

NSW Scouts Adventurous Activities

Scoutskills Prior Achievement Recognition & Guide Observation Capture Sheet

Safe & Trained Participant Cycling Off-Road

Many Venturers, Rovers and Leaders have obtained the skills necessary to gain recognition through achievement on either the Youth Program or previous iterations of the Scoutskills framework. This capture sheet provides an avenue to request recognition of those achievements.

Other Leaders may have entered Scouts with significant outdoor experiences. Again, this capture sheet provides an avenue for such a Leader to have their experience recognised through a conversation with, or observation from, an appointed NSW State Adventurous Activity Guide.

Situation	Action	Yes / No
I am a Youth Member who has achieved OAS Stage 5 MTB in the Youth Program, and I have a logbook that has recorded three MTB rides in the past three years.	Export OAS Achievements from Terrain and provide them with your logbook as evidence and request a discussion with a Guide.	
I am an Adult Member who has achieved Level 2 Mountain Biking, and I have a logbook that has recorded three MTB rides on easy trails (fire trails, paths and green trails) in the past three years.	Provide your logbook and request a discussion with a Guide.	
I am an Adult Member or Rover who has previous MTB experience, and I have a logbook that has recorded three MTB rides on easy trails (fire trails, paths and green trails) in the past three years.	Find a Guide and have a conversation about your experience.	
I am an Adult Member who does not have much MTB experience.	Discuss with a Guide the most appropriate way to obtain knowledge and experience.	

Scoutskills for Safe and Trained Participants are awarded by a NSW Adventurous Activity Guide who holds Lead in the area.

The Scoutskills Sessions, which make up the Safe and Trained Participant Off Road Cycling, with their assessment basis, are outlined in the following table which is based on Version 2.5 of of Appendix 3 of the NAAF dated January 2021.

Scoutskills	Unit	Assessment Criteria	Session Name
Safe Participant - Cycling Off Road	SISOCYT001	https://training.gov.au/TrainingComponentFiles/SIS/SISOCYT001_AssessmentRequirements_R1.pdf	Setup, maintain and repair bicycles
Trained Participant - Cycling Off Road	Safe Participant Cycling Off Road plus Trained Participant Core		
	SISOCYT004	https://training.gov.au/TrainingComponentFiles/SIS/SISOCYT004_AssessmentRequirements_R1.pdf	Ride off road bicycles on easy trails
	SISOFLD006	https://training.gov.au/TrainingComponentFiles/SIS/SISOFLD006_AssessmentRequirements_R1.pdf	Navigate in tracked environments

Practical and Knowledge

Work with a Guide to document your knowledge and experience. Typically this will be a conversation with questions and answers and an opportunity to share evidence. Mandatory elements:

Element	Not Observed	Not Yet Competent	Competent
Session: Setup, maintain and repair bicycles			
Across three activities (in different conditions), I can select the right bike, assemble a repair kit, and adjust three participant bikes to fit.			
I can complete safety and legal checks on two bikes using ABCDEQ.			
I can completely clean and service two bikes, including two puncture repairs.			
I can refit/replace, adjust or lubricate two components and update a maintenance record on these services.			
I can explain an Activity Plan and Risk Assessment and explain my role.			
I can explain procedures for maintenance and safety.			
I can discuss different types of bikes and why they are suited for different terrain and conditions			
I understand how participant characteristics, surface, gradient and manufacturers' specifications determine bike selection.			
I know how to size a bike for a participant and demonstrate adjustments to suit a participant.			
I know the components of a bike and adjustment, servicing, cleaning and lubrication requirements.			
I can explain what tools I'd use, what spares I'd carry and how I'd look after my safety (manual handling and PPE)			
Session: Navigate in tracked environments			
I have navigated three routes (or parts) determined in three Activity Plans and used and understood techniques such as map-to-ground, distance and time, guard rails, feature collection, catch points and confirming location to grid references.			
I have adjusted my plan in the field and navigated that adjustment using a map and compass.			
I can explain an Activity Plan and Risk Assessment and explain my role in navigation.			
I can explain sources and types of maps and their uses, and different ways to access and display maps.			
I can explain the different information and colours on a map and the symbols they represent.			
I know the features of a compass, how it works and what impacts accuracy. I know how to test a compass.			
I can use a map and compass together, including orienting the map and maintaining a route.			
I know what features on a map will help me navigate.			
Session: Ride off road bicycles on easy trails			
I can ride safely and negotiate hazards across three activities (in different conditions). I can use effective riding techniques across smooth and uneven terrain on flat and gentle slopes: <ul style="list-style-type: none"> • Mount / dismount • Maintain a cadence • Smooth gear changes • Smooth breaking • Negotiate corners and weight changes • Apply and appropriate body posture • Bunch riding 			

Element	Not Observed	Not Yet Competent	Competent
I can explain an Activity Plan and Risk Assessment and explain my role.			
I can explain procedures for emergencies and safety.			
Based on the conditions, I can explain the clothing and footwear appropriate for MTB: layering and waterproof and the advantages/disadvantages of cleats.			
I can explain the PPE for MTB. Helmet, gloves, pads, eye protection etc.,			
I can explain the different types of on-bike storage systems available.			
I conduct appropriate safety checks ABCDEQ and adjust my and others bikes, including pressures.			
I can use appropriate communication, including hand signals, whistles, and calls.			
I know cycling etiquette and road rules.			

Note: Sessions may have been achieved through other Scoutskills qualifications. Where this is the case, cross out the applicable Session.

