



Australian Government

Assessment Requirements for SISOCYT003

Ride bicycles on roads, up to moderate terrain and heavy traffic

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 ongoing changes in gradient, to:
 - mount and dismount without assistance on moderate inclines and declines
 - efficiently pedal and maintain steady cadence through use of gears
 - execute timely and smooth gear changes including for moderate ascents and descents
 - brake smoothly, including for moderate descents
 - negotiate corners, sweeping and winding bends using weight shift
 - choose and maintain appropriate body position and posture, including for moderate ascents and descents
 - maintain a steady pace when ascending moderate inclines
 - ride in bunch formation for two short sections
 - consistently maintain a safe position on the road, follow safety procedures and safely negotiate heavy 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:
 - mounting and dismounting without assistance on different road gradients, including moderate inclines and declines
 - efficient pedalling and maintaining steady cadence through use of gears
 - gear selection and timely and smooth changing of gears
 - smooth braking, including for moderate descents
 - weight shifting to negotiate corners, sweeping and winding bends
 - changing posture and body position; sitting and standing and when both are effective
 - negotiating moderate ascents and descents
 - maintaining a steady pace when ascending moderate inclines
 - riding in bunch formation and when this is appropriate
- how techniques would be modified to account for changes in gradient from flat to moderate
- safe position on roads to avoid collisions with motorists and other users for:
 - major open roads
 - those within built up areas

- defensive cycling techniques applicable to riding on major roads and in heavy traffic
- typical hazards associated with cycling on sealed roads, 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
- 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 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>