



Outdoor Recreation - Short Course **Guide Mountain Biking**

Pre-Requisites Skills and/or Qualifications

The course is targeted at experienced mountain bike guides who would like to formalise their skills to become a nationally recognised guide or instructor.

Students will enrol in course 18259 Certificate III in Outdoor Recreation.

All training and assessment will be undertaken in the Blue Mountains and Southern Highlands over three weekends in May 2010.

Units

The national units of competence from the Certificate III in Outdoor Recreation Training Package covered in this course are:

Sub Group 22 Guide Mountain Biking*

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|------------|---|
| SROCYT001A | Select, set up and maintain a bike |
| SROCYT002A | Demonstrate basic cycling skills |
| SROMBK001A | Demonstrate basic off-road cycling skills |
| SROMBK002A | Apply advanced off-road cycling skills |
| SROMBK003A | Guide off-road cycle tours |

Dates

Saturday 1 & Sunday 2 May
Saturday 15 & Sunday 16 May
Saturday 29 & Sunday 30 May (Assessment day)

*Based on previous qualifications and experience participants may not be required to undertake all training components. Please contact John Morrell to discuss.

Group Size

There are 7 positions available for this short course, positions are secured via enrolment and payment on a 'first in' basis.

Student Cost

The course cost per student is the 2010 TAFE NSW Certificate III single semester fee of \$343.00 (concessions apply for eligible students).

Teacher Contact Details

John Morrell
Lithgow TAFE College
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Guide Mountain Biking - Short Course Delivery Schedule

May 1 & 2 2010 Teaching:

Saturday Morning Class. Introductions, overview, discuss professionalism - Cycle briefing - Select bikes for cycle touring and off-road - Set up and maintain bikes for cycle touring & off-road riding.

Venue: Lithgow TAFE Block E Room EG4 (John)

Saturday Afternoon Class. Carry out pre-ride maintenance & pre-ride & field maintenance.

Venue: Lithgow TAFE Block E Room EG4 (Cillian and John)

Sunday Morning Class. Conduct pre-activity checks - Cover appropriate equipment for a ride including clothing, tools, comms etc for trips with & without clients - Plan an off-road cycle tour and look at land manager requirements & post-trip responsibilities for private and commercial trips.

Venue: Lithgow TAFE Block E Room EG4 (Note: will travel to Bungleboori early if weather allows.) (John)

Sunday Afternoon Field. Cycle skills in the field - Various cycle briefings - Welfare of groups both private & commercial.

Venue: Bungleboori, Glow Worm Tunnel Road. (John)

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May 15 & 16 2010 Teach and Revise:

Saturday Full Day Field. Practice bike maintenance and repairs pre tour (morning) - Discuss professionalism, code of conduct and environmental issues that relate to MTB - Practice group briefing with emphasis on demonstrating, practicing and instructing cycling skills & safety on the bike during a ride.

Venue: Hanging Rock Road Blackheath. (John and Cillian)

Sunday Full Day Field. Half-day ride demonstrating & practicing safety & off-road skills - Practice briefs - Emphasis on risk management and conducting tour in a professional manner - Practice in-field repairs.

Venue: Narrow Neck Katoomba (John)

| | |
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May 29 2010 REVISE:

Saturday Morning Class. Discuss vehicle support issues & and all equipment requirements. - Practice group briefing with emphasis on demonstrating, practicing and instructing cycling skills & safety on the bike during a ride.

Venue: Meryla State Forest, Southern Highlands. (John)

Saturday Afternoon Field. Lead an off-road cycle tour with an emphasis on briefing, safety, group welfare and professionalism - Finish with appropriate post-trip responsibilities.

Venue: Meryla State Forest, Southern Highlands.

| | |
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May 30 2010 ASSESSMENT

Practical Skills Assessment Day.

Each participant will be assessed over 1.5 hours during which time they are responsible for all elements of leading a group on a guided ride covering elements from:

| | |
|------------|---|
| SROCYT002A | Demonstrate basic cycling skills |
| SROMBK001A | Demonstrate basic off-road cycling skills |
| SROMBK002A | Apply advanced off-road cycling skills |
| SROMBK003A | Guide off-road cycle tours |

Assessment consists of three parts. 1. Ongoing assessment during the course; 2. Written examination; and, 3. Practical skills assessment day.

Ongoing Assessment: This will cover the practical elements of the units:

| | |
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| SROMBK002A | Apply advanced off-road cycling skills |

Written Exam: Questions cover theoretical elements from all units included in the course.

Additional Evidence

Please bring to the first day of training a log of your experience as a mountain bike guide/instructor current for the last three years. The log should cover dates, nature of trip (e.g. day session, cycle tour), client group, venue/location/ride, your role, and any significant events or incidents during the session/trip.

You will also need to provide contact details for a professional referee who will act as a third party to verify your skills and experience as a mountain bike guide. They will be provided with a pro forma to complete on your behalf as part of the evidence.