

## **Mountain Bike Leader**



Photo: Sam Richardson

## **Scope and Syllabus**

With the support of:



# NZOIA™ Mountain Bike Leader

## Scope

### Mountain Bike Leader Profile

The NZOIA Mountain Bike Leader is able to:

- Demonstrate personal mountain bike skills on \*MTBNZ Grade 3 (Intermediate) trails
- Plan and prepare introductory mountain bike experiences
- Instruct groups in the mountain bike skills required for a positive introductory experience
- Lead and manage groups mountain biking on tracks up to and including \*MTBNZ Grade 2 (Easy) trails
- Demonstrate effective safety management
- Obtain weather forecasts and apply weather interpretation skills
- Role model and promote accepted environmental practices

The NZOIA Mountain Bike Leader can work independently without direct supervision. Leaders are qualified to operate within an activity specific risk management plan. The qualification does not define the skill set required to write or approve such a plan.

This is a foundation qualification and provides a stepping stone towards NZOIA Mountain Bike 1.

### Scope

The NZOIA Mountain Bike Leader can lead mountain bike trips where the following environmental conditions apply:

- Trails up to and including MTBNZ Grade 2 (Easy)
- Within daylight hours

Multi-day or overnight trips would use serviced and staffed accommodation or campgrounds, with road access and reliable telecommunications e.g. Central Otago Rail Trail.

\*Find the [MTBNZ Grading System](#) on the Department of Conservation website.

The following are examples of environments that could be within the scope of the NZOIA Mountain Bike Leader depending on the characteristics of the group, weather conditions and equipment:

#### **North Island**

- Waikato River Trail – Taupo: Spa Park to Aratiatia
- Rimutaka Rail Trail: Maymorn Station to Cross Creek

## South Island

- Kaiteriteri MTB Park: Easy Rider-Cruise Control-Glade Runner-Revelation
- Roxburgh Gorge Trail

The following are examples of environments that would be outside the scope of the NZOIA Mountain Biking Leader:

- Overnight trips using Backcountry Huts or backcountry camping e.g. the Heaphy track, Old Ghost Road
- Using fabricated structures and jumps in Mt. Biking parks. Use of pump tracks would be considered within scope

## Prerequisites

Be a current Registered Member or working under an Affiliated Membership of NZOIA

Be 18 years old or over

Hold a current First Aid Certificate

Have the following experience as evidence in a logbook:

**Total experience** – at least 30 hours of riding on trails up to and including MTBNZ Grade 3

**Personal experience** – at least 20 hours experience mountain biking including at least 10 hours on Grade 3 trails.

**Instructional experience** – at least 10 hours experience as a co-leader or assistant leader

The prerequisite experience requirements are minimums, extra days are recommended so that a broad range of experience is gained.

## Registration and Revalidation

Registration and revalidation with NZOIA provide proof of currency for NZOIA qualification holders.

### **Progressing to Mountain Bike 1**

As the NZOIA Mountain Bike Leader gains more experience they may progress towards gaining the NZOIA Mountain Bike 1 qualification. The steps they would follow include:

- Gaining the experience outlined in the NZOIA Mountain Bike 1 prerequisites
- Attending an NZOIA Mountain Bike 1 training course
- Working with a NZOIA Mountain Bike 1 or 2 holder

# Syllabus

## Assessment Notes

The syllabus outlines what the content of the assessment will include and gives an idea of what assessment tasks the candidate will be asked to complete. All judgements on how the candidate meets the syllabus must be based on current good practice and industry standards.

Assessors can use three types of direct evidence to judge a candidate's competency:

- Workbook answers
- Observation of practical tasks
- Questioning and discussion

## Technical Competence

### **1. Demonstrate knowledge, care and appropriate use of mountain bike equipment and clothing**

The candidate will:

- 1.1** Use equipment that is in good condition and is well maintained
- 1.2** Choose clothing and footwear that is appropriate for the location, season, and weather and demonstrate an understanding of the principles of layering
- 1.3** Demonstrate how to pack personal and group equipment for a day ride
- 1.4** For any equipment used demonstrate and/or describe; the properties, common use, advantages, limitations, minimisation of wear, damage checking and storage
- 1.5** Demonstrate use of communications devices appropriate for the location and describe the advantages and limitations of communications devices commonly used in New Zealand
- 1.6** Demonstrate knowledge of different types of bikes, frames, suspension and their uses

### **2. Demonstrate mountain bike care, maintenance and repairs**

The candidate will demonstrate and/or discuss how to do the following repairs in the field:

- 2.1** Rim Brake adjustment and pad replacement
- 2.2** Disk brake adjustment and pad replacement
- 2.3** Gear adjustment
- 2.4** Wheel alignment (with a spoke key and/or force)
- 2.5** Tube and tyre (must include puncture repair)
- 2.6** Chain repairs
- 2.7** Headset adjustment
- 2.8** Handlebar alignment

### **3. Demonstrate personal mountain bike skills on MTBNZ Grade 3 trails**

The candidate will demonstrate the following on Grade 3 trails:

- 3.1** Consideration of other riders and users of the area
- 3.2** Selection of suitable gears for the terrain
- 3.3** Stable body position and good technique
- 3.4** Good riding lines
- 3.5** Braking and cornering
- 3.6** Safe and efficient ascending and descending

### **4. Demonstrate navigation skills**

The candidate will demonstrate:

- 4.1** Navigate on marked mountain bike trail using a map appropriate for the area
- 4.2** Orientate a map to ground using features only
- 4.3** Use natural features to determine position on a map

## **The Environment**

### **5. Obtain a weather forecast and apply weather interpretation skills**

The candidate will:

- 5.1** Obtain a relevant weather forecast for the planned ride and provide a verbal summary of the forecast
- 5.2** Describe the implications of the weather forecast for the planned ride and make decisions about the ride based on the forecast
- 5.3** Observe any changes to the weather and modify the ride if necessary
- 5.4** Compare the forecast to the conditions

### **6. Role model and promote accepted environmental practices**

The candidate will:

- 6.1** Role model and promote the Mountain Bikers Code
- 6.2** Role model and promote the principles of Leave No Trace
- 6.3** Operate within the principles of kaitiakitanga and identify any examples in accordance with the tikanga and kawa of local iwi or hapu

## **Group Management and Leadership**

### **7. Lead and manage a group mountain biking**

The candidate will be responsible for a group of clients during mountain biking for a minimum of one hour and demonstrate:

- 7.1 Pre-ride bike and equipment checks (wheel condition, tyre condition & pressure, brake condition and set up, steering, gears, drive chain, general frame condition)
- 7.2 Preparing and briefing the group including setting ground rules, roles and responsibilities
- 7.3 Managing time appropriately in relation to the activity/ride plan and conditions
- 7.4 Coaching, encouraging, motivating clients to ensure they are interested, engaged and have a fun and positive experience
- 7.5 Effective management of the group including pacing, monitoring and managing clients riding behaviour, speed control rest stops, keeping the group together and a system for accounting for everyone
- 7.6 Managing and monitoring clients nutritional and hydration needs
- 7.7 Establishing rapport with clients and an awareness of the emotional, cultural and other needs of the group

## **8. Demonstrate effective safety management**

The candidate will:

- 8.1 Leave intentions information with an appropriate group/organisation/person
- 8.2 Demonstrate an awareness of the risks and appropriate risk management strategies for a given mountain bike area
- 8.3 Select a suitable venue/ride/track and demonstrate an awareness of any location specific hazards
- 8.4 Have a first aid kit and be able to deal with first aid situations as required
- 8.5 Manage any sections of on road travel appropriately
- 8.6 Never compromise their personal safety or the safety of their clients
- 8.7 Demonstrate safe practices and good judgement and decision making within the scope of this qualification
- 8.8 Describe how they would manage a crisis with reference to the operations risk management plan

## **Instruction**

### **9. Plan and prepare an introductory mountain bike experience**

Using the information from the organisations safety management system the candidate will present a written activity plan containing the following:

- 9.1 A clearly defined purpose and session appropriate for the group
- 9.2 A logical sequence of progressions and activities
- 9.3 The riding location including any consent, cultural or access issues
- 9.4 A conservation plan to minimise human impact
- 9.5 Clothing and equipment list for both individuals and the group (including emergency equipment)
- 9.6 A weather forecast and the implications for the proposed trip
- 9.7 Risk and hazard identification and management
- 9.8 Emergency contact and procedures
- 9.9 Contingency plan
- 9.10 Intentions form

**10. Instruct a group in the mountain bike skills required for a positive introductory experience**

The candidate will provide clients with effective instruction in the following skills:

- 10.1** Correct bike setup and fitting and use of equipment
- 10.2** Choosing clothing, footwear and equipment appropriate for the session/ride
- 10.3** Mountain biking as part of a group including safe riding behaviour and what to do if lost or separated from the group
- 10.4** Effective use of gears
- 10.5** Safe and efficient braking technique
- 10.6** Stable riding position and good technique
- 10.7** Nutritional and hydration needs
- 10.8** Interpretation about environmental and cultural history as appropriate

**11. Evaluate a mountain bike skill and trail riding session**

- 11.1** Gather feedback from a variety of sources e.g. model clients, candidates, Assessors, and self-assessment
- 11.2** Reflect on feedback and identify actions for improvement or continuation