



Australian Government

**Assessment Requirements for SISOCYT007
Lead cycling activities on roads, up to
moderate terrain and heavy traffic**

Release: 1

Assessment Requirements for SISOCYT007 Lead cycling activities on roads, up to moderate terrain and heavy traffic

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:

- lead three cycling sessions for a group of participants according to predetermined activity plans
- across the three sessions, collectively use two different demonstration and instruction techniques
- during each session consistently manage participant adherence to safety procedures
- after each session, facilitate a debrief with participants and participate in a team member debrief
- utilise options provided in Assessment Conditions to:
 - determine a total of three required activity modifications to suit prevailing conditions and participant capabilities and responses
 - respond to a total of three different immediate safety risks that have arisen during activities
 - respond to a total of two emergency situations and complete two incident reports
 - complete two reports on equipment faults.

Knowledge Evidence

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

- organisational safety, emergency response and first aid procedures for cycling activity sessions
- a range of demonstration and instruction techniques applicable to recreational activities
- appropriateness of different demonstration and instruction techniques for a range of ages and capabilities
- the importance of verbalising instructions during demonstrations and providing reasons for doing things in a certain way
- techniques used to:
 - build group cohesion
 - motivate and encourage participants to keep them engaged and challenged
 - provide constructive feedback to participants
- key principles of group dynamics and techniques used to manage positive group dynamics

- signs, stages and levels of conflict within groups and techniques used to resolve at various stages of escalation
- specific to cycling activities on major roads within heavy traffic conditions:
 - roles and responsibilities of different activity leaders and support staff
 - communication protocols used between participants and leaders during activities
 - how characteristics of participants affect the selection of equipment, including personal protective equipment:
 - age, size and weight
 - current experience in the recreational activity and skill level
 - fitness level and physical capabilities
 - injuries and medical conditions
 - emotional, behavioural and intellectual ability or disability
 - potential hazards and associated risks and safety procedures used to manage these.

Assessment Conditions

Skills must be demonstrated in riding conditions which feature:

- sealed roads
- a combination of road gradients upwards from flat terrain to moderate inclines
- moderate ascents and descents
- heavy vehicular traffic on either open roads or those within built up areas or a combination.

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 whom the individual leads
- real workplace situations, or simulated activities, or case study scenarios that test aspects of this unit that relate to:
 - activity modifications for prevailing conditions and participant needs
 - arising safety risks
 - emergency situations
 - equipment faults
- 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
- template:

- safety checklists
- participant informed consents
- equipment fault reports
- incident reports
- organisational safety, emergency response and first aid procedures for cycling activity sessions.

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>