



Australian Government

SISOCYT004 Ride off road bicycles on easy trails

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ride mountain or other off road bicycles as part of a group on easy trails and according to planned routes.

This unit provides the skills to cycle off road on easy trails defined as trails that are likely to be a combination of fire road and wide single tracks with a gentle gradient, smooth surface and relatively free of unavoidable obstacles. The trail surface is mostly firm and stable but may have obstacles such as small logs, roots and rocks, and some areas of loose surface. Climbs and descents are mostly shallow but may include some moderately steep sections.

It applies to leaders, guides or instructors, who use these skills when leading participants during cycling activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

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

When on road, 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

Elements describe the essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to 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 trail 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 other trail users.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Ride bicycles off road in easy trail conditions.
 - 2.1. Mount and dismount bike safely, on both smooth and uneven trail surfaces, while maintaining balance.
 - 2.2. Control speed of bike using techniques suitable for off road smooth and uneven tread, to pedal, change gears and brake.
 - 2.3. Select and adjust cadence appropriate for differing trail surfaces and gradient.
 - 2.4. Adopt appropriate riding rhythm and pace to minimise fatigue, strain and injury and adjust according to trail conditions.
 - 2.5. Maintain appropriate posture, balance and weight shift to efficiently handle and control the bike in a straight line, through bends and corners.
 - 2.6. Ride in bunch formation, where appropriate, and make required adjustments to own pace and place in formation.
 - 2.7. Maintain effective communication with party members and motorists and other users throughout all activities.
 - 2.8. Ensure compliance of self and party members with road rules and etiquette applicable to off road cycling.
3. Negotiate hazards, obstacles and gentle gradients.
 - 3.1. Monitor trail for vehicles and other users, select and adjust appropriate riding position to avoid collisions.
 - 3.2. Modify riding technique, posture and body position to account for trail surface obstacles.
 - 3.3. Control line of direction and speed to safely approach, avoid or negotiate obstacles.
 - 3.4. Choose and maintain posture and body position appropriate for negotiating gentle ascents and descents.
 - 3.5. Utilise smooth and timely gear changes to assist

pedalling effort when negotiating gentle ascents.

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>