Australian Government

Department of Education, Employment and Workplace Relations

SISOMBK404A Instruct off-road cycling skills

Release: 1

SISOMBK404A Instruct off-road cycling skills

Modification History

Not Applicable

Unit Descriptor

Unit descriptor	This unit describes the performance outcomes, skills and knowledge required to instruct off-road cycling activities. This unit focuses on planning, instructing and evaluating an instructional off-road cycling session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in off-road cycling activities.
	No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit	This unit applies to off-road cycling instructors who are responsible for planning, implementing and evaluating instructional off-road cycling sessions for groups of participants. This unit may also apply to leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies.

Licensing/Regulatory Information

Refer to Unit Descriptor

Pre-Requisites

Prerequisite units	•	SISOCYT202A Demonstrate basic cycling skills
	•	SISOMBK201A Demonstrate basic off-road cycling skills
	•	SISOMBK302A Apply advanced off-road cycling skills
	•	SISONAV302A Apply navigation skills in an intermediate environment

Employability Skills Information

Employability skills	This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.	Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Plan an off-road cycling session.	1.1. Establish participant's needs and **characteristics**.
	1.2. Assess participant's current off-road cycling knowledge in order to determine the **session's aims and objectives**.
	1.3. Determine an **instructional plan** according to participant's needs and characteristics.
	1.4. Develop an **off-road cycling plan** according to participant's needs and characteristics, **relevant legislation** and **organisational policies and procedures**.
	1.5. Select a site and route for the session according to participant's needs, session's aims, relevant legislation and organisational policies and procedures.
	1.6. Identify potential **hazards** and **obstacles** associated with off-road cycling and minimise **risks** according to organisational policies and procedures.
	1.7. Access **relevant sources** to interpret detailed **weather and environmental information** and determine **contingency plans**.
2. Select and organise equipment and resources.	2.1. Select and access off-road **bicycles**, **equipment** and **resources** according to **contextual issues** and organisational policies and procedures.
	2.2. Check bicycles and equipment for safety and suitability according to relevant legislation and manufacturer's recommendations.
	2.3. Correct any bicycle and equipment deficiencies and adjust to ensure personal comfort.
	2.4. Check contents of first aid and repair kits to ensure their suitability to the location and activity
	2.5. Arrange, where required, protective and or safety clothing for each participant.
3. Brief participants.	3.1. Communicate instructions and **relevant information** about the off-road cycling session in a manner appropriate to the participants.
	3.2. Encourage participants to seek clarification, information and feedback as required during the session.
	3.3. Establish a suitable communication system for participants to use while participating in cycling activities.

ELEMENT	PERFORMANCE CRITERIA
	3.4. Inform participants of known and anticipated hazards, safety procedures and appropriate behaviour.
	3.5. Check and confirm that all participants' bicycles and equipment are fitted and adjusted, and clothing and footwear is suitable.
4. Instruct a cycling session.	4.1. Conduct introductory activities for participants to reduce the risk of injury.
	4.2. Apply clear and accurate *instructional techniques* to impart *activity specific cycling knowledge*, off-road cycling skills, and safety procedures.
	4.3. Monitor individual participant's performance during cycling session.
	4.4. Observe participants during off-road cycling activities and adjust or refine individual and or group technique as required.
	4.5. Monitor and assess instructional activities and associated risks, and modify where required according to organisational policies and procedures.
	4.6. Demonstrate procedures for dealing with emergency and non-routine situations according to organisational policies and procedures.
	4.7. Inform participants of opportunities to further develop their off-road cycling skills and knowledge.
5. Complete post session responsibilities.	5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.
	5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
	5.3. Apply feedback and assessment to evaluate *relevant aspects* of the off-road cycling session and determine the level of learning achieved.
	5.4. Identify potential areas of improvement for future off-road cycling instructional sessions.

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit.

REQUIRED SKILLS AND KNOWLEDGE

Required skills

- communication skills to:
    - consult with participants to plan appropriate off-road cycling sessions
    - convey information about safety aspects
    - interact with participants to create a safe and positive environment
- problem-solving skills to:
    - plan off-road cycling sessions according to participant's needs and characteristics
    - address participant difficulties in developing techniques
    - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
    - allocate and coordinate bicycles, resources, equipment and a suitable site and route
    - monitor and evaluate progress
    - organise participants into manageable groups for cycling
- language and literacy skills to:
    - produce off-road cycling and instructional plans for the session
    - complete post session participant and self evaluations
- emergency response skills appropriate to the site to enable initial response to emergencies while instructing off-road cycling activities.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of off-road cycling session
- minimal impact cycling codes to enable protection of the environment
- cycling codes and rider etiquette to understand cyclist's rights and responsibilities, and maintain safety of other cyclists and motorists
- site specific information to assist in the planning process and enable management of potential hazards and any special restrictions applying to the area
- equipment and bicycle types, construction features, characteristics and technology used for off-road cycling
- personal and protective cycling gear and the design and or construction features that make it appropriate for off-road cycling activities
- instruction techniques and theories applicable to a range of ages and learning abilities
- off-road cycling techniques and common communication methods used between participants to reduce risk during activities
- maintenance tools and spare parts to conduct bicycle checks and repairs
- weather and environmental information to ascertain possible conditions and their affect on the session

REQUIRED SKILLS AND KNOWLEDGE

- hazards, obstacles and risks associated with off-road cycling and how to negotiate these
- safety, emergency and first aid procedures relevant to the site to ensure risk minimisation to self and others.

Evidence Guide

EVIDENCE GUIDE	
The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.	
Overview of assessment	
Critical aspects for assessment and evidence required to demonstrate competency in this unit	Evidence of the following is essential: • plans and delivers information, explanations and demonstrations for off-road cycling sessions to ensure activities are conducted safely according to participant's needs and characteristics • observes and monitors the progress of participants and provides constructive feedback and intervention to improve off-road cycling performance • evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.
Context of and specific resources for assessment	Assessment must ensure instruction of off-road cycling activities that are appropriate to the needs and characteristics of a range of participants to demonstrate competency and consistency of performance. Assessment must also ensure access to: • an off-road cycling location with suitable terrain for the conduct of instructional sessions • participants to take part in off-road cycling sessions • off-road cycling, navigation, tools, spare parts, safety and teaching equipment • resources and information regarding participants and location to plan, instruct and document off-road cycling sessions for a variety of participants.
Method of assessment	A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit: • observation of planning processes, such as consulting with participants to determine their needs and characteristics • oral or written questioning to assess application of relevant legislation and organisational policies and procedures to enable safe conduct of all off-road cycling activities

EVIDENCE GUIDE	
	• observation of safe off-road cycling instruction, monitoring and adjustment according to participant's needs and characteristics • portfolio of off-road cycling session plans • third-party reports from a supervisor detailing performance. Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.
Guidance information for assessment	

Range Statement

RANGE STATEMENT	
The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.	
Characteristics may include:	• age • cultural and situational factors • previous experience and knowledge • physical development • injuries and illnesses.
Session's aims and objectives may include:	• developing off road cycling skills • education • development • therapy • fitness targets • recreation.
Instructional plan may include:	• off-road cycling activities • duration of activities.
Off-road cycling plan may include:	• aims and objectives • date, time and duration • site, equipment and resources • safety requirements.

RANGE STATEMENT

Relevant legislation may include:	- occupational health and safety - permits or permission for access - working with children - equal opportunity - privacy - environmental regulations - cycling codes.
Organisational policies and procedures may include:	- occupational health and safety - use and maintenance of bicycles and equipment - assessment procedures - time and budget constraints - communication protocols - confidentiality of participant information - environmental regulations - code of ethics.
Hazards may include:	- temperature extremes - slippery or unstable terrain - dangerous animals and insects - stinging trees and nettles - dense vegetation - group management hazards.
Obstacles may include:	- bridges - water on road - tree branches - bumps - depressions and pot holes - drainage grates.
Risks may include:	- hypothermia - heat exhaustion - injuries - exhaustion - lost party or party member - equipment and course failure
Relevant sources may include:	- Bureau of Meteorology - media - land managers or agencies - local knowledge.
Weather and environmental	satellite images

RANGE STATEMENT	
information may include:	• daily and weekly forecasts • maximum and minimum temperatures • weather warnings • event warnings • river levels • synoptic charts • high and low tide predictions.
Contingency plans may include:	• change in weather and or conditions • equipment failure • unavailability of equipment or suitable site.
Bicycles may include:	• off-road bicycle • hybrid bicycle • mountain bikes.
Equipment may include:	• safety and first aid equipment • navigation equipment • tools and spare parts • in-field repair kit.
Resources may include:	• clothing and footwear • food and water • teaching aids.
Contextual issues may include:	• weather conditions, including times • season • transport • location • trip distance and duration • group objectives • group size.
Relevant information may include:	• safety procedures • risk and hazard prevention and management • off-road cycling techniques • responsible and safe behaviour.
Instructional techniques may include:	• simple to complex • part to whole • chronological • known to unknown • D.E.D.I.C.T • demonstrate • explain • demonstrate

RANGE STATEMENT	
	• instruct • critique • test • E.D.I.C.T • explain • demonstrate • instruct • critique • test • I.D.E.A • introduce • demonstrate • explain • apply •
Required cycling knowledge may include:	• off-road cycling skills and techniques • minimal impact practices appropriate to off-road cycling • risk management.
Relevant aspects may include:	• objectives • planning process • activity site • weather • equipment selection • clothing selection • food selection • instructional content • instructional technique • assessment technique • group feedback • directing techniques • rescue techniques employed.

Unit Sector(s)

Unit sector	Outdoor Recreation

Co-requisite units

Co-requisite units		

Competency field

Competency field	