

<b>Title</b>	<b>Plan, conduct and review an engaging cycle skills training session</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>15</b>

<b>Purpose</b>	People credited with this unit standard are able to: plan an engaging cycle skills training session; conduct an inclusive and engaging cycle skills training session; and review a cycle skills training session and own performance.
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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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, Privacy Act 1993, Children's Act 2014 and Human Rights Act 1993;
  - industry codes and guidelines, including The Official New Zealand Code for Cyclists;
  - ACC SportSmart (Cycling) framework;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE);
  - Treaty of Waitangi | Te Tiriti o Waitangi principles of partnership, protection and participation.
- 2 All learning and assessment leading towards this standard must be carried out in accordance with national cycle skills training guidelines. The current national cycle skills training guidelines are the BikeReady Cycle Skills Training Guidelines published by New Zealand Transport Agency  
<https://bikeready.govt.nz/instructors/bikeready-guidelines/>.
- 3 It is recommended that instructors have basic mechanical knowledge to be able to identify and carry out basic cycle maintenance. This is not an assessed outcome.

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### Outcomes and performance criteria

#### Outcome 1

Plan an engaging cycle skills training session.

**Performance criteria**

- 1.1 Plan a cycle skills training session to meet selected learning outcomes and national cycle skills training guidelines.

Range must include – timing, equipment, delivery site, transport (if required).

**Outcome 2**

Conduct an inclusive and engaging cycle skills training session.

**Performance criteria**

- 2.1 Implement an engaging cycle skills training session in accordance with the session plan.

- 2.2 Instruct participants in a manner that meets the needs of the individual and group and enables participants to demonstrate cycle skills appropriate for their abilities.

Range instruction may include but is not limited to – teaching styles, teaching progressions, checking for individual understanding after presenting skill progressions including demonstrations, responsive to group dynamics, maintaining a positive environment, assessing participant progress, giving appropriate feedback; needs include but are not limited to – individual's initial skills and understanding, learning speeds, learning needs, communication styles.

- 2.3 Manage individuals and the group safely while conducting the cycle skills training session.

- 2.4 Instruct participants on safe bike, helmet and other safety equipment including the legal requirements for cycling on the road.

- 2.5 Conduct checks of bikes, equipment and helmets to ensure they meet legal requirements.

- 2.6 Use judgement to adapt session and/or delivery based on changes in environment, weather or participant needs.

- 2.7 Use inclusive facilitation practices to engage a range of participants in the cycle skills training session.

Range may include – different abilities and/or skill levels, culture, language, age.

**Outcome 3**

Review a cycle skills training session and own performance.

**Performance criteria**

3.1 Review implementation of session plan in terms of meeting objectives and to identify strengths and areas for improvement.

3.2 Use feedback from a range of sources to inform reflection on own performance as a cycle skills instructor to identify strengths and areas for improvement.

Range may include – participants, parents or teachers.

3.3 Complete post-session documentation in accordance with organisational requirements.

Range may include – incident reporting, delivery reporting.

<b>Replacement information</b>	This unit standard replaced unit standard 26544.
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<b>Planned review date</b>	31 December 2024
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	28 November 2019	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.