
MOUNTAIN BIKING
Mountain bike on easy to intermediate terrain

level:	1
credit:	1
planned review date:	October 2008
sub-field:	Outdoor Recreation
purpose:	People credited with this unit standard are able to: prepare for mountain biking on easy to intermediate terrain; complete mountain bike rides on non-sealed surfaces of easy to intermediate terrain; and demonstrate responsible environmental and safety practices.
entry information:	Open.
accreditation option:	Evaluation of documentation by NZQA and industry.
moderation option:	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation Advisory Group.
special notes:	<ol style="list-style-type: none">1 The bike is suitable if it is road worthy and has a range of gears, and front and rear brakes.2 Suitable safety helmet for cycling must be worn.3 For assessment purposes at least three rides lasting at least one hour each must be completed.4 The rides should be done under supervision, however the role of the supervisor is to participate and only provide leadership if events occur beyond the requirements identified within the unit standard.5 <i>Easy to intermediate</i> terrain is terrain that ranges from flat, smooth, wide tracks through to steep slopes (10-20 degrees) with loose track surface.

MOUNTAIN BIKING
Mountain bike on easy to intermediate terrain

- 6 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, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
- 7 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>.
- 8 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz/>.

Elements and Performance Criteria

element 1

Prepare for mountain biking on easy to intermediate terrain.

performance criteria

- 1.1 Footwear and clothing worn are selected and their selection justified based on safety and suitability for the weather conditions and environment.
- 1.2 Food and drink to be carried are identified and reasons for their selection are justified based on the length of the ride, the weather conditions and the environment.
- 1.3 The helmet is fitted and worn correctly according to Land Transport Safety Authority standards.

MOUNTAIN BIKING
Mountain bike on easy to intermediate terrain

1.4 Bike selection and set up are demonstrated and meet the requirements of the terrain and rider.

Range: may include but is not limited to – bike size, maintenance check, seat height, seat position, handlebar height, tyre pressure.

element 2

Complete mountain bike rides on non-sealed surfaces of easy to intermediate terrain.

performance criteria

2.1 Safe and efficient riding skills are demonstrated.

Range: avoiding obstacles, ascending, descending, maintaining controlled lines, braking, cornering, changing gears.

2.2 A comfortable pace is maintained for the terrain encountered.

2.3 Rider etiquette is demonstrated.

Range: other riders, other road users.

element 3

Demonstrate responsible environmental and safety practices.

performance criteria

3.1 Rider safety procedures are demonstrated.

Range: may include but is not limited to – procedure if lost, return times, meeting points, equipment failure, incident, accident.

3.2 Riding hazards are identified.

Range: may include but is not limited to – trees, ruts, drops, cliffs, loose surfaces, rocks, tree roots, logs, mud, water, sand.

MOUNTAIN BIKING
Mountain bike on easy to intermediate
terrain

- 3.3 Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@srito.org.nz if you wish to suggest changes to the content of this unit standard.

Please Note

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0102 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.