



Australian Government

SISOCYT004 Ride off road bicycles on easy trails

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ride mountain or other off road bicycles as part of a group on easy trails and according to planned routes.

This unit provides the skills to cycle off road on easy trails defined as trails that are likely to be a combination of fire road and wide single tracks with a gentle gradient, smooth surface and relatively free of unavoidable obstacles. The trail surface is mostly firm and stable but may have obstacles such as small logs, roots and rocks, and some areas of loose surface. Climbs and descents are mostly shallow but may include some moderately steep sections.

It applies to leaders, guides or instructors, who use these skills when leading participants during cycling activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

When on road, 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 essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to 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 trail 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 other trail users.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Ride bicycles off road in easy trail conditions.
 - 2.1. Mount and dismount bike safely, on both smooth and uneven trail surfaces, while maintaining balance.
 - 2.2. Control speed of bike using techniques suitable for off road smooth and uneven tread, to pedal, change gears and brake.
 - 2.3. Select and adjust cadence appropriate for differing trail surfaces and gradient.
 - 2.4. Adopt appropriate riding rhythm and pace to minimise fatigue, strain and injury and adjust according to trail conditions.
 - 2.5. Maintain appropriate posture, balance and weight shift to efficiently handle and control the bike in a straight line, through bends and corners.
 - 2.6. Ride in bunch formation, where appropriate, and make required adjustments to own pace and place in formation.
 - 2.7. Maintain effective communication with party members and motorists and other users throughout all activities.
 - 2.8. Ensure compliance of self and party members with road rules and etiquette applicable to off road cycling.
3. Negotiate hazards, obstacles and gentle gradients.
 - 3.1. Monitor trail for vehicles and other users, select and adjust appropriate riding position to avoid collisions.
 - 3.2. Modify riding technique, posture and body position to account for trail surface obstacles.
 - 3.3. Control line of direction and speed to safely approach, avoid or negotiate obstacles.
 - 3.4. Choose and maintain posture and body position appropriate for negotiating gentle ascents and descents.
 - 3.5. Utilise smooth and timely gear changes to assist

pedalling effort when negotiating gentle ascents.

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 SISOCYT004 Ride off road bicycles on easy trails

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

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