



Australian Government

SISOCYT005 Ride off road bicycles on intermediate 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 intermediate trails and according to planned routes.

This unit provides the skills to cycle off road on intermediate trails defined as those that are likely to be a single trail with moderate gradients, variable surface and obstacles. Sections of the trail will have rocky or loose tread with obstacles such as logs, roots and rocks. Climbs and descents are mostly of moderate gradient but may include 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.

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 party members and with other riders.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Ride bicycles off road in intermediate trail conditions.
 - 2.1. Mount and dismount bike safely, on different trail surfaces and gradients, while maintaining balance.
 - 2.2. Control speed of bike using techniques suitable for rocky and loose tread and changing gradients, to pedal, change gears and brake.
 - 2.3. Select and adjust cadence appropriate for rocky, loose and variable tread and changing gradients.
 - 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 tight corners.
 - 2.6. Monitor party formation, riding pace and space between riders and adjust own position and pace according to conditions.
 - 2.7. Maintain effective communication with party members and other riders throughout all activities.
 - 2.8. Ensure compliance of self and party members with etiquette applicable to off road cycling.
3. Negotiate hazards, obstacles, moderate and steep gradients.
 - 3.1. Monitor trail for other riders, select and adjust appropriate riding position to avoid collisions.
 - 3.2. Modify riding technique, posture and body position to account for ongoing trail surface obstacles.
 - 3.3. Control line of direction and speed to safely approach, and negotiate obstacles.
 - 3.4. Choose and maintain posture and body position appropriate for negotiating moderate and steep ascents

and descents.

3.5.Utilise smooth and timely gear changes to assist pedalling effort when negotiating moderate and steep ascents.

3.6.Utilise timely brake and balance techniques to descend moderate and steep inclines under control.

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>