

Mountain Biking

Outdoor Recreation Skill Sets

The following are Skills Sets that have been identified through consultation with the Outdoor Council of Australia (OCA), the peak body for the Outdoor Recreation industry and will be utilised as the basis for the registration requirements of programs like the National Outdoor Leader Registration Scheme (NOLRS).

Mountain Bike Guide (Controlled to Intermediate Environment)

A person designated as a Mountain Bike Guide (Controlled to Intermediate Environment) possesses relevant outdoor activity specific skills, knowledge and experience to lead or guide clients in Mountain Biking. There is no intention of imparting skills or knowledge to clients beyond that which is necessary to enable their safe participation in the activity. At the end of a session or program with a guide, the intent is not for the client to have acquired the skills to independently participate in the activity.

A Mountain Bike Guide (Controlled to Intermediate Environment) has the skills, knowledge and experience that enables them to work autonomously within a defined range of skilled operations. These should involve known routines, methods and procedures, where minimal discretion and judgment is required in the selection of equipment, services or contingency measures and within known time constraints.

These guides may work within clearly defined contexts conducting Mountain Biking activities on gravel roads and single tracks with easy to intermediate terrain, acting according to clearly defined Standard Operating Procedures and relevant documented guidelines. Persons at this level of leader registration may only conduct Mountain Biking activities of up to a day's duration on terrain that includes:

- Moderate inclines (up and down)
- Sloping terrain
- Small sections of rocky areas
- Small sections of sand
- Shallow water crossings (with smooth bottom)
- Small tree roots and logs

They may also work as an assistant with a more experienced leader in potentially non-routine or more complex activities and programs (e.g. with "at risk" clients, overnight tours).

| Skill Set | Mountain Bike Guide (Controlled to Intermediate Environment) | |
|--------------|---|--|
| Target group | Those wishing to guide mountain bike tours (controlled to intermediate environment) | |
| Units | Unit Code | Unit Title |
| | SISONAV302A | Apply navigation skills in an intermediate environment |
| | HLTFA301B | Apply first aid |
| | SISOCYT201A | Select, set up and maintain a bike |
| | SISOCYT202A | Demonstrate basic cycling skills |
| | SISOMBK201A | Demonstrate basic off-road cycling skills |
| | SISOODR302A | Plan outdoor recreation activities |

| | | |
|--|-------------|--|
| | SISOODR303A | Guide outdoor recreation sessions |
| | SISOOPS201A | Minimise environmental impact |
| | SISOOPS304A | Plan for minimal environmental impact |
| | SISOOPS306A | Interpret weather conditions in the field |
| | SISXCAI306A | Facilitate groups |
| | SISXEMR201A | Respond to emergency situations |
| | SISXOHS101A | Follow occupational health and safety policies |
| | SISXRSK301A | Undertake risk analysis of activities |

Mountain Bike Guide (Intermediate Environment)

A person designated as a Mountain Bike Guide (Intermediate Environment) has the skills, knowledge and experience that enables them to work independently within a variety of settings and contexts. Leadership and guidance are involved when organising activities of self and others, as well as contributing to technical solutions of a non-routine or contingency nature. A person at this level of leader registration may perform a broad range of skilled applications including the evaluation and analysis of current practices, development of new criteria and procedures for performing current practices and provision of some leadership and guidance to others.

Mountain Bike Guides (Intermediate Environment) may work independently at a broad range of venues with a variety of different client groups. Persons at this level of registration should be able to apply their skills and knowledge to a broad variety of mountain biking on terrain that includes:

- Long, steep inclines and declines incorporating loose surface and a step ups/downs
- Cross slope riding involving irregular terrain
- Difficult water crossings (water depth at least to pedals, irregular bottom, offset entry and exit points)
- Bush tracks that include narrow, twisting and irregular terrain
- Irregular sandy or muddy terrain
- Very rough rocky ground
- Snow and ice
- Slippery incline/declines
- Should be able to deal with non-routine situations.

A Mountain Bike Guide (Intermediate Environment) must possess all the skills, knowledge and experience required of a Mountain Bike Guide (Controlled to Intermediate Environment) PLUS those that enable them to:

- Manage risk in outdoor activities
- Provide leadership to groups
- Apply advanced off-road cycling skills
- Navigate in difficult and trackless areas
- Guide off-road cycle tours
- Coordinate emergency response.

| | |
|---------------------|---|
| Skill Set | Mountain Bike Guide (Intermediate Environment) |
| Target group | Those wishing to guide mountain bike tours (Intermediate to uncontrolled environment) |

| | Unit Code | Unit Title |
|--------------|-------------|---|
| Units | SISOCYT201A | Select, set up and maintain a bike |
| | SISOCYT202A | Demonstrate basic cycling skills |
| | SISOMBK201A | Demonstrate basic off-road cycling skills |
| | SISOMBK302A | Apply advanced off-road cycling skills |
| | SISOMBK303A | Guide off-road cycle tours |
| | SISONAV302A | Apply navigation skills in an intermediate environment |
| | SISOODR302A | Plan outdoor recreation activities |
| | SISOODR303A | Guide outdoor recreation sessions |
| | SISOODR404A | Manage risk in an outdoor activity |
| | SISOOPS201A | Minimise environmental impact |
| | SISOOPS304A | Plan for minimal environmental impact |
| | SISOOPS305A | Provide first aid in a remote location |
| | SISOOPS306A | Interpret weather conditions in the field |
| | SISXCAI306A | Facilitate groups |
| | SISXEMR201A | Respond to emergency situations |
| | SISXEMR402A | Coordinate emergency response |
| | SISXOHS101A | Follow occupational health and safety policies |
| | SISXOHS402A | Implement and monitor occupational health and safety policies |

Mountain Bike Instructor (Intermediate Environment)

A person who facilitates skill transfer or development to clients in order that they may participate, guide or instruct independently. This requires the instructor to be able to transfer required skills and knowledge, apply a variety of appropriate instructional strategies, and assess participant's skill and knowledge acquisition during and at the end of a program or session.

A person designated as a Mountain Bike Instructor (Intermediate Environment) within the National Outdoor Leader Registration Scheme has the skills, knowledge and experience to instruct clients in order that they may acquire Mountain Biking skills or off-road cycle tour guiding skills to enable independent operation.

These Instructors may instruct clients to achieve the following outcomes:

- Mountain Biking participant for day trips
- Mountain Bike Guide (Controlled to Intermediate Environment)
- Mountain Bike Guide (Intermediate Environment)
- Mountain Bike Instructor (Intermediate Environment).

A Mountain Bike Instructor (Intermediate Environment) must possess all the skills, knowledge and experience required of a Mountain Bike Guide (Intermediate to difficult terrain) PLUS those that enable them to:

- Train small groups

- Instruct Mountain Biking skills.

| Skill Set | Mountain Bike Instructor (Intermediate Environment) | |
|---------------------|--|---|
| Target group | Those wishing to instruct mountain bike tours (Intermediate Environment) | |
| Units | Unit Code | Unit Title |
| | SISOCYT201A | Select, set up and maintain a bike |
| | SISOCYT202A | Demonstrate basic cycling skills |
| | SISOMBK201A | Demonstrate basic off-road cycling skills |
| | SISOMBK302A | Apply advanced off-road cycling skills |
| | SISOMBK404A | Instruct off-road cycling skills |
| | SISONAV302A | Apply navigation skills in an intermediate environment |
| | SISOODR302A | Plan outdoor recreation activities |
| | SISOODR404A | Manage risk in an outdoor activity |
| | SISOOPS201A | Minimise environmental impact |
| | SISOOPS304A | Plan for minimal environmental impact |
| | SISOOPS305A | Provide first aid in a remote location |
| | SISOOPS306A | Interpret weather conditions in the field |
| | SISXCAI306A | Facilitate groups |
| | SISXEMR201A | Respond to emergency situations |
| | SISXEMR402A | Coordinate emergency response |
| | SISXOHS101A | Follow occupational health and safety policies |
| | SISXOHS402A | Implement and monitor occupational health and safety policies |
| TAEDEL301A | Provide work skill instruction | |