



Australian Government

Assessment Requirements for SISOCYT002 Ride bicycles on roads and pathways, easy conditions

Release: 1

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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:

- complete three group cycling trips each taking a different route
- during each trip:
 - utilise effective cycling techniques, modified to account for changes in surface, to:
 - mount and dismount without assistance on the flat
 - use efficient cadence for flat terrain and gentle gradients
 - execute timely and smooth gear changes, including for gentle ascents and descents
 - brake smoothly, including for gentle descents, negotiate corners and wide bends, using weight shift
 - choose and maintain appropriate body position and posture, including for flat terrain and gentle ascents and descents
 - ride in bunch formation for two short sections
 - consistently maintain a safe position on the road, pathway or trail, follow safety procedures and safely negotiate traffic conditions.

Knowledge Evidence

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

- organisational safety and emergency response procedures for cycling activities
- clothing and footwear suitable for cycling activities:
 - types of clothing and fabrics that protect against the effects of weather conditions including sun, temperatures, winds, and precipitation of different levels and extremes
 - reasons for layering clothes
 - effective design and construction features of waterproof gear
 - types of cycling footwear including specialist cycling shoes and cleats and their advantages over other types of footwear
- features and functions of personal protective equipment, items used to improve rider comfort, and how to fit and adjust these for comfort and safety:
 - bicycle helmets
 - high visibility vests or clothing

- gloves
- elbow pads
- knee pads
- wrist guards
- padded shorts
- eye protection
- features of bicycle saddlebags, handlebar bags and panniers, and techniques used to effectively stow items:
 - for ease of access and maximum usage of space
 - for stability of bicycle
 - to waterproof clothing, food and resources
- types of pre-departure safety and serviceability checks completed immediately prior to riding and how to complete, including those for:
 - tyre pressure appropriate for conditions
 - required accessories such as lights and reflectors
 - brakes
 - seat and or handlebars for best rider fit
 - handlebar plugs
- communication protocols used between groups of cyclists and with motorists and other users to include:
 - calls
 - hand signals
 - whistles, use of bike bell
- effective riding techniques for cycling on sealed roads and sealed or unsealed off-road pathways:
 - mounting and dismounting without assistance on the flat
 - using efficient cadence for flat terrain and gentle gradients
 - gear selection and timely and smooth changing of gears
 - smooth braking
 - weight shifting to negotiate corners and wide bends
 - changing posture and body position; sitting and standing and when both are effective
 - negotiating flat terrain and gentle ascents and descents
 - riding in bunch formation, and when this is appropriate
- how techniques would be modified to account for changes in gradient and surface
- safe position on minor roads and pathways to avoid collisions with motorists and other users
- defensive cycling techniques applicable to riding on minor roads and in light traffic
- typical hazards associated with cycling on sealed roads and sealed or unsealed off-road pathways, and techniques used to safely negotiate these:
 - bridges
 - water on road

- bumps
- depressions
- potholes
- drainage grates
- rail crossings
- moving and parked vehicles
- other users: pedestrians, runners, horse riders
- etiquette applicable to cycling in groups and used with motorists and other users
- road rules applicable to cyclists for the particular state or territory
- special road rules that apply to cyclists for the particular state or territory.

Assessment Conditions

Skills must be demonstrated in riding conditions which feature:

- sealed roads and sealed or unsealed, but compacted, off-road pathways
- gentle gradients with no steep ascents or descents
- minor roads with light vehicular traffic.

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 with whom the individual interacts during cycling activities
- 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 to include details of planned route
- cycling route maps and guides
- organisational safety and emergency response procedures for cycling activities.

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>