

### CYCLING OUTDOOR ADVENTURE SKILLS – STAGE 1 to 3

STAGE 1	
PLAN	
	I have discussed what the purpose of a helmet is.
	I know how to wear and adjust a helmet.
	I know the limits of where I may go each time I go out riding.
	I know how to stop when I get lost cycling
	I understand that I should follow directions from a leader
	I know why I should care for my bike and helmet after use.
	I know the basic road rules relating to riding a bike.
DO	
	I can show the main parts of bike (brakes, pedals, chain)
	I know about the 'Buddy' system.
	I have taken part in a short cycling exercise.
	I know how to contact the emergency services.
REVIEW	
	I can talk about my favourite things from a ride

STAGE 2	
PLAN	
	I can explain what clothing I should wear whilst riding.
	I can put on my own helmet properly.

	Before I start riding, I can show where and when I am allowed to go.
	I have explained what impact I can have on local vegetation when riding.
DO	
	I can pump up my tyres.
	I can protect myself when when exposed to the sun while outdoors
	I have drawn a poster demonstrating the safety rules for riding.
	I have taken part in a skills activity on safe enclosed area involving cones, stops, balance etc.
	I have taken part in an at least two cycling rides
	I have discussed the appropriate action I should take in the case of an accident.
	I know how to raise the alarm if I come across somebody in
REVIEW	
	I have talked about my favourite things from at least two rides
	I can suggest changes for a future ride

STAGE 3	
PLAN	
	I can explain the importance of wearing the right clothing and gear while riding.

	I know which items I should carry with me when riding.
	I know how and where to get the latest weather forecast for the area I will be riding in.
	I know that I should follow the instructions of the person in charge of the group.
	I can show how to test a bike before riding
DO	
	I know what DRSABC stands for and how to using it in first aid situations.
	I can perform routine pre-start checks on chain, brakes, gears, wheels, bearings, tyres and accessories
	I have assembled an in-field repair kit
	I can repair a puncture (including taking tyre on and off)
	I have taken part in day ride as part of a group.
	I know what to do in the case of the group being separated.
	I can maintain a straight line when riding on straight gravel
REVIEW	
	I have discussed with my Patrol different ways to improve basic repairs for next time we go on a ride.

**CYCLING (CYCLE TOURING) OUTDOOR ADVENTURE SKILLS – STAGE 4 & 5**

STAGE 4	
PLAN	
	I can explain why carrying personal equipment is important.
	I can prepare equipment, where required, for safe transportation to activity location.
	I know how to select equipment and protective clothing according to expected weather conditions
	I know how to identify bike parts requiring lubrication
	I can conduct routine bicycle maintenance checks and repairs.
	I can identify possible hazards associated with cycling and procedures to minimise risks and I know how to take actions to minimise these risks
DO	
	I am familiar with the signs and symptoms of hypothermia.
	I know how to adopt appropriate posture and balance when riding
	I have demonstrated methods to communicate with motorists and other cyclists.
	I have taken part in and logged at least three cycling activities (including at least one off-road).
	I know how to navigate using maps and trails guides
REVIEW	

	I can identify improvements for future rides
	I know how to clean my bike after a ride

STAGE 5	
PLAN	
	I know where to sources of information about bike selection can be gained
	I know how to identify food and water requirements
	I can select routes that minimise damage to the environment
	I know how to clean a bike to prevent damage.
	I can identify cycling tools and spare parts.
	I can apply lubrication when required.
	I know how to adjust tyre pressure according to the terrain
DO	
	I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
	I can apply smooth and timely gear changes across different terrain features.
	I have demonstrated recommended braking techniques for sealed & off road conditions
	I know how to take measures to guard personal and group safety

	I have undertaken at least five days of cycling by the end of Stage 5.
	I can demonstrate a comfortable cadence for the terrain encountered
REVIEW	
	I have made a presentation on one ride to my group

## CYCLING (MOUNTAIN BIKING) OUTDOOR ADVENTURE SKILLS – STAGE 4 & 5

STAGE 4	
PLAN	
	I can explain why carrying personal equipment is important.
	I can prepare equipment, where required, for safe transportation to activity location.
	I know how to select equipment and protective clothing according to expected weather conditions
	I know how to identify bike parts requiring lubrication
	I can conduct routine bicycle maintenance checks and repairs.
	I can identify possible hazards associated with cycling and procedures to minimise risks and I know how to take actions to minimise these risks
DO	
	I am familiar with the signs and symptoms of hypothermia.
	I know how to adopt appropriate posture and balance when riding
	I have demonstrated methods to communicate with other cyclists.
	I have taken part in three activities on off-road trails.
	I know how to navigate using maps and trails guides
REVIEW	
	I can identify improvements for future rides

	I know how to clean my bike after a ride
STAGE 5	
PLAN	
	I know where to sources of information about bike selection can be gained
	I know how to identify food and water requirements
	I can select routes that minimise damage to the environment
	I know how to clean a bike to prevent damage.
	I can identify cycling tools and spare parts.
	I can apply lubrication when required.
	I know how to adjust tyre pressure according to the terrain
DO	
	I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
	I can apply smooth and timely gear changes across different terrain features.
	I have demonstrated recommended braking techniques for sealed & off road conditions
	I can adopt a comfortable cadence for the terrain encountered
	I know hoe to navigate route and apply efficient cornering techniques

	I have undertaken at least five days of mountain biking by the end of Stage 5.
	Survey track to identify and negotiate hazards and obstacles,
REVIEW	
	I have made a presentation on one ride to my group