



Australian Government

Assessment Requirements for SISOCYT004 Ride off road bicycles on easy trails

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 off road cycling trips each taking a different route
- during each trip:
 - consistently maintain a safe position on the trail, follow safety procedures and safely negotiate hazards
 - utilise effective off road cycling techniques, modified to account for trail surface obstacles, to:
 - mount and dismount without assistance on both smooth and uneven trail surfaces
 - use efficient cadence for smooth and uneven trail surfaces, 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 bends, using weight shift and other off road bike cornering techniques
 - 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.

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 off road cycling activities
- clothing and footwear suitable for off road 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 for off road cycling including specialist mountain bike 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 mountain bike 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 off road cyclists and with other trail users to include:
 - calls
 - hand signals
 - whistles, use of bike bell
- for off road cycling on easy trails:
 - safe position on trails to avoid collisions with motorists and other users
 - effective riding techniques for:
 - mounting and dismounting without assistance on both smooth and uneven trail surfaces
 - using efficient cadence for smooth and uneven trail surfaces, flat terrain and gentle gradients
 - gear selection and timely and smooth changing of gears
 - smooth braking
 - weight shifting to negotiate corners and bends
 - cornering off road bikes
 - 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 on trails

- how techniques would be modified to account for trail surface obstacles and changes in gradient
- typical hazards associated with cycling off road on easy trails, and techniques used to safely negotiate these:
 - small logs, roots and rocks
 - loose surface
 - ruts and corrugations
 - bumps
 - berms
 - depressions
 - pot holes
 - overhanging vegetation
 - bridges
 - drainage grates
 - water on road and slippery surfaces
 - vehicles
 - other users: pedestrians, runners, horse riders
- etiquette applicable to off road cycling in groups and used with other trail users
- road rules that are 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 off road riding conditions which feature:

- easy trails that may combine fire roads and wide single tracks
- a trail surface which is mostly smooth, firm and stable but may have obstacles such as small logs, roots and rocks
- gentle gradient; climbs and descents which are mostly shallow but may include some moderately steep sections.

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
- off road bicycles fitted with equipment compliant with local state or territory road law
- activity plans to include details of planned route

- trail route maps and guides
- organisational safety and emergency response procedures for off road 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>