



Australian Government

Assessment Requirements for SISOCYT009 Lead off road cycling activities on intermediate 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:

- lead three off road cycling sessions for a group of participants according to predetermined activity plans
- across the three sessions, collectively use two different demonstration and instruction techniques
- during each session consistently manage participant adherence to safety procedures
- after each session, facilitate a debrief with participants and participate in a team member debrief
- utilise options provided in Assessment Conditions to:
 - determine a total of three required activity modifications to suit prevailing conditions and participant capabilities and responses
 - respond to a total of three different immediate safety risks that have arisen during activities
 - respond to a total of two emergency situations and complete two incident reports
 - complete two reports on equipment faults.

Knowledge Evidence

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

- organisational safety, emergency response and first aid procedures for off road cycling activity sessions
- a range of demonstration and instruction techniques applicable to recreational activities
- appropriateness of different demonstration and instruction techniques for a range of ages and capabilities
- the importance of verbalising instructions during demonstrations and providing reasons for doing things in a certain way
- techniques used to:
 - build group cohesion
 - motivate and encourage participants to keep them engaged and challenged
 - provide constructive feedback to participants
- key principles of group dynamics and techniques used to manage positive group dynamics

- signs, stages and levels of conflict within groups and techniques used to resolve at various stages of escalation
- specific to off road cycling activities on intermediate trails:
 - roles and responsibilities of different activity leaders and support staff
 - communication protocols used between participants and leaders during activities
 - how characteristics of participants affect the selection of equipment, including personal protective equipment:
 - age, size and weight
 - current experience in the recreational activity and skill level
 - fitness level and physical capabilities
 - injuries and medical conditions
 - emotional, behavioural and intellectual ability or disability
 - potential hazards and associated risks and safety procedures used to manage these.

Assessment Conditions

Skills must be demonstrated in off road riding conditions which feature:

- intermediate single trails
- a trail surface which is variable including rocky or loose tread with obstacles such as logs, roots and rocks
- moderate to steep gradient; climbs and descents which are mostly moderate but may include some 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 whom the individual leads
- real workplace situations, or simulated activities, or case study scenarios that test aspects of this unit that relate to:
 - activity modifications for prevailing conditions and participant needs
 - arising safety risks
 - emergency situations
 - equipment faults
- 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
- template:

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- safety checklists
 - participant informed consents
 - equipment fault reports
 - incident reports
 - organisational safety, emergency response and first aid procedures for off road cycling activity sessions.

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>