Assessment Requirements for SISOCYT002 Ride bicycles on roads and pathways, easy conditions

# Modification History

Not applicable.

# Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

* complete three group cycling trips each taking a different route
* during each trip:
* utilise effective cycling techniques, modified to account for changes in surface, to:
* mount and dismount without assistance on the flat
* use efficient cadence for flat terrain and gentle gradients
* execute timely and smooth gear changes, including for gentle ascents and descents
* brake smoothly, including for gentle descents, negotiate corners and wide bends, using weight shift
* choose and maintain appropriate body position and posture, including for flat terrain and gentle ascents and descents
* ride in bunch formation for two short sections
* consistently maintain a safe position on the road, pathway or trail, follow safety procedures and safely negotiate traffic conditions.

# Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

* organisational safety and emergency response procedures for cycling activities
* clothing and footwear suitable for cycling activities:
* types of clothing and fabrics that protect against the effects of weather conditions including sun, temperatures, winds, and precipitation of different levels and extremes
* reasons for layering clothes
* effective design and construction features of waterproof gear
* types of cycling footwear including specialist cycling shoes and cleats and their advantages over other types of footwear
* features and functions of personal protective equipment, items used to improve rider comfort, and how to fit and adjust these for comfort and safety:
* bicycle helmets
* high visibility vests or clothing
* gloves
* elbow pads
* knee pads
* wrist guards
* padded shorts
* eye protection
* features of bicycle saddlebags, handlebar bags and panniers, and techniques used to effectively stow items:
* for ease of access and maximum usage of space
* for stability of bicycle
* to waterproof clothing, food and resources
* types of pre-departure safety and serviceability checks completed immediately prior to riding and how to complete, including those for:
* tyre pressure appropriate for conditions
* required accessories such as lights and reflectors
* brakes
* seat and or handlebars for best rider fit
* handlebar plugs
* communication protocols used between groups of cyclists and with motorists and other users to include:
* calls
* hand signals
* whistles, use of bike bell
* effective riding techniques for cycling on sealed roads and sealed or unsealed off-road pathways:
* mounting and dismounting without assistance on the flat
* using efficient cadence for flat terrain and gentle gradients
* gear selection and timely and smooth changing of gears
* smooth braking
* weight shifting to negotiate corners and wide bends
* changing posture and body position; sitting and standing and when both are effective
* negotiating flat terrain and gentle ascents and descents
* riding in bunch formation, and when this is appropriate
* how techniques would be modified to account for changes in gradient and surface
* safe position on minor roads and pathways to avoid collisions with motorists and other uses
* defensive cycling techniques applicable to riding on minor roads and in light traffic
* typical hazards associated with cycling on sealed roads and sealed or unsealed off-road pathways, and techniques used to safely negotiate these:
* bridges
* water on road
* bumps
* depressions
* potholes
* drainage grates
* rail crossings
* moving and parked vehicles
* other users: pedestrians, runners, horse riders
* etiquette applicable to cycling in groups and used with motorists and other users
* road rules applicable to cyclists for the particular state or territory
* special road rules that apply to cyclists for the particular state or territory.

# Assessment Conditions

Skills must be demonstrated in riding conditions which feature:

* sealed roads and sealed or unsealed, but compacted, off-road pathways
* gentle gradients with no steep ascents or descents
* minor roads with light vehicular traffic.

The following resources must be available to replicate industry conditions of operation:

* first aid equipment
* communication equipment for emergency response.

Assessment must ensure use of:

* a group of participants with whom the individual interacts during cycling activities
* clothing and footwear suitable for the conditions
* Australian Standard, or equivalent, compliant bicycle helmets
* road bicycles fitted with equipment compliant with local state or territory road law
* activity plans to include details of planned route
* cycling route maps and guides
* organisational safety and emergency response procedures for cycling activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

* have a collective period of at least three years’ experience as a cycling leader, guide or instructor, where they have applied the skills and knowledge covered in this unit of competency; the three years’ experience can incorporate full and or part time experience.

# Links

Companion Volume Implementation Guides - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>