



National
Outdoor
Leaders
Registration
Scheme

Mountain Biking

REGISTRATION LEVELS AND ASSESSMENT REQUIREMENTS

NOLRS VERSION 2.2

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Outdoor Council of Australia

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Introduction

This document contains information on the minimum skills required to achieve Registration within the National Outdoor Leader Registration Scheme (NOLRS) at specific levels within the activity of Mountain Biking

Additional documents are available at www.outdoorcouncil.asn.au that provide information about the Scheme and the registration process include:

- *NOLRS Registration Guide* - information about the registration requirements and process
- *NOLRS Re-registration Guide* - information about the re-registration requirements and process
- *Application for Registration*
- *Application for Subsequent Registration*
- *Application for Re-registration*
- *NOLRS Partnered Assessment Providers* - a guide for organisations that conduct assessment of outdoor leaders, detailing how to have their course outcomes recognised as equivalent to the skill and knowledge requirements of the NOLRS

What is Mountain Biking?

Mountain biking is riding a bicycle on an un-sealed surface. The term “mountain biking” is used interchangeably with “off-road cycling” within this document.

Mountain Biking Registration Levels and Description

Mountain Biking registration levels apply to leaders who conduct cycling activities on unsealed surfaces. This includes dirt roads, fire trails and bike tracks. The surfaces may range from undulating, firm, clear, dirt tracks through to overgrown rocky, rutted, loose surfaces that include poorly drained sections and/or steep climbs and descents.

The following registration levels are available within the NOLRS within the activity of Mountain Biking:

- Mountain Bike Guide (Easy to Intermediate Terrain)
- Mountain Bike Guide (Intermediate to Difficult Terrain)
- Mountain Bike Instructor (Intermediate to Difficult Terrain)

Mountain Bike Guide (Easy to Intermediate Terrain)

A person designated as a Mountain Bike Guide (Easy to Intermediate Terrain) 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 (Easy to Intermediate Terrain) 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 (eg. with "at risk" clients, overnight tours).

Mountain Bike Guide (Intermediate to Difficult Terrain)

A person designated as an Mountain Bike Guide (Intermediate to Difficult Terrain) 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 to Difficult Terrain) 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.

Mountain Bike Instructor (Intermediate to Difficult Terrain)

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 to Difficult Terrain) 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 (Easy to Intermediate Terrain)
- Mountain Bike Guide (Intermediate to Difficult Terrain)
- Mountain Bike Instructor (Intermediate to Difficult Terrain)

Mountain Biking Skill, Knowledge and Experience Requirements

Mountain Bike Guide (Easy to Intermediate Terrain):

Critical aspects of a Mountain Bike Guide's (Easy to Intermediate Terrain) skills, knowledge and experience to conduct day tours include:

- Ability to identify, and plan for, basic requirements of a day cycle tour (ie. equipment, food, water, clothing)
- Ability to respond to emergency situations relevant to a day cycle tour off-road
- Facilitation of a group including conflict resolution strategies
- Knowledge of, and compliance with, relevant Occupational Health and Safety requirements.
- Ability to follow workplace procedures for hazard identification and risk control and apply risk analysis principles in a cycle touring context
- Knowledge of, and compliance with, relevant laws and legal requirements
- Knowledge of environmental impact issues and minimal impact procedures and an understanding of their application to an off-road cycle touring activity
- Ability to apply and interpret weather information relevant to a cycle touring activity
- Knowledge of off-road cycle touring equipment (advantages, disadvantages and limitations of bicycle design, Australian and international standards applied to safety equipment, manufacturer's recommended use and accepted industry best practice or recommendations)
- Ability to maintain client's physical and emotional safety during an off-road cycle tour and select cycling equipment (from a limited range provided) appropriate to the situation and clients
- Knowledge and skills required to ride, and guide groups riding, off-road bicycles in cycling activities on gravel roads and single tracks with Easy to Intermediate Terrain, ensuring bicycle control over moderate inclines in a range of weather, obstacle and terrain conditions, maintaining correct position to avoid collision and maintain group cohesion
- Ability to maintain efficient riding posture, pedal cadence, gear selection, weight transfer and balance over varying conditions and equipment loads
- Knowledge of rider etiquette to other cyclists, vehicles and pedestrians
- Ability to conduct pre-trip checks and necessary maintenance including ensuring correctly proportioned frame size, adjustments to brakes, gears, seats, wheel alignment, wheel bearings, handlebars and load carrying equipment
- Ability to replace cables, chain, tyres/tubes and bottom brackets in the course of a cycle tour using tools and spare parts specific to cycle touring
- Knowledge of storage and maintenance requirements relevant to off-road cycle touring equipment
- Ability to assess clients' ability and set appropriate group objectives, brief clients and establish effective communication methods appropriate to the route, participants and terrain
- Ability to complete post-trip reports and maintenance in accordance with organisational policy's and procedures
- Ability to interpret road maps and navigate pre-determined routes on formed and unformed roads and tracks and identify alternative route in case of emergency situations
- Ability to navigate in tracked or easy untracked areas (ie. on Class 4 tracks), demonstrating the ability to identify emergency or contingency escape routes, follow a route demonstrating use of navigation aids, identify current location, and apply techniques for estimating the distance travelled.

An applicant seeking registration must have verifiable evidence of guiding a minimum of three (3) mountain biking sessions of up to a day's duration with different client groups in the past twelve (12) months.

Newly trained outdoor leaders require verifiable evidence of a guiding a minimum of six (6) mountain biking sessions of up to a day's duration.

Mountain Bike Guide (Intermediate to Difficult Terrain)

Critical aspects of an Mountain Bike Guide's (Intermediate to Difficult Terrain) skills, knowledge and experience include the critical aspects for a Mountain Bike Guide's (Easy to Intermediate Terrain) skills, knowledge and experience **PLUS:**

- Knowledge and skills required to ride, and guide groups riding, off-road bicycles in cycling activities on un-maintained gravel roads/tracks and rough single tracks with Intermediate to Difficult Terrain, in a smooth, safe and energy efficient manner that is modified to take account of changes in terrain and conditions.
- Knowledge and skills to cope with difficult situations such as off-road traffic, water obstacles, inclement weather, vegetation and hazardous surface conditions
- Use of map and compass and the ability to bypass obstacles and estimate distance in difficult and trackless areas (ie on AS Class 5 tracks)
- Knowledge of various navigation techniques and ability to apply these techniques to maintain a course in poor weather conditions and/or visibility in an area defined as difficult or trackless (ie. on Class 5 tracks) over a range of seasons
- Ability to apply varying navigation skills and techniques to different locations/types of location with different hazards, obstacles and topographic features
- Demonstration of suitable combinations of technique to fix position and identify unknown features when lost
- Ability to coordinate an emergency response
- Ability to provide leadership to groups and communicate decisions relating to the activity where appropriate
- A knowledge of, and ability to apply, effective risk management strategies in an off-road cycle touring context

An applicant seeking registration must have verifiable evidence of guiding a minimum of three (3) mountain biking sessions on Intermediate to Difficult Terrain of up to a day's duration with different client groups in the past twelve (12) months.

Newly trained outdoor leaders require verifiable evidence of a guiding a minimum of six (6) mountain biking sessions on Intermediate to Difficult Terrain of up to a day's duration.

Mountain Bike Instructor (Intermediate to Difficult Terrain)

Critical Aspects of an Mountain Bike Instructor's (Intermediate to Difficult Terrain) skills and knowledge include aspects of an Mountain Bike Guide's (Intermediate to Difficult Terrain) skills, knowledge and experience **PLUS:**

- Ability to plan and conduct instructional sessions in a suitable location with a sequence appropriate to the clients' existing level of skill and desired outcomes, to access and utilise resources appropriate to the session to aid the acquisition of skills.
- Ability to communicate clearly to clients the aims, expectations, limitations, equipment use and safety measures required during the instructional session.
- Ability to apply teaching techniques appropriate to the learners' needs and abilities (including demonstration, verbal instruction, practise sessions and further instruction where necessary) and to use strategies to check skill acquisition during the session and prior to assessment.

- Knowledge of the requirements of an instructor in potentially complex and challenging off-road cycle touring situations
- Ability to introduce and conclude the learning sessions appropriately through the use of warm-up, cool down, icebreakers also self, peer and instructor assessment activities to ensure skill acquisition.
- Ability to teach by demonstration/practice and theory off-road riding skills. (Appropriate to required learning outcomes – at participation, guide or instructor level)
- *Knowledge and skills including:*
- Minimal impact code to ensure protection of environment
- Fluid and nutritional requirements in order to maintain health during activity
- Planning in order to calculate food, water, clothing and equipment requirements for day cycle tours
- First aid, emergency response and rescue procedures appropriate to off-road cycling in various locations
- Principles of clothing selection, eg. layering effect and other factors affecting appropriate selection
- Sources of weather information, how to interpret weather information and the potential effect for off-road cycling
- Advantages and disadvantages of different equipment and factors affecting appropriate selection for the anticipated trail and weather conditions
- Packing and waterproofing techniques in order to protect personal and group equipment
- Cycling techniques including posture to avoid injury, maintenance of pedal cadence, adapting technique to allow for changes in terrain and gradient and efficient use of gears across varying terrain and gradient. Also shifting of weight during ascent, descent, steering and braking. Pedalling out of the saddle, maintaining balance whilst riding over bumps and potholes.
- Potential hazards that may be encountered whilst cycling off-road (general and location specific) in order to undertake appropriate risk management
- Permit requirements and restrictions on group size.
- Map reading and route planning, distance estimation and selection of emergency evacuation routes
- Awareness of personal actions affecting safety of self, others in the group and other cyclists and road users including safe group riding techniques
- Maintenance of equipment before, during and after the activity to ensure prolonged life. Including pre-trip checks for correctly proportioned frame size, adjustments to brakes, gears, seats, wheel alignment, wheel bearings, handlebars and load carrying equipment
- Replacement of cables, chain, tyres/tubes and bottom brackets in the course of a cycle tour using tools and spare parts specific to cycle touring

An applicant seeking registration must have verifiable evidence of instructing cycle touring skills to a minimum of three (3) different client groups in the past twelve (12) months.

Newly trained outdoor leaders require verifiable evidence of instructing off-road cycle touring skills to different client groups in a minimum of six (6) different sessions.