



Australian Government

SISOCYT003 Ride bicycles on roads, up to moderate terrain and heavy traffic

Release: 1

SISOCYT003 Ride bicycles on roads, up to moderate terrain and heavy traffic

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ride road bicycles as part of a group on both moderate road terrain and in heavily trafficked areas, according to planned routes.

Moderate road terrain is defined as on sealed roads over moderate ascents and descents. Terrain would vary across routes and would likely include a combination of gradients upwards from flat. Heavy vehicular traffic would be present and routes could cover major open roads and those within built up areas.

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.

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

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to

*essential outcomes**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 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 riders and with motorists.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Ride bicycles on moderate road conditions.
 - 2.1. Mount and dismount bike safely, on different road gradients, while maintaining balance.
 - 2.2. Control speed of bike using techniques suitable for sealed surfaces and changing gradients, to smoothly pedal, change gears and brake.
 - 2.3. Establish and adjust riding rhythm and pace to minimise fatigue, strain and injury over changing gradients.
 - 2.4. Maintain appropriate posture, balance and weight shift to efficiently handle and control the bike in a straight line, through winding bends and around corners.
 - 2.5. Ride in bunch formation, where appropriate, and make required adjustments to own pace and place in formation, according to ability over changing gradients.
3. Negotiate hazards, obstacles and moderate gradients.
 - 3.1. Modify riding technique to account for changes in gradient and road surface.
 - 3.2. Control line of direction and speed to safely approach, avoid or negotiate obstacles.
 - 3.3. Establish and maintain posture and body position appropriate for negotiating moderate ascents and descents.
 - 3.4. Utilise smooth and timely gear changes to assist pedalling effort when negotiating moderate ascents.
 - 3.5. Maintain steady pace to ascend moderate inclines.
 - 3.6. Utilise smooth and timely brake and balance techniques to descend moderate inclines under control.
4. Negotiate major roads in heavy vehicular
 - 4.1. Maintain appropriate position on the road to avoid

traffic

collisions with vehicles and other users.

- 4.2. Monitor traffic conditions at major intersections and roundabouts to safely negotiate a course of travel.
- 4.3. Monitor driveways and other situations for cars entering the traffic.
- 4.4. Ride at an appropriate speed for heavy and variable traffic conditions.
- 4.5. Maintain effective communication with party members, motorists and other users throughout all activities.
- 4.6. Ensure compliance with road rules and etiquette applicable to cycling.

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>

Assessment Requirements for SISOCYT003 Ride bicycles 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:

- 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

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