intentions, communication equipment and emergency response and contact information.
- 1.4 Prepare gear and equipment lists for the group and individual participants and recommend individual nutrition and hydration requirements.
- 1.5 Justify emergency group gear and repair equipment selected for a given mountain bike ride.
- 1.6 Explain the use of a range of communication devices commonly used in the mountain bike environment in New Zealand.

Outcome 2

Manage a group on up to MTBNZ Grade 4 mountain bike trail ride.

Performance criteria

- 2.1 Prepare the group and carry out pre-trip briefing and checks, including pre-ride bike safety checks and set up, equipment checks, disclosure of relevant medical information, hazards and procedure if guide or instructor or guide becomes incapacitated.

- 2.2 Assess individual rider ability and adapt ride as required.
- 2.3 Manage time in relation to the trip plan, group and riding conditions using guiding or instruction techniques, pacing, and speed control.
- 2.4 Monitor and manage participants riding behaviour and apply a system to keep group together and everyone accounted for.
- 2.5 Describe procedures and group management techniques for safely riding short sections of road.

Outcome 3

Apply effective group safety management.

Performance criteria

- 3.1 Apply risk management strategies during a given mountain bike ride and adjust plans when required.
- 3.2 Describe the assessment and management of an emergency situation including procedures for an incident or injury and for a rider being separated from the group.
- 3.5 Observe changes in the environment, trail conditions, clouds, temperature and wind direction to anticipate weather conditions, and relate back to the weather forecast and modify activity if required.

Outcome 4

Demonstrate and apply knowledge of accepted environmental practices, knowledge and cultural awareness for mountain biking in New Zealand.

Performance criteria

- 4.1 Role model the mountain bikers code of conduct and minimal impact practices
- 4.2 Role model 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 Manage and monitor physical, emotional, and cultural needs of the group.
- 4.4 Demonstrate knowledge of mountain biking clubs, organisations, and trail building in the area and any access protocols and issues.
- 4.5 Describe the development of mountain biking as an outdoor recreation activity in New Zealand in terms of the history, trends and development of mountain bike track grading systems.
- 4.6 Describe contemporary ethics and issues in the mountain bike environment.

Outcome 5

Evaluate a mountain bike trip.

Performance criteria

- 5.1 Collect and evaluate feedback from a range of sources including self-review and external feedback to identify areas of trip planning and management for improvement.
- 5.2 Evaluate feedback and self-reflect on own performance to identify guiding or instruction aspects that could be developed.

Planned review date	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

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.