



Australian Government

SISOCYT003 Ride bicycles on roads, up to moderate terrain and heavy traffic

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ride road bicycles as part of a group on both moderate road terrain and in heavily trafficked areas, according to planned routes.

Moderate road terrain is defined as on sealed roads over moderate ascents and descents. Terrain would vary across routes and would likely include a combination of gradients upwards from flat. Heavy vehicular traffic would be present and routes could cover major open roads and those within built up areas.

It applies to leaders, guides or instructors, who use these skills when leading participants during cycling activities. Leadership skills are provided in complementary units.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

Cyclists must comply with the legislated road rules for the particular Australian state or territory, and with special road rules that apply to cyclists. All training and assessment activities must comply with the local state or territory requirements.

No occupational licensing or certification requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Cycle Touring

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the

Performance criteria describe the performance needed to

*essential outcomes**demonstrate achievement of the element.*

- | | |
|---|---|
| 1. Prepare for the ride. | 1.1. Select clothing, footwear, personal protective and other equipment suitable for the ride and conditions, and check for safe working condition.
1.2. Complete safety and serviceability checks immediately before riding and correct bike deficiencies, as required.
1.3. Stow clothing, personal resources, and food according to access requirements during ride.
1.4. Interpret planned route from activity plans and maps to assist in following the route.
1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
1.6. Confirm protocols for communications between riders and with motorists.
1.7. Fit and adjust personal protective equipment to ensure comfort and safety. |
| 2. Ride bicycles on moderate road conditions. | 2.1. Mount and dismount bike safely, on different road gradients, while maintaining balance.
2.2. Control speed of bike using techniques suitable for sealed surfaces and changing gradients, to smoothly pedal, change gears and brake.
2.3. Establish and adjust riding rhythm and pace to minimise fatigue, strain and injury over changing gradients.
2.4. Maintain appropriate posture, balance and weight shift to efficiently handle and control the bike in a straight line, through winding bends and around corners.
2.5. Ride in bunch formation, where appropriate, and make required adjustments to own pace and place in formation, according to ability over changing gradients. |
| 3. Negotiate hazards, obstacles and moderate gradients. | 3.1. Modify riding technique to account for changes in gradient and road surface.
3.2. Control line of direction and speed to safely approach, avoid or negotiate obstacles.
3.3. Establish and maintain posture and body position appropriate for negotiating moderate ascents and descents.
3.4. Utilise smooth and timely gear changes to assist pedalling effort when negotiating moderate ascents.
3.5. Maintain steady pace to ascend moderate inclines.
3.6. Utilise smooth and timely brake and balance techniques to descend moderate inclines under control. |
| 4. Negotiate major roads in heavy vehicular | 4.1. Maintain appropriate position on the road to avoid |

traffic

collisions with vehicles and other users.

- 4.2. Monitor traffic conditions at major intersections and roundabouts to safely negotiate a course of travel.
- 4.3. Monitor driveways and other situations for cars entering the traffic.
- 4.4. Ride at an appropriate speed for heavy and variable traffic conditions.
- 4.5. Maintain effective communication with party members, motorists and other users throughout all activities.
- 4.6. Ensure compliance with road rules and etiquette applicable to cycling.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

Reading skills to:

- interpret detailed and familiar organisational safety and emergency response procedures
- interpret straightforward but potentially unfamiliar information on maps
- interpret factual activity plan information in familiar formats.

Oral communications skills to:

- use clear and unambiguous verbal and non-verbal communications to make intent known.

Numeracy skills to:

- interpret and calculate numerical data involving distances, times and speeds.

Planning and organising skills to:

- manage own timing to complete activities within planned timeframes.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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

