



## **Mountain Bike 2**

## **Scope and Syllabus**

With the support of:



# NZOIA™ Mountain Bike 2

## Scope

### Mountain Bike 2 Profile

The NZOIA Mountain Bike 2 is able to:

- Demonstrate personal mountain bike skills on \*MTBNZ Grade 5 (Expert) trails
- Demonstrate advanced mountain bike manoeuvres/techniques
- Role model and promote accepted environmental practices
- Lead and manage groups mountain biking
- Apply effective safety management
- Teach intermediate and advanced mountain bike skills
- Teach intermediate and advanced trail riding skills

### Scope

The holder of this qualification can organise, instruct and guide mountain bike trips and mountain bike skills sessions on trails up to and including MTBNZ Grade 5.

\*The [MTBNZ Grading System](#) can be found on the Department of Conservation website

### Prerequisites

Be a current Registered Member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

Hold a current NZOIA Mountain Bike 1 qualification. Refer to NZOIA's policy for exemptions

Have the following experience as evidence in a logbook:

**Total experience** - at least 160 hours mountain biking including;

**Personal riding experience** - at least 80 hours of personal mountain biking

**Instruction/guiding experience** - at least 40 hours instructing, leading or guiding groups on tracks graded MTBNZ 3 or above

The prerequisite experience requirements are minimums, extra days are recommended so that a broad range of experience is gained. Experience will include co-instructing/guiding or working as an assistant instructor/guide.

### Registration and Revalidation

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

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

- Written questions/assignment
- Questioning and discussion
- Observation of practical tasks

## Technical Competence

### **1. Demonstrate an understanding of the development of mountain biking as a sport including current developments and trends**

The candidate will have an understanding and awareness of:

- 1.1** Competitive mountain bike events in New Zealand
- 1.2** The variety of types of mountain biking currently undertaken in New Zealand e.g. enduro, downhill, freeride, cross country, dirt jumping
- 1.3** The different learning resources available for MTB instruction/techniques

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

The candidate will demonstrate and/or discuss how to do the following repairs or bike maintenance:

- 2.1** Suspension set up and adjustment
- 2.2** Adjustment of disc brakes including; brake barrel adjustment and replacement of brake pads
- 2.3** Straightening a bent disc rotor
- 2.4** Adjustment of gears/gear indexing and replacing a broken shifter cable
- 2.5** Repair a broken chain
- 2.6** Repair a puncture and replace an inner tube
- 2.7** Knowledge of appropriate tyre pressures
- 2.8** Spoke repair and basic wheel truing
- 2.9** Adjusting a headset
- 2.10** Improvised emergency repairs and adjustments as required

### **3. Demonstrate personal mountain bike skills on MTBNZ Grade 4 and 5 trails**

The candidate will demonstrate controlled mountain biking on Grade 5 trails

The candidate will demonstrate the following role model mountain bike skills (i.e. making good visual images suitable for clients to learn from) on Grade 4 trails\*:

- 3.1** Climbing and descending on technical terrain including; body position and balance, and understanding why these are important
- 3.2** Cornering on flat, off-camber & banked corners (berms)
- 3.3** Switchbacks; slow, tight turns
- 3.4** Trail scanning
- 3.5** Maintaining a chosen line on technical (rooty/ rocky/ uneven) terrain
- 3.6** Braking without skidding on loose terrain
- 3.7** Bike – body separation
- 3.8** Efficient cadence and effective use of gears
- 3.9** Rolling small jumps and drops e.g. trail features including but not limited to table-top jumps and drop offs
- 3.10** Standing front and rear wheel lifts (bunny hops)
- 3.11** Seated front wheel lift using pedal stroke (basic wheelie)

\* Some skills may also be required to be demonstrated on easier terrain as part of the assessment of a candidates personal riding skills

### **4. Demonstrate advanced mountain bike skills and manoeuvres**

The candidate will demonstrate a range of advanced mountain bike skills and manoeuvres, including, but not limited to:

- 4.1** High speed cornering in flat, off-camber & banked corners (berms)
- 4.2** Manuals, wheelies, bunny hops, short nose wheelies
- 4.3** Small to medium table-top jumps and drop-offs of up to 1.5m using a variety of techniques
- 4.4** Use of passive and active weighting to increase performance, traction and speed
- 4.5** Dynamic riding including body position, balance, rotation and bike – body separation to refine control, line change/hold, maneuverability, cornering and performance

### **5. Role model and promote accepted environmental practices and demonstrate knowledge of a given mountain bike area**

The candidate will:

- 5.1** Demonstrate and/or describe the responsibilities to land owners and other users, including access protocols
- 5.2** Role model principles of kaitiakitanga, including awareness of and respect for, the tikanga and kawa of local iwi and hapu
- 5.3** Demonstrate knowledge about clubs, organisations and trail building in the area

- 5.4 Role model and promote the Mountain Bikers Code
- 5.5 Role model and promote the principles of Leave No Trace

## **Group Management and Leadership**

### **6. Lead and manage a group on a mountain bike ride**

The candidate will demonstrate the following, with a group on MTBNZ Grade 4 and/or Grade 5 trails:

- 6.1 Pre-ride assessment of riders and selecting appropriate trail(s)
- 6.2 Pre-ride bike set up, checks and adjustments including suspension adjustment
- 6.3 Pre-ride equipment checks
- 6.4 Preparing and briefing the group including; setting ground rules, roles and responsibilities, disclosure of any relevant medical conditions, what to do if the instructor/guide becomes incapacitated
- 6.5 Managing time appropriately in relation to the activity/ride plan and conditions
- 6.6 Effective management of a group including pacing, monitoring and managing client riding behaviour, speed control, riding communication system, keeping the group together and a system for accounting for everyone
- 6.7 Effective management of other instructors/guides
- 6.8 Managing and monitoring clients' physical and emotional wellbeing including their nutritional and hydration needs
- 6.9 Establishing rapport and using a leadership style appropriate to the group
- 6.10 Organise and motivate a group/individuals on a mountain bike ride

### **7. Apply effective safety management**

The candidate will demonstrate the following:

- 7.1 The ability to access and apply weather information as appropriate for a planned session or trip and observing any changes in clouds, temperature and wind direction to anticipate weather conditions
- 7.2 Have a first aid kit and be able to deal with first aid situations as required
- 7.3 Awareness of the risks and appropriate risk management strategies during a given session and the ability to adjust plans when required
- 7.4 Good judgement of clients ability and how best to progress their skills
- 7.5 Safe practices and good judgement and decision making within the scope of this qualification

## **Instruction**

### **8. Teach intermediate and advanced mountain bike skills**

The candidate will teach a mountain bike skills session, including:

- 8.1 Selecting a suitable training site
- 8.2 Preparing and delivering a safe, well managed and positive learning experience

- 8.3** Demonstrating the ability to teach a range of intermediate and advanced mountain bike skills. The range may include but is not limited to; high speed cornering, jumps, drops, manuals, wheelies, pumping, body position/balance/rotation and bike – body separation
- 8.4** Fine tuning and individual coaching to enable clients to increase their skill level
- 8.5** Demonstrating a logical sequence of teaching progressions, clear demonstrations and explanations

## **9. Selecting a suitable training site/ride**

The candidate will teach intermediate and advanced trail riding skills on an MTBNZ Grade 4 trail section, including:

- 9.1** Preparing and delivering a safe, well managed and positive learning experience
- 9.2** Identifying trail features and hazards and how to use and/or avoid them
- 9.3** Riding steep sections of trail
- 9.4** Trail riding strategies, including choosing safe and efficient lines