

Title	Instruct or guide mountain biking activities on trails up to and including MTBNZ Grade 5		
Level	6	Credits	13

Purpose	<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: prepare to instruct or guide intermediate or advanced mountain bike activities; manage groups on MTBNZ Grade 4 and 5 mountain bike trail rides; critique and manage group safety for mountain bike trail rides on MTBNZ Grade 4 and 5; teach intermediate and advanced mountain biking skills and trail riding skills; facilitate participant awareness of a given mountain biking area with consideration of accepted environmental practices.</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 Evidence towards performance criterion 3.3 can be collected under simulated conditions.

4 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 to instruct or guide intermediate or advanced mountain bike activities.

Performance criteria

1.1 Perform pre-ride assessment of riders to ensure a match to planned route, outcomes and skills progressions.

1.2 Perform pre-ride checks of bikes, gear and set ups, to ensure safety and suitability for planned route and skills progressions.

1.3 Prepare and brief group participants.

Range includes trail guidance and safety briefing.

Outcome 2

Manage groups on MTBNZ Grade 4 and 5 mountain bike trail rides.

Performance criteria

2.1 Apply a range of group management techniques to organise, motivate and engage group and individuals.

2.2 Establish rapport and demonstrate a range of leadership styles appropriate to the group and the situation.

2.3 Manage and monitor participants' physical and emotional well-being.

Range includes nutrition and hydration requirements.

2.4 Critique individual rider ability and modify trip and progressions if appropriate.

Outcome 3

Critique and manage group safety for mountain bike trail rides on MTBNZ Grade 4 and 5.

Performance criteria

- 3.1 Apply risk and hazard management strategies during a mountain bike ride and adapt ride and/or session plan as required.
- 3.2 Critique risk and hazard management procedures and systems for a given mountain biking, area or, organisation.
- 3.3 Manage and control a remote emergency situation.
- Range includes providing first response in cases of an accident, injury and a separated group member.
- 3.4 Monitor and respond to changes in the environment to ensure the safety of a mountain biking group.
- Range includes trail conditions, clouds, temperature and wind direction.

Outcome 4

Teach intermediate and advanced mountain biking skills and trail riding skills.

Performance criteria

- 4.1 Teach skill progressions in a logical sequence through the application of clear demonstrations, explanations individual critiquing and fine-tuning, and site selection.
- 4.2 Apply a range of pedagogical practices to teach a range of intermediate and advanced mountain bike skills.
- Range may include but is not limited – high-speed cornering, jumps, drops, manuals, wheelies, pumping, body position, balance, rotation and bike-body separation.
- 4.3 Teach intermediate and advanced trail riding skills and strategies on a Grade 4 trail section including choosing safe and efficient lines, identifying, using and/or avoiding trail features and hazards, and riding steep sections of trail.
- 4.4 Teach logical skill progressions matched to individual rider's ability and skill level and to meet session outcomes.

Outcome 5

Facilitate participant awareness of a given mountain biking area with consideration of accepted environmental practices.

Performance criteria

- 5.1 Educate participants' about mountain bike clubs, organisations, events, trail building in the area, access protocols and issues and responsibilities to landowners and other users.
- 5.2 Facilitate participants; understanding of the principles of the Mountain Bikers code and any other industry accepted environmentally sustainability principles.

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

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.