



Australian Government

Department of Education, Employment and Workplace Relations

SISOCYT407A Instruct cycle touring skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct cycle touring activities. This unit focuses on planning, instructing and evaluating an instructional cycle touring session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in cycle touring activities.

Application of the Unit

This unit applies to cycle touring instructors who are responsible for planning, implementing and evaluating cycle touring instructional sessions for groups of participants.

This unit may also apply to leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SISOCYT201A Select, set up and maintain a bike
SISOCYT202A Demonstrate basic cycling skills
SISOCYT303A Apply on-road cycling skills
SISOCYT405A Apply overnight cycle touring skills

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the Evidence Guide.

1. Plan a cycle touring session.

- 1.1. Establish participant's needs and ***characteristics***.
- 1.2. Assess participant's current cycle touring knowledge in order to determine the ***session's aims and objectives***.
- 1.3. Determine an appropriate ***instructional plan*** according to participant's needs and characteristics.
- 1.4. Develop a ***cycle touring plan*** according to participant's needs and characteristics, ***relevant legislation*** and ***organisational policies and procedures***.
- 1.5. Select a suitable site and route for the session according to participant's needs, session's aims, relevant legislation and organisational policies and procedures.
- 1.6. Identify potential ***hazards*** and ***obstacles*** associated with cycle touring and minimise ***risks*** according to organisational policies and procedures.
- 1.7. Access ***relevant sources*** to interpret detailed ***weather and environmental information*** and determine ***contingency plans***.

2. Select and organise equipment and resources.

- 2.1. Select and access ***touring bicycles, equipment and resources*** according to ***contextual issues*** and organisational policies and procedures.
- 2.2. Check bicycles and equipment for safety and suitability according to relevant legislation and manufacturer's recommendations.
- 2.3. Correct any bicycle and equipment deficiencies and adjust to ensure personal comfort.
- 2.4. Check contents of first aid and repair kits to ensure their suitability to the location and activity.
- 2.5. Arrange, where required, protective and or safety clothing for each participant.

ELEMENT	PERFORMANCE CRITERIA
3. Brief participants.	3.1. Communicate instructions and relevant information about the cycle touring session in a manner appropriate to the participants. 3.2. Encourage participants to seek clarification, information and feedback as required during the session. 3.3. Establish a suitable communication system for participants to use while participating in cycle touring activities. 3.4. Inform participants of known and anticipated hazards, safety procedures and appropriate behaviour. 3.5. Check and confirm that all participants' bicycles and equipment are fitted and adjusted.
4. Instruct a cycle touring session	4.1. Conduct introductory activities for participants to reduce the risk of injury. 4.2. Apply instructional techniques to impart required cycle touring knowledge, cycle touring skills, and safety procedures. 4.3. Monitor individual participant's performance during cycle touring session. 4.4. Monitor and assess instructional activities and associated risks, and modify where required according to organisational policies and procedures. 4.5. Demonstrate procedures for dealing with emergency and non-routine situations according to organisational policies and procedures. 4.6. Inform participants of opportunities to further develop their cycle touring skills and knowledge.
5. Complete post session responsibilities	5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures. 5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required. 5.3. Apply feedback and assessment to evaluate relevant aspects of the cycle touring session and determine the level of learning achieved. 5.4. Identify potential areas of improvement for future cycle touring instructional sessions.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills to:
 - consult with participants to plan cycle touring sessions
 - convey information about safety aspects
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan cycle touring sessions according to participant's needs and characteristics
 - address participant difficulties in developing techniques
 - anticipate and respond to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate touring bicycles, resources, equipment and a site
 - monitor and evaluate progress
 - organise participants into manageable groups for cycle touring
- language and literacy skills to:
 - produce cycle touring and instructional plans for the session
 - complete post session participant and self evaluations
- emergency response skills appropriate to the site to enable initial response to emergencies while instructing cycle touring activities.

Required knowledge

- legislation and organisational policies and procedures to enable safe and non-discriminatory conduct of cycle touring session
- minimal impact cycling codes to enable protection of the environment
- road rules, cycling codes and rider etiquette to understand cyclist's rights and responsibilities on the road, and maintain safety of other cyclists and motorists
- site specific information to assist in the planning process and enable management of potential hazards and any special restrictions applying to the area
- equipment and bicycle types, construction features, characteristics and technology used for on-road cycling and the advantages and disadvantages of the range of equipment to enable appropriate selection, use and maintenance
- personal and protective cycling gear and the design and or construction features that make it appropriate for on-road cycling activities
- instruction techniques and theories applicable to a range of ages and learning abilities
- cycle touring techniques and common communication methods used between participants to reduce risk during activities
- maintenance tools and spare parts to conduct bicycle checks and repairs
- weather and environmental information to ascertain possible conditions and their affect on the session

- hazards, obstacles and risks associated with cycle touring and methods of safe negotiation or avoidance
- safety, emergency and first aid procedures relevant to the site to ensure risk minimisation to self and others.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- plans and delivers information, explanations and demonstrations for cycle touring sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve cycle touring performance
- applies and modifies instructional techniques and or activities to cater for a range of individual learning styles
- evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure instruction of cycle touring activities that are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information regarding participants and location to plan, instruct and document cycle touring sessions
- a cycling location with suitable roads for the conduct of cycle touring instructional sessions
- participants to take part in cycle touring sessions
- cycle touring, navigation, communication, safety, first aid and teaching equipment.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of planning processes, such as consulting with participants to determine their needs and characteristics
- oral or written questioning to assess application of relevant legislation and organisational policies and procedures to enable safe conduct of all cycle touring

activities

- observation of safe cycle touring instruction, monitoring and adjustment according to participant's needs and characteristics
- portfolio of cycle touring session plans
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Participant's needs and characteristics may include:

- age
- cultural and situational factors
- previous experience and knowledge
- physical development.

Session's aims and objectives may include:

- developing cycle touring skills
- education
- therapy
- fitness targets
- recreation.

Instructional plan may include:

- cycle touring activities
- duration of activities.

Cycle touring plan may include:

- aims and objectives
- date, time and duration
- cycle touring site, equipment and resources
- instructor and participant ratios
- safety requirements
- risk and contingency management plan.

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations

Organisational policies and procedures may include:

- occupational health and safety
- use and maintenance of bicycles and equipment
- risk management procedures
- time and budget constraints
- communication protocols
- confidentiality of participant information
- environmental regulations
- code of ethics.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation

- Obstacles** may include:
- group management hazards.
 - bridges
 - water on road
 - bumps
 - depressions and pot holes
 - drainage grates.
- Risks** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure
- Relevant sources** may include:
- Bureau of Meteorology
 - media
 - land managers or agencies
 - local knowledge.
- Weather and environmental information** may include:
- satellite images
 - daily and weekly forecasts
 - maximum and minimum temperatures
 - weather warnings
 - event warnings
 - river levels
 - synoptic charts
 - high and low tide predictions
- Contingency plans** may include:
- change in weather and or conditions
 - equipment failure.
- Touring bicycle** may include:
- road bicycle
 - hybrid bicycle
 - mountain bikes.
- Equipment** may include:
- cycling equipment
 - safety equipment
 - repair equipment
 - navigation equipment
 - communication equipment.
- Resources** may include:
- clothing and footwear
 - food and water
 - teaching aids.
- Contextual issues** may include:
- weather conditions, including times
 - season
 - transport
 - location

- Relevant information*** may include:
- trip distance and duration
 - group objectives
 - group size.
 - risk and hazard prevention and management
 - cycle touring techniques
 - safety procedures
 - responsible and safe behaviour.
- Safety procedures*** may include:
- symptoms, treatment and prevention of common cycle touring incidents or risks
 - group management in emergency situations
 - communication systems.
- Instructional techniques*** may include:
- simple to complex
 - part to whole
 - chronological
 - known to unknown
 - D.E.D.I.C.T:
 - demonstrate
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - E.D.I.C.T:
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - I.D.E.A:
 - introduce
 - demonstrate
 - explain
 - apply
 - orientate, enhance, synthesise.
- Required cycle touring knowledge*** may include:
- cycle touring skills and techniques
 - on-road features, hazards and obstacles
 - minimal impact practices
 - communication systems used in cycle touring.
- Cycle touring skills*** may include:
- key points of technique or skill
 - sequence or combination of skill to achieve

- Relevant aspects** may include:
- effective or efficient results
 - different applications of skill or technique, and where it is applicable or not applicable.
 - objectives
 - planning process
 - activity site
 - weather
 - equipment selection
 - clothing selection
 - food selection
 - instructional content
 - instructional technique
 - assessment technique
 - group feedback
 - directing techniques
 - rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Cycling Tours