

## Workbook – Mountain Biking Level 1 (controlled environments)



Course number: .....  
 Course venue: .....  
 Course Leader: .....  
 Course date(s): .....

**Scout Mountain Biking / Mountain Biking Level 1**

**Module: Select, set-up and maintain a bike**

**Module: Demonstrate basic cycling skills**

**Module: Demonstrate basic off-road cycling skills**

Candidate's personal details: **My Name:** .....  
 My Branch: ..... My Membership No: ..... My Scouting Role: .....  
 Mobile: ..... Email: ..... Address: .....

Assessment summary	Not satisfactory	Satisfactory
<b>1: Questions (summative): Bicycle touring for on-road and off-road</b>		
<b>2: Exercises (summative): Personal plan for an off-road cycling activity</b>		
<b>3: Activities (summative): Bike maintenance and repairs</b>		
<b>4: Evaluation checklist (summative): Maintaining and using a bike for cycle touring</b>		
<b>5: Observation checklist (summative): Maintaining and using a bike for cycle touring</b>		
<b>6: Evaluation checklist (summative): Demonstrate basic off-road cycling skills</b>		
<b>7: Observation checklist (summative): Demonstrate basic off-road cycling skills</b>		
<b>8: Logbook (summative)</b>		

Scout module requirements are complete

**Supervisor Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

The candidate satisfies the requirements for the above module and is considered to be proficient.

**Scout Assessor / Instructor Name:** .....

**Scout Assessor No:** ..... & **Instructor No:** .....

**Signature:** ..... **Date:** .....

### *Candidate's Statement of Acceptance*

I accept the assessment decision and agree that the process was valid and fair.

**OR**

I wish to appeal the assessment decision:

**Candidate's signature:** ..... **Date:** .....

### **Note to Scout Assessor / Instructor:**

**When this module workbook is complete, detach this page and forward to your Branch Training Administration Officer. Return the rest of this module workbook to the candidate.**

**This module workbook is to be kept by the candidate as evidence for possible RPL**

**ASSESSMENT RESULT SHEET**



Course number: .....  
 Course venue: .....  
 Course Leader: .....  
 Course date(s): .....

**Scout Mountain Biking /  
 Mountain Biking Level 1**

**Module: Select, set-up and maintain a bike**

Candidate's personal details: **My Name:** .....  
 My Branch: ..... My Membership No: ..... My Scouting Role: .....  
 Mobile: ..... Email: ..... Address: .....

Based on my observations and from verified information available, the candidates listed above can:	Not satisfactory	Satisfactory
<b>1. Select a bike for cycle touring</b>		
1.1. Identify <i>sources</i> of information about bike selection can be gained.		
1.2. Identify <i>bike options</i> and justify <i>reasons for selecting</i> one bike over another.		
1.3. Select a bike, ensuring that it meets the <i>needs, size and proportions</i> of the rider.		
<b>2. Set-up and maintain a bike for cycle touring</b>		
2.1. Clean bike to prevent damage.		
2.2. Identify <i>cycling tools and spare parts</i> .		
2.3. Check and adjust bike parts to ensure functioning and safety according to manufacturer's recommendations and <i>organisational policies and procedures</i> .		
2.4. Identify <i>bike parts</i> requiring lubrication, and apply lubrication where required.		
2.5. Fix a broken chain according to manufacturers recommendations and organisational policies and procedures.		
2.6. Replace a cable according to manufacturer's recommendations and organisational policies and procedures.		
2.7. Repair a puncture according to manufacturer's recommendations and organisational policies and procedures.		

The candidate has provided the following portfolio of evidence:  
**1: Questions** (summative): **Bicycle touring for on-road and off-road**  
**3: Activities** (summative): **Bike maintenance and repairs**  
**4: Evaluation checklist** (summative): **Maintaining and using a bike for cycle touring**  
**5: Observation checklist** (summative): **Maintaining and using a bike for cycle touring**  
**8: Logbook** (summative)

The candidate satisfies the requirements for the above module and is considered to be proficient.

**Scout Assessor / Instructor Name:** .....

**Scout Assessor No:** ..... **& Instructor No:** .....

**Signature:** ..... **Date:** .....

## ASSESSMENT RESULT SHEET



Course number: .....

Course venue: .....

Course Leader: .....

Course date(s): .....

### Scout Mountain Biking / Mountain Biking Level 1

### Module: Demonstrate basic cycling skills

Candidate's personal details: **My Name:** .....

My Branch: ..... My Membership No: ..... My Scouting Role: .....

Mobile: ..... Email: ..... Address: .....

Based on my observations and from verified information available, the candidates listed above can:	Not satisfactory	Satisfactory
--	------------------	--------------

<b>1. Conduct pre activity checks.</b>		
1.1. Perform routine pre start checks on chain, brakes, gears, wheels, bearings, tyres and accessories of a suitable <i>bicycle</i> .		
1.2. Correct any deficiency and adjust the bicycle so that it is <i>correctly proportioned</i> and safe for personal use.		
1.3. Identify <i>items to improve comfort</i> .		
1.4. Ensure sufficient fluids are available for the duration of the activity.		
1.5. Identify possible <i>hazards</i> associated with cycling and procedures to minimise <i>risks</i> .		
<b>2. Select equipment.</b>		
2.1. Select clothing for the activity ensuring it is adequate for all expected weather conditions.		
2.2. Select <i>safety equipment</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i> .		
2.3. Assemble and carry an in-field repair kit for the activity location.		
2.4. Prepare equipment, where required, for safe transportation to activity location.		
<b>3. Apply cycling skills.</b>		
3.1. Adopt appropriate posture and balance when riding to achieve efficiency and comfort.		
3.2. Modify <i>technique</i> to account for changes in <i>terrain</i> and apply recommended weight transfer techniques during cornering.		
3.3. Apply smooth and timely gear changes across different terrain features.		
3.4. Demonstrate recommended braking techniques for sealed surfaces and off road conditions.		
3.5. Identify and negotiate <i>obstacles</i> .		
3.6. Apply group or bunch riding techniques and take <i>measures</i> to guard personal and <i>group safety</i>		
3.7. Demonstrate <i>methods</i> to communicate with motorists and other cyclists.		
<b>4. Evaluate the cycling activity.</b>		
4.1. Evaluate <i>relevant aspects</i> of the cycling activity.		
4.2. Identify improvements for future rides.		

The candidate has provided the following portfolio of evidence:

**1: Questions** (summative): **Bicycle touring for on-road and off-road**

**2: Exercises** (summative): **Personal plan for a off-road cycling activity**

**3: Activities** (summative): **Bike maintenance and repairs**

**4: Evaluation checklist** (summative): **Maintaining and using a bike for cycle touring**

**5: Observation checklist** (summative): **Maintaining and using a bike for cycle touring**

**8: Logbook** (summative)

The candidate satisfies the requirements for the above module and is considered to be proficient.

Scout Assessor / Instructor Name: .....

Scout Assessor No: ..... & Instructor No: .....

Signature: ..... Date: .....

## ASSESSMENT RESULT SHEET



Course number: .....  
 Course venue: .....  
 Course Leader: .....  
 Course date(s): .....

### Scout Mountain Biking / Mountain Biking Level 1

### Module: Demonstrate basic off-road cycling skills

Candidate's personal details: **My Name:** .....

My Branch: ..... My Membership No: ..... My Scouting Role: .....

Mobile: ..... Email: ..... Address: .....

Based on my observations and from verified information available, the candidates listed above can:	Not satisfactory	Satisfactory
<b>1. Plan for the off-road ride.</b>		
1.1. Identify <i>food and water requirements</i> according to <i>principles of nutrition</i> , ride duration and what is able to be carried on a cyclist.		
1.2. Select routes that minimise damage to the environment according to <i>contextual issues, relevant legislation</i> and <i>organisational policies and procedures</i> .		
1.3. Identify potential <i>hazards</i> and <i>obstacles</i> associated with off-road cycling and procedures to minimise <i>risks</i> .		
<b>2. Select and check equipment.</b>		
2.1. Select and set up a <i>bicycle</i> ensuring it is <i>correctly proportioned</i> according to rider and <i>terrain</i> requirements.		
2.2. Select off-road cycling <i>equipment</i> and protective clothing and footwear according to expected weather conditions.		
2.3. Use <i>spares and tools</i> to perform routine checks and maintenance on the bicycle.		
2.4. Identify <i>comfort items</i> to improve ride.		
2.5. <i>Load</i> an off-road bicycle on to a vehicle, where required.		
<b>3. Apply basic off-road cycling skills.</b>		
3.1. Adopt a comfortable cadence for the terrain encountered to enable safe and efficient <i>riding skills</i> .		
3.2. Maintain a straight line when riding on straight gravel roads.		
3.3. Adopt correct posture for descents, uphill riding and bumps, potholes, ruts, rocks, logs, man-made objects.		
3.4. Navigate route and apply efficient <i>cornering techniques</i> .		
3.5. Adjust tyre pressure according to the terrain and organisational policies and procedures.		
3.6. Survey track to identify and negotiate hazards and obstacles, minimise risks and take measures to <u>guard personal and group safety</u> .		
3.7. Conduct routine and non-routine bicycle <i>maintenance</i> checks and repairs.		
<b>4. Evaluate the cycling activity.</b>		
4.1. Evaluate <i>relevant aspects</i> of the off-road cycling activity.		
4.2. Identify improvements for future off-road cycling activities.		

The candidate has provided the following portfolio of evidence:

- 1: Questions** (summative): **Bicycle touring for on-road and off-road**
- 2: Exercises** (summative): **Personal plan for a off-road cycling activity**
- 3: Activities** (summative): **Bike maintenance and repairs**
- 6: Evaluation checklist** (summative): **Demonstrate basic off-road cycling skills**
- 7: Observation checklist** (summative): **Demonstrate basic off-road cycling skills**
- 8: Logbook** (summative)

The candidate satisfies the requirements for the above module and is considered to be proficient.

Scout Assessor / Instructor Name: .....

Scout Assessor No: ..... & Instructor No: .....

Signature: ..... Date: .....

<p><b>Appointing your Supervisor:</b></p> <p>All Supervisors must hold the units that they are supervising.</p> <p><b>Supervisor for Mountain Biking Level 1</b> can be a leader who has any of the following appointments:</p> <ul style="list-style-type: none"> <li>• Mountain Biking Level 2 with considerable mountain biking experience</li> <li>• Guide mountain biking</li> <li>• Instructor mountain biking</li> <li>• A person with an industry registration e.g. NOLRS registered Mountain Biking Guide or Instructor</li> </ul>
<p><b>Supervisor's Details:</b></p> <p>The <b>Scout Mountain Biking Course /Level 1 Mountain Biking</b> course Instructor appointed this person as the candidate's Supervisor and mentor:</p> <p>Supervisor's name: .....</p> <p>Supervisor's Mountain Biking qualifications: .....</p> <p>Membership No: ..... Scouting Role: .....</p> <p>Contact: Mobile: ..... Email: .....</p>

<p><b>Information regarding VET Assessment:</b></p> <p>On successful completion of Scouts Australia Adult Training &amp; Development modules in Adventurous Activities, candidates may apply to the Scouts Australia Institute of Training (SAIT - RTO # 5443) for Recognition of Prior Learning (RPL) for units of competence from the SIS10 Sport, Fitness and Recreation Training Package.</p> <p>Candidates will need to request an RPL enrolment form from their Course Leader/Instructor/Assessor, who will provide advice about enrolment. The RPL assessment process will normally occur when sufficient modules have been completed to provide evidence towards Guide and/or Instructor Skill Sets, or for full qualifications at the Certificate II, Certificate III and/or Certificate IV levels.</p> <p>Successful completion of the three modules included in the Scout Mountain Biking Course /Level 1 Mountain Biking, may provide evidence towards the RPL of the following units of competence:</p> <ul style="list-style-type: none"> <li>• <b>SISOCYT201A:</b> Select, set-up and maintain a bike</li> <li>• <b>SISOCYT202A:</b> Demonstrate basic cycling skills</li> <li>• <b>SISOMBK201A:</b> Demonstrate basic off-road cycling skills</li> </ul>
--

My NAME is:

**Assessment 1: Questions (summative): Cycle touring for on-road and off-road activities**

Questions	Candidate's answers	
<b>Planning a cycling activity for on-road or off-road</b>		
List 6 factors or issues to consider when you are planning a cycling activity	1 2 3 4 5 6	
What legislation, policies and/or codes of conduct will influence how a cycling activity is planned?		
List 6 ways to minimise the environmental impact when planning a cycling activity?	1 2 3 4 5 6	
List 6 places to find information to assist with planning a bike ride and what sort of information you are seeking?	1 2 3 4 5 6	
How do you determine your food and water requirements for the planned cycling activity?		
<b>Equipment for on-road and/or off-road</b>		
List 8 cycling safety equipment items you should carry when riding.	1 2 3 4	5 6 7 8
	1	5

My **NAME** is:

List 8 tools and/or spare parts you take with you on a ride.	2 3 4	6 7 8
What are you required to do prior to heading off on a ride		
What adjustments are required to ensure a safe and comfortable ride?		
List 8 accessory items you may consider for different riding locations, times or conditions.	1 2 3 4	5 6 7 8
List 4 items that require ongoing routine maintenance that you can perform between rides.	1 2 3 4	
<b>Cycling skills for on-road and off-road</b>		
Explain what is meant by a Comfortable Cadence.		
What is the correct posture & position for:	Ascending: Descents: Cornering: Group Road Riding:	
What is the correct process & position for:	Braking: Changing gears:	
List 3 communications methods:	1	



My **NAME** is:

	2	
	3	
What are 8 obstacles you may encounter on a ride that you should practice regularly to stay safe when riding?	1	5
	2	6
	3	7
	4	8

**Evaluating a cycling activity**

After an on-road or off-road cycling activity, what are 4 aspects of the activity that you would evaluate?	1
	2
	3
	4
In an effort to make improvements for future rides, list 4 areas you would be considering?	1
	2
	3
	4

The candidate demonstrated cycling skills and knowledge and is satisfactory

**Supervisor's Name:** .....

**Signature:** ..... **Date:** ..... .....

My NAME is: \_\_\_\_\_

<b>Assessment 2: Exercise (summative): Personal plan for a off-road cycling activity</b>		
When will this off-road cycling happen?		
What is the location for the off-road cycling and what is the name and number of the map I will be using?		
Navigation and my route plan	<b>A copy of my route planner for the off-road cycling is attached.</b>	
What communications equipment will I be carrying?		
Who will be the emergency contact who will hold a copy of the off-road cycling plan?		
What weather conditions will I expect?		
What will I wear on this off-road cycling?		
My personal gear list for this off-road cycling		
My personal food menu		
My water requirements		
List of 10 potential hazards and risks I expect to encounter on this off-road cycling?	1 2 3 4 5	6 7 8 9 10
10 actions I will take to minimise impact while participating in this off-road cycling activity?	1 2 3 4 5	6 7 8 9 10
The candidate demonstrated personal planning a for a off-road cycling activity and is considered to be satisfactory		
<b>Supervisor's Name:</b> ..... <b>Signature:</b> ..... <b>Date:</b> .....		

My **NAME** is:

**Assessment 3: Activities (summative): Bike maintenance and repairs**

Candidate will demonstrate using tools and spare parts to perform routine and non-routine checks, repairs and maintenance on the bicycle to ensure it is correctly proportioned and in safe working order.

**These skills should be practised multiple times before assessment so that the candidate is able to demonstrate satisfactory completion of the task when performing the task for observation by the Supervisor.**

	Activity demonstrated	Place, Date and Conditions	Not satisfactory	Satisfactory
1	Routine pre-ride bike check and maintenance			
2	Adjusting tyre pressure according to the terrain			
3	Lubricating the bike			
4	Repairing a puncture			
5	Fixing a broken chain			
6	Replacing a cable			
7	Routine post-ride bike check and maintenance			

**Areas that need improvement:**

The candidate is considered to be satisfactory in performing bike maintenance and repairs

**Supervisor's name:** ..... **Supervisor's signature:** ..... **date:** .....

**Assessment 4: Evaluation checklist (summative): Demonstrate basic cycling skills**

My NAME is: \_\_\_\_\_

Completed by SELF, PEER and GUIDE/SUPERVISOR											
<ul style="list-style-type: none"> <li>• Third-party reports from a peer and supervisor detailing performance.</li> <li>• Observation of safe participation and demonstration of basic cycling skills</li> <li>• Seek advice and feedback from others to improve skills and ensure safety of self and group</li> <li>• Evaluate and reflect on own performance to identify strengths, weaknesses and areas that need improvement</li> </ul> <p>You should rate yourself for each of the following areas using the 6-point rating scale below. Also ask a peer who also participated in your instructional session to rate your performance in these areas as well. A supervisor should also rate you as well. You should discuss areas where you need to improve.</p>											
1. Unsure		2. Poor		3. OK		4. Good		5. Very good		6. Not applicable	
Rate how well the candidate can:								Date:	Date:	Date:	
								Self	Peer	Guide/ Supervisor	
<b>Select a bike for cycle touring</b> <ul style="list-style-type: none"> <li>• Identify <i>sources</i> of information about bike selection</li> <li>• Identify <i>bike options</i> and justify <i>reasons for selecting</i> one bike over another</li> <li>• Select a bike, ensuring that it meets the <i>needs, size and proportions</i> of the rider</li> </ul>											
<b>Select equipment.</b> <ul style="list-style-type: none"> <li>• Select clothing for the activity ensuring it is adequate for all expected weather conditions</li> <li>• Select <i>safety equipment</i></li> <li>• Assemble and carry an in-field repair kit for the activity location</li> <li>• Prepare equipment, where required, for safe transportation to activity location</li> </ul>											
<b>Set up and maintain a bike for cycle touring.</b> <ul style="list-style-type: none"> <li>• Clean bike to prevent damage</li> <li>• Identify cycling <i>tools and spare parts</i></li> <li>• Check and adjust bike parts to ensure functioning and safety</li> <li>• Identify <i>bike parts</i> requiring lubrication, and apply lubrication</li> <li>• Fix a broken chain</li> <li>• Replace a cable</li> <li>• Repair a puncture</li> </ul>											
<b>Conduct pre activity checks.</b> <ul style="list-style-type: none"> <li>• Perform routine pre start checks, chain, brakes, gears, wheels, bearings, tyres, accessories</li> <li>• Correct any deficiency and adjust the bicycle so that it is <i>correctly proportioned</i> and safe</li> <li>• Identify <i>items to improve comfort</i></li> <li>• Ensure sufficient fluids are available for the duration of the activity</li> <li>• Identify possible <i>hazards</i> associated with cycling and procedures to minimise <i>risks</i></li> </ul>											
<b>Apply cycling skills.</b> <ul style="list-style-type: none"> <li>• Adopt appropriate posture and balance when riding to achieve efficiency and comfort</li> <li>• Modify <i>technique</i> to account for changes in <i>terrain</i> and apply weight transfer on corners</li> <li>• Apply smooth and timely gear changes across different terrain features</li> <li>• Demonstrate recommended braking techniques for sealed surfaces and off road conditions</li> <li>• Identify and negotiate <i>obstacles</i></li> <li>• Apply group / bunch riding techniques and take <i>measures</i> to guard personal &amp; <i>group safety</i></li> <li>• Demonstrate <i>methods</i> to communicate with motorists and other cyclists</li> </ul>											
<b>Evaluate the cycling activity.</b> <ul style="list-style-type: none"> <li>• Evaluate <i>relevant aspects</i> of the cycling activity</li> <li>• Identify <i>improvements</i> for future rides</li> </ul>											
<b>Areas that need improvement:</b>											
<b>VERIFICATION DETAILS</b>											
				Name		Signature		Phone contact details			
<b>Peer</b>											
<b>Guide/Supervisor</b>											

**Assessment 5: Observation checklist (summative): Demonstrate basic cycling skills**

My NAME is: \_\_\_\_\_

Based on my observations and verified information the candidate demonstrated	Supervisor's comments	Not satisfactory	Satisfactory
<b>Select a bike for cycle touring</b> <ul style="list-style-type: none"> <li>Identify sources of information about bike selection</li> <li>Identify bike options and justify reasons for selecting one bike over another</li> <li>Select a bike, ensuring that it meets the needs, size and proportions of the rider</li> </ul>			
<b>Select equipment.</b> <ul style="list-style-type: none"> <li>Select clothing for the activity ensuring it is adequate for all expected weather conditions</li> <li>Select safety equipment</li> <li>Assemble and carry an in-field repair kit for the activity location</li> <li>Prepare equipment, where required, for safe transportation to activity location</li> </ul>			
<b>Set up and maintain a bike for cycle touring.</b> <ul style="list-style-type: none"> <li>Clean bike to prevent damage</li> <li>Identify cycling tools and spare parts</li> <li>Check and adjust bike parts to ensure functioning and safety</li> <li>Identify bike parts requiring lubrication, and apply lubrication</li> <li>Fix a broken chain</li> <li>Replace a cable</li> <li>Repair a puncture</li> </ul>			
<b>Conduct pre activity checks.</b> <ul style="list-style-type: none"> <li>Perform routine pre start checks, chain, brakes, gears, wheels, bearings, tyres, accessories</li> <li>Correct any deficiency and adjust the bicycle so that it is correctly proportioned and safe</li> <li>Identify items to improve comfort</li> <li>Ensure sufficient fluids are available for the duration of the activity</li> <li>Identify possible hazards associated with cycling and procedures to minimise risks</li> </ul>			
<b>Apply cycling skills.</b> <ul style="list-style-type: none"> <li>Adopt appropriate posture and balance when riding to achieve efficiency and comfort</li> <li>Modify technique to account for changes in terrain and apply weight transfer on corners</li> <li>Apply smooth and timely gear changes across different terrain features</li> <li>Demonstrate braking techniques for sealed surfaces and off road conditions</li> <li>Identify and negotiate obstacles</li> <li>Apply group / bunch riding techniques &amp; take measures to guard personal &amp; group safety</li> <li>Demonstrate methods to communicate with motorists and other cyclists</li> </ul>			
<b>Evaluate the cycling activity.</b> <ul style="list-style-type: none"> <li>Evaluate relevant aspects of the cycling activity</li> <li>Identify improvements for future rides</li> </ul>			
<b>Areas that need improvement:</b>       			
The candidate demonstrated basic cycling skills and is considered to be satisfactory			
<b>Supervisor's Name:</b> ..... <b>Signature:</b> ..... <b>Date:</b> .....			

**Assessment 6: Evaluation checklist (summative): Demonstrate basic off-road cycling skills**  
 Completed by SELF, PEER and GUIDE/SUPERVISOR

My NAME is:

- Third-party reports from a peer and supervisor detailing performance.
  - Observation of safe participation and demonstration of basic off-road cycling skills
  - Seek advice and feedback from others to improve skills and ensure safety of self and group
  - Evaluate and reflect on own performance to identify strengths, weaknesses and areas that need improvement
- You should rate yourself for each of the following areas using the 6-point rating scale below. Also ask a peer who also participated in your instructional session to rate your performance in these areas as well. A supervisor should also rate you as well. You should discuss areas where you need to improve.

7. Unsure	8. Poor	9. OK	10. Good	11. Very good	12. Not applicable
-----------	---------	-------	----------	---------------	--------------------

Rate how well the candidate can:	Date:	Date:	Date:
	Self	Peer	Guide/Supervisor
<b>Plan for the off-road ride</b> <ul style="list-style-type: none"> <li>• Identify <i>food and water requirements</i> according ride duration and what is able to be carried on a cyclist</li> <li>• Select routes that minimise damage to the environment</li> <li>• Identify potential <i>hazards</i> and <i>obstacles</i> associated with off-road cycling and procedures to minimise <i>risks</i></li> </ul>			
<b>Select and check equipment</b> <ul style="list-style-type: none"> <li>• Select and set up a <i>bicycle</i> ensuring it is <i>correctly proportioned</i> according to rider and <i>terrain</i> requirements</li> <li>• Select off-road cycling <i>equipment</i> and protective clothing and footwear according to expected weather conditions</li> <li>• Use <i>spares and tools</i> to perform routine checks and maintenance on the bicycle</li> <li>• Identify <i>comfort items</i> to improve ride</li> <li>• <i>Load</i> an off-road bicycle on to a vehicle</li> </ul>			
<b>Apply basic off-road cycling skills</b> <ul style="list-style-type: none"> <li>• Adopt a comfortable cadence for the terrain encountered to enable safe and efficient <i>riding skills</i></li> <li>• Maintain a straight line when riding on straight gravel roads</li> <li>• Adopt correct posture for descents, uphill riding and bumps, potholes, ruts, rocks, logs, man-made objects</li> <li>• Navigate route and apply efficient <i>cornering techniques</i></li> <li>• Adjust tyre pressure according to the terrain</li> <li>• Survey track to identify and negotiate hazards and obstacles, minimise risks and take measures to guard personal and group safety</li> <li>• Conduct routine and non-routine bicycle <i>maintenance</i> checks and repairs</li> </ul>			
<b>Evaluate the cycling activity</b> <ul style="list-style-type: none"> <li>• Evaluate <i>relevant aspects</i> of the off-road cycling activity</li> <li>• Identify improvements for future off-road cycling activities</li> </ul>			

**Areas that need improvement:**

**VERIFICATION DETAILS**

	Name	Signature	Phone contact details
<b>Peer</b>			
<b>Guide/Supervisor</b>			

**Assessment 7: Observation checklist (summative): Demonstrate basic off-road cycling skills**

My NAME is: \_\_\_\_\_

Based on my observations and verified information the candidate demonstrated	Supervisor's comments	Not satisfactory	Satisfactory
<b>Plan for the off-road ride</b> <ul style="list-style-type: none"> <li>Identify <i>food and water requirements</i> according ride duration and what is able to be carried on a cyclist</li> <li>Select routes that minimise damage to the environment</li> <li>Identify potential <i>hazards</i> and <i>obstacles</i> associated with off-road cycling and procedures to minimise <i>risks</i></li> </ul>			
<b>Select and check equipment</b> <ul style="list-style-type: none"> <li>Select and set up a <i>bicycle</i> ensuring it is <i>correctly proportioned</i> according to rider and <i>terrain</i> requirements</li> <li>Select off-road cycling <i>equipment</i> and protective clothing and footwear according to expected weather conditions</li> <li>Use <i>spares and tools</i> to perform routine checks and maintenance on the bicycle</li> <li>Identify <i>comfort items</i> to improve ride</li> <li><b>Load</b> an off-road bicycle on to a vehicle</li> </ul>			
<b>Apply basic off-road cycling skills</b> <ul style="list-style-type: none"> <li>Adopt a comfortable cadence for the terrain encountered to enable safe and efficient <i>riding skills</i></li> <li>Maintain a straight line when riding on straight gravel roads</li> <li>Adopt correct posture for descents, uphill riding and bumps, potholes, ruts, rocks, logs, man-made objects</li> <li>Navigate route and apply efficient <i>cornering techniques</i></li> <li>Adjust tyre pressure according to the terrain</li> <li>Survey track to identify and negotiate hazards and obstacles, minimise risks and take measures to guard personal and group safety</li> <li>Conduct routine and non-routine bicycle <i>maintenance</i> checks and repairs</li> </ul>			
<b>Evaluate the cycling activity</b> <ul style="list-style-type: none"> <li>Evaluate <i>relevant aspects</i> of the off-road cycling activity</li> <li>Identify improvements for future off-road cycling activities</li> </ul>			
<b>Areas that need improvement:</b>   			
The candidate demonstrated basic off-road cycling skills and is considered to be satisfactory			
<b>Supervisor's Name:</b> ..... <b>Signature:</b> ..... <b>Date:</b> .....			

My NAME is: \_\_\_\_\_

**Assessment 8: Logbook**

Candidates must either:

- Have an existing mountain biking activity log book, or
- Start their mountain biking activity log book with details of completed rides during the course.

Logbook has been sighted and provides satisfactory evidence of mountain biking skills on multiple occasions.

Supervisor's Name: ..... Signature: ..... Date: .....

**Sample mountain biking activity log book:**

Name: .....		Activity Log			Skill: Mountain biking			
Date	Activity & Location	Route information, grid references, track details, etc.	Distance	Time Riding	Comments, including weather conditions	Participants: including Section, No of adults & youth	My Role	Name of Activity Leader/ team leader & contact details