



# Scouts Australia

## Cycling – On-Road – Trained Participant

### Assessment of Proficiency



Branch or State	
Members Name	
Membership Number	
Unit e.g. Venturer, Rover, etc	
Phone / Mobile	
Email address	

#### Introduction

Welcome to the pathway to achieve proficiency in Cycling On-Road: on completion of the pathway, you will be assessed for the Scout Qualification: Cycling On-Road Trained Participant. This qualification is aligned with the requirements for the VET units 'SISOCYT002 - Ride bicycles on roads and pathways, easy conditions' and 'TLIH3002 - Plan and navigate routes'; noting Cycling On-Road Safe Participant alignment to the VET unit 'SISOCYT001 - Set up, maintain and repair bicycles'. Note a separate assessment by a Scouts Australia Institute of Training (SAIT) Assessor will be required to obtain the VET units.

The pathway is broken into 3 parts

**Part 1** – Pre-Pathway Evidence items are the things you have to complete before you attend the face-to-face part of the pathway.

**Part 2** – On Pathway Evidence Items are where you record the skills and knowledge you develop on the face-to-face part of the pathway.

**Part 3** – Post Pathway Evidence Items that are completed after the formal elements of the pathway.

As you complete the evidence items for each part of the pathway, please attach them to this document. Once you have assembled the full portfolio of documents, please return the document and attachments to the Adult Training Section of your Branch. A review of the documents will be undertaken and once you have been assessed as proficient, you will be awarded the Trained Participant qualification. If you are also seeking the VET unit noted above, you will need to contact your Branch Training Department and enrol in SAIT. Enrolling will allow you to have a separate assessment completed by a SAIT assessor. The Assessor may require further evidence to be provided. If you are found to be competent, you will be awarded the relevant issue of competency by SAIT.

Note: for suitable candidates there is the opportunity for a Recognition of Prior Learning / Recognition of Current Proficiency for the Scout Qualification: Cycling On-Road Trained Participant. Please contact your Adventurous Activities area if this may be the case.

**Part 1 – Pre-Pathway Evidence**

**Online Learning:** complete the following online learning modules (accessed via Scout Central:

<https://training.scouts.com.au/curriculum/page-for-adventurous-activities>), noting use of old terminology such as Level 1, if you have not already completed them:


- Level 1 Common Core:
  - Elementary Navigation
  - Navigation Skills
  - Planning for Outdoor Activities
  - Operate Communication Systems
- Scouting Adventure:
  - Preliminary ScoutSafe
  - Interpreting Weather
  - Responding to Emergencies
  - Minimal Environmental Impact Practices
  - Group Facilitation

**Note:** Once completed, these units display on your personal record with your Branch, so normally you do not need to attach them. If, however, you complete the course in another Branch, you should attach a copy of the record of completion or ask your Branch to provide a copy.

**Practical Pre-Pathway Learning:** using the learnings from the above, complete the following items. These aim to demonstrate your level of knowledge prior to the On Pathway face-to-face part of the pathway.

Discussion topics	Participant's notes: Prior to and after Group discussion.
	<u>Planning for an on road cycling activity</u>
<b><u>List for discussion:</u></b>  <i>When planning a cycling activity, list factors you would consider for selecting a bike, personal equipment, and clothing for on-road cycling</i>	On Road Cycling includes bike trails, shared paths, & similar
<b><u>List for discussion:</u></b>  <i>What pre-ride checks would you perform on your bike</i>	

<p><b><u>List for discussion:</u></b></p> <p><i>What would you take on your ride, including food, equipment, and any safety items to support communications and an emergency situation?</i></p>	
<p><b><u>List for discussion:</u></b></p> <p><i>What legislation, road or path rules, policies and/or codes of conduct will influence how a cycling activity is planned?</i></p>	
<p><b><u>List for discussion:</u></b></p> <p><i>Where would you get information from when planning a cycling activity – (list sources)</i></p>	
<p><b><u>List for discussion:</u></b></p> <p><i>What type of maps or navigations aids are appropriate for a planned ride; and what route planning is appropriate</i></p>	

<p><b><u>List for discussion:</u></b></p> <p><i>How could you minimise your impact on the environment when cycling</i></p>		
<p><b><u>List for discussion:</u></b></p> <p><i>Label as many parts of the bike as possible</i></p> <ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> <li>8. _____</li> <li>9. _____</li> <li>10. _____</li> </ol>		
<p><b><u>List for discussion:</u></b></p> <p><i>List potential obstacles and hazards for cycling on roads, trails, and paths</i></p>		

**Part 2 – On-Pathway Evidence**

The following items will be completed while you are on the On-Program face-to-face part of the Pathway; please make sure the below check list is completed and is signed by your On-Program Leader.

**Practical Demonstration**

- ☐ Identify at least 6 parts of your bike
- ☐ Demonstrate correct adjustment to your bike prior to cycling
- ☐ Demonstrate safe mount and dismount techniques
- ☐ Demonstrate good control of the bike, including appropriate speed, use of gears, cadence, and braking
- ☐ Demonstrate appropriate posture, balance and weight to control the bike in a straight line, on bends, and through corners
- ☐ Demonstrate how to ride rhythm and pace to minimise fatigue, strain, and injury
- ☐ Demonstrate riding technique for differing surfaces, gradients, obstacles, and safe riding on minor roads, trails, or paths
- ☐ Demonstrate safe riding techniques for intersections, roundabouts, traffic lights, driveways, and road rules and etiquette

**Review your activity, and make recommendations:**

**Log Book:**     **A copy of your Log book must be provided. -**

Who instructed or assisted you in your Cycling course or activities, and to complete the Workbook

Name	Role	Qualification

**Youth Program - Outdoor Adventure Skills are to be recorded in Scouts Terrain**

**Cycling On Road- Trained Participant - Assessment of Proficiency**

Name	
Qualification & Number	
Date	
Signature	

**Cycling – On-Road – Trained Participant - Assessment of Proficiency**

I certify that proficiency in Cycling On Road-Trained Participant has been attained by:

<b>Pathways</b>	
<b>Youth Program</b>	This document can be uploaded into Scouts Terrain as supporting evidence for the relevant youth program Outdoor Adventure Skills Stages.
<b>Adult Training &amp; Development</b>	Please retain a copy of your completed and assessed workbook to allow you to use it as supporting evidence for the awarding of the related Scouts Australia adult training outcome.
<b>Scouts Australia Institute of Training</b>	Please retain a copy of your completed and assessed workbook to allow you to use it as partial evidence for Recognition of Prior Learning (RPL) by enrolling in SAIT and being assessed by an appointed SAIT Assessor in to achieve a Vocational Education and Training (VET) outcome. <ul style="list-style-type: none"> <li>Please note that the Assessor for SAIT or your peers for OAS may request further supporting evidence where necessary.</li> </ul>