

Title	Complete a cycle tour		
Level	2	Credits	3

Purpose	People credited with this unit standard are able to prepare for and complete a cycle tour.
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Classification	Outdoor Recreation > Cycle Touring
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Available grade	Achieved
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Guidance Information

- 1 Vehicle support can carry equipment.
- 2 Suitable safety helmet for cycling must be worn.
- 3 The tour must be of at least two days duration and include at least four hours cycling each day or cover at least 80 km.
- 4 All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, New Zealand Road Code, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
- 5 The New Zealand Mountain Bike Association's *Off Road Code* can be used instead of the *New Zealand Environmental Care Code*. The *Off Road Code* is available from the NZMBA – NZ Mountain Bike Association, PO Box 13734, Christchurch.
<http://www.nzmba.org.nz/>.
- 6 This unit standard may be assessed in conjunction with Unit 20138, *Select, set up and maintain a mountain or cycle touring bike*.
- 7 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website
<https://www.skillsactive.org.nz/>.

Outcomes and performance criteria

Outcome 1

Prepare for a cycle tour.

Performance criteria

- 1.1 The route is selected using a map and its selection justified.
- Range may include but is not limited to – ability, fitness, experience, duration, distance.
- 1.2 Clothing and footwear are selected and their selection justified based on the weather conditions and environment.
- Range safety, comfort, protection.
- 1.3 Food and drink to be carried are selected and reasons for their selection are justified based on the length of the tour, the type of tour, the weather conditions and the environment.
- 1.4 The helmet is fitted and worn correctly according to Land Transport Safety Authority standards.
- 1.5 Equipment and accessories for safety and comfort are identified and reasons for their selection provided.
- Range may include but is not limited to – gloves, racks, panniers, lights, reflectors, water bottle, map.
- 1.6 First aid equipment to be carried is identified and reasons for its selection provided.
- Range may include but is not limited to fatigue, hypothermia and hyperthermia, chafing, blisters, abrasions, dehydration.
- 1.7 Tools and spares to be carried are identified and their use demonstrated.
- Range may include but is not limited to – spare tube, pump, puncture repair kit, tyre levers.
- 1.8 Bike selection and set up are demonstrated and meet the requirements of the rider and tour.
- Range may include but is not limited to – bike size, maintenance check, seat height, seat position, handlebar height, tyre pressure.

Outcome 2

Complete a cycle tour.

Performance criteria

- 2.1 Fitness level meets the requirements of the tour.
- 2.2 Selected route maps are accurately interpreted and followed.

- 2.3 Gears are used appropriately for the terrain and conditions.
Range may include but is not limited to – flat, ascents, descents, wind.
- 2.4 Riding skills are demonstrated using safe, smooth and efficient techniques.
Range ascents, descents, cornering, braking.
- 2.5 Riding is safe and adheres to the New Zealand Road Code and NZMBA's Off Road Code.
- 2.6 Rider etiquette is demonstrated.
Range other riders, other road users.
- 2.7 Communication with the team leader and other team members is effective.
Range clear, intentions understood.
- 2.8 Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	1 October 1993	31 December 2023
Revision	2	24 July 1996	31 December 2023
Revision	3	19 February 1998	31 December 2023
Revision	4	5 May 1998	31 December 2023
Revision	5	14 February 2000	31 December 2023
Review	6	29 October 2004	31 December 2023
Review	7	28 October 2021	31 December 2023

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.