

<b>Title</b>	<b>Demonstrate and apply knowledge of mountain biking and mountain biking skills on trails up to MTBNZ Grade 5</b>		
<b>Level</b>	<b>6</b>	<b>Credits</b>	<b>12</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 5.</p> <p>People credited with this unit standard are able to: perform complex mountain bike trail maintenance and repairs while on trail; demonstrate personal advanced mountain biking skills on MTBNZ Grade 4 and Grade 5 trails; apply weather interpretation and forecasting skills.</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 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](http://www.skillsactive.org.nz)

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## Outcomes and performance criteria

### Outcome 1

Perform complex mountain bike maintenance and repairs while on-trail.

#### Performance criteria

1.1 Perform complex mountain bike maintenance and repairs while on-trail.

Range includes straightening a bent disc rotor and improvised emergency repairs and adjustments as required.

### Outcome 2

Demonstrate personal advanced mountain biking skills on MTBNZ Grade 4 and Grade 5 trails.

#### Performance criteria

2.1 Demonstrate advanced mountain bike trail skills.

Range may include but is not limited to – manuals, wheelies, bunny hops, short nose wheelies; small to medium tabletop jumps, and drop offs of up to 1.5m.

2.2 Demonstrate advanced mountain bike manoeuvres

Range includes the use of passive and active weighting (pump), dynamic body position, manoeuvrability, and direction and speed control.

### Outcome 3

Apply weather interpretation and forecasting skills.

#### Performance criteria

3.1 Anticipate weather conditions and make a 24 hour forecast from observation of current conditions including clouds, temperature, and wind direction before embarking on a mountain bike trip.

3.2 Create a 48 hour weather forecast for a given mountain bike area using a synoptic weather chart.

3.3 Describe implications of the weather forecast for a given area in terms of track and riding conditions.

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<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.