



Australian Government

Department of Education, Employment and Workplace Relations

SISOCYT202A Demonstrate basic cycling skills

Release: 2

SISOCYT202A Demonstrate basic cycling skills

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in on and off-road cycling activities under supervision. This unit focuses on the demonstration of basic cycling skills over gentle to moderate terrain with some hazards.

Application of the Unit

This unit applies to those working as assistant cycling tour guides or support staff under supervision. This may include those working for private cycling clubs and or those carrying out bike safe courses and educational activities for school children.

This unit may also apply to outdoor recreation leaders working for outdoor education or adventure providers, volunteer groups, not-for-profit organisations or government agencies.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the Evidence Guide.

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|---------------------------------|--|
| 1. Conduct pre activity checks. | <p>1.1. Perform routine pre start checks on chain, brakes, gears, wheels, bearings, tyres and accessories of a suitable <i>bicycle</i>.</p> <p>1.2. Correct any deficiency and adjust the bicycle so that it is <i>correctly proportioned</i> and safe for personal use.</p> <p>1.3. Identify <i>items to improve comfort</i>.</p> <p>1.4. Ensure sufficient fluids are available for the duration of the activity.</p> <p>1.5. Identify possible <i>hazards</i> associated with cycling and procedures to minimise <i>risks</i>.</p> |
| 2. Select equipment. | <p>2.1. Select clothing for the activity ensuring it is adequate for all expected weather conditions.</p> <p>2.2. Select <i>safety equipment</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</p> <p>2.3. Assemble and carry an in-field repair kit for the activity location.</p> <p>2.4. Prepare equipment, where required, for safe transportation to activity location.</p> |
| 3. Apply cycling skills. | <p>3.1. Adopt appropriate posture and balance when riding to achieve efficiency and comfort.</p> <p>3.2. Modify <i>technique</i> to account for changes in <i>terrain</i> and apply recommended weight transfer techniques during cornering.</p> <p>3.3. Apply smooth and timely gear changes across different terrain features.</p> <p>3.4. Demonstrate recommended braking techniques for sealed surfaces and off road conditions.</p> <p>3.5. Identify and negotiate <i>obstacles</i>.</p> <p>3.6. Apply group or bunch riding techniques and take <i>measures</i> to guard personal and <i>group safety</i></p> |

ELEMENT	PERFORMANCE CRITERIA
	3.7. Demonstrate <i>methods</i> to communicate with motorists and other cyclists.
4. Evaluate the cycling activity.	4.1. Evaluate <i>relevant aspects</i> of the cycling activity. 4.2. Identify improvements for future rides.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to interact with other cyclists and motorists to make intentions clear
- problem-solving skills to:
 - decide on cycling technique and gear to use according to changes in terrain
 - navigate a chosen route
- planning and organising skills to select equipment
- conduct pre-start checks on equipment
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all cycling activities
- minimal impact cycling codes to enable protection of the environment
- road rules and cycling codes to understand cyclists rights and responsibilities on the road, and maintain safety of other cyclists and motorists
- equipment types, characteristics and technology used for on and off road cycling, the advantages and disadvantages of the range of equipment, and factors affecting selection of equipment
- care and maintenance of cycling equipment to ensure prolonged life span and safety requirements
- cycling equipment and bicycle features that provide comfort
- cycling techniques used to negotiate to different terrain
- emergency procedures and potential hazards relevant to the location to ensure risk minimisation to self and others.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- conducts routine checks on the bicycle to ensure it is suitably proportioned and in good working order
- demonstrates cycling techniques, such as gear and pace change in on and off road conditions
- takes measures to guard personal and group safety by identifying and negotiating obstacles and hazards, and using communication during the cycling activity
- evaluates and reflects on own cycling performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple basic cycling activities on gentle to moderate terrain types to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as relevant legislation concerning bicycle safety and road usage
- a suitable outdoor environment with gentle to moderate terrain and some hazards that allow the cyclist to demonstrate a variety of techniques
- a qualified leader or supervisor
- bicycle, tools and spare parts and safety equipment.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of pre- cycling routine checks on bicycle parts, such as the chain and brakes, and appropriate repairs made to any deficiency
- oral and or written questioning to assess knowledge of cycling techniques, such as when to change gears and how to brake in different terrains
- observation of safe participation and demonstration of cycling skills, such as smooth and timely gear changes across different terrains
- observation of dealing with contingencies, such as

equipment failure or change in conditions

- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISOCYT201A Select, set up and maintain a bike

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Bicycle may include:

- road bikes
- mountain bikes
- BMX
- Hybrid or multipurpose bikes.

Correctly proportioned may include:

- frame size
- handlebar height
- saddle position and height
- distance from saddle to handlebars.

Items to improve comfort may include:

- gloves
- padded shorts
- glasses or goggles.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment failure.

Safety equipment may include:

- helmet
- lights
- reflectors
- bright and protective clothing
- gloves
- protective eyewear
- bell.

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations.

Organisational policies and

- occupational health and safety

- procedures*** may include:
- use and maintenance of equipment
 - communication protocols
 - emergency procedures
 - code of ethics.
- Technique*** may include:
- change in posture
 - change in position on bicycle or in saddle
 - weight transfer
 - use of gears
 - pedalling technique.
- Terrain*** may include:
- sealed and unsealed roads
 - unsealed off road tracks.
- Obstacles*** may include:
- creeks
 - tree branches
 - logs
 - bumps
 - depressions
 - pot holes.
- Measures*** may include:
- observing traffic and other cyclists
 - safe falling and arrest
 - travelling at an appropriate speed
 - observing changing weather conditions and terrain.
- Group safety*** may include:
- speed
 - distance from other cyclists
 - communication
 - appropriate group riding techniques.
- Methods*** may include:
- hand signals
 - eye contact
 - communication calls.
- Relevant aspects*** may include:
- objectives
 - planning process
 - activity site
 - weather
 - equipment selection
 - clothing selection
 - food selection
 - instructional content
 - instructional technique
 - assessment technique
 - group feedback
 - directing techniques

- rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Cycling Tours