

Title	Plan, instruct and evaluate up to intermediate mountain bike skills and trail riding skills session		
Level	5	Credits	10

Purpose	<p>This unit standard is intended for people who provide mountain up to intermediate biking experiences for groups on trails.</p> <p>People credited with this unit standard are able to: plan for instructing a mountain bike skills and trail riding session; instruct and evaluate a mountain bike skills and trail riding skills session up to intermediate level.</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

Plan for instructing a mountain bike skills and trail riding session.

Performance criteria

- 1.1 Develop a mountain bike skills and trail riding session plan including outcomes, a logical sequence of teaching progressions and activities.

Outcome 2

Instruct and evaluate a mountain bike skills and trail riding skills session up to intermediate level.

Performance criteria

- 2.1 Instruct a mountain bike skills and trail riding session up to intermediate level to meet outcomes in a suitable location.

Range may include but not limited to – climbing and descending, cornering, trail scanning, braking, efficient cadence and effective use of gears, riding position and balance, drops, basic pumping, confidence and judgment.

- 2.2 Apply a range of facilitation techniques to engage participants in a mountain bike skills and trail riding session.
- 2.3 Use a logical sequence of teaching progressions while instructing mountain bike skills and trail riding session.
- 2.4 Provide feedback to participants on mountain bike skills and trail riding technique to enhance skill development.
- 2.5 Teach participants to identify trail features and hazards.
- 2.6 Evaluate personal instruction practice to identify actions for improvements.
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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.