



**SFRITO**  
SPORT, FITNESS AND RECREATION  
INDUSTRY TRAINING ORGANISATION

# ASSESSMENT GUIDELINE

## Plan for, participate in and evaluate a self-sufficient cycle tour

**Unit Standard: 20135**

**Level: 3 Credit: 10 Version: 2**  
**Published by Sfrito Jan 2007**

### **Purpose:**

People credited with this unit standard are able to: plan, prepare for, and undertake a self-sufficient cycle tour and demonstrate cycling skills; and evaluate the cycle tour and make recommendations for future cycle tours.

### **Prerequisites:**

Unit 20138, *Select, set up and maintain a mountain or cycle touring bike*, or demonstrate equivalent knowledge and skills.

### **Special Notes:**

1. *Self-sufficient* requires the candidate to carry all their own equipment for the entire trip, be able to fix and repair this equipment, and be able to make their own decisions.
2. Suitable safety helmet for cycling must be worn.
3. The tour must be of at least three days duration and include at least five hours cycling each day. A part of being self-sufficient is to select trips appropriate to one's own ability therefore the length of the trip will vary from candidate to candidate.
4. The rides should be done under supervision, however the role of the supervisor is to participate and only provide leadership if events occur beyond the requirements identified within this unit standard.
5. All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the New Zealand Environmental Care Code, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, New Zealand Road Code, and their subsequent amendments. The New Zealand Environmental Care Code is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
6. The New Zealand Mountain Bike Association's Off Road Code can be used instead of the New Zealand Environmental Care Code. The Off Road Code is available from the NZMBA – NZ Mountain Bike Association, PO Box 13734, Christchurch, <http://www.nzmba.org.nz>.

## Overview of assessment:

This assessment has 4 tasks -

- Task 1: Plan for a cycle tour
- Task 2: Get ready to start the cycle tour
- Task 3: Complete a cycle tour
- Task 4: Evaluate the cycle tour

## Resources:

- [www.ltsa.govt.nz/factsheets/01.html](http://www.ltsa.govt.nz/factsheets/01.html)
- [www.ltsa.govt.nz/road-user-safety/cyclists/helmets.html#fit](http://www.ltsa.govt.nz/road-user-safety/cyclists/helmets.html#fit)
- Safe Cycling Book (<http://www.ltsa.govt.nz/road-user-safety/walking-and-cycling/safe-cycling-book.html>)
- <http://www.mountainbike.co.nz/rides/mtb/>
- Kennett, J., S. and P., Morgan, P. (2002). *Classic NZ Mountain Bike Rides*. 6<sup>th</sup> ed.  
(available from [http://www.groundeffect.co.nz/product\\_detail.php?style=CLA&category=ACC](http://www.groundeffect.co.nz/product_detail.php?style=CLA&category=ACC))
- Ringer, B. (1994). *New Zealand by Bike: 14 Tours geared for discovery*. Reed Publishing, Auckland.
- Rushton, N. (2001). *Pedallers' Paradise: a New Zealand cycle touring guide – North Island edition*. Dab Hand Publishing, Christchurch.
- Rushton, N. (2001). *Pedallers' Paradise: a New Zealand cycle touring guide – South Island edition*. Dab Hand Publishing, Christchurch.
- Wells, N., Irvine, N., and Duckworth, I. (2000) *Cycling New Zealand*. Lonely Planet.

## Notes to Assessor:

1. 'Self-sufficient' means that the tour does not require vehicle support to carry equipment. It does not mean that a wilderness trip is required. For example meals could be bought in towns, and accommodation could be in DOC huts or backpackers.
2. The assessor will need to be a part of the cycle touring group to assess this unit.

**Task 1: Plan for a cycle tour**

**Notes to the assessor**

1. PCs 1.3, 1.5 and 1.6 are assessed in this task and in Task 2
2. Parts of the planning for a cycle tour could be done collectively as part of a group, for example route selection, strategies to manage individual needs, group gear list.

**Instruction to candidate:**

During the task you are required to:

- Present a detailed plan for a 3 day self-sufficient cycle tour
- Play an active part in organising the tour

**Element 1: Plan and prepare for a self-sufficient cycle tour.**

<b>Performance criteria</b>	<b>Evidence/Judgement</b>
<p><b>1.1</b> The route is selected using a map and its selection justified.</p> <p>Range: may include but is not limited to – ability, fitness, experience, duration, distance.</p>	<p>Candidate presents a written plan for a self sufficient cycle tour of at least 3 days, involving 5 hours cycling each day. The plan must include:</p> <ul style="list-style-type: none"> <li>• A description of the members of the group who will complete the cycle tour in terms of skills, fitness, experience and individual needs</li> <li>• Strategies to manage individual’s needs e.g. cultural or health requirements</li> <li>• A map with the intended route marked</li> <li>• A description of the route, including:               <ul style="list-style-type: none"> <li>- Distance of each leg</li> <li>- Accommodation</li> </ul> </li> <li>• A personal gear list, covering:               <ul style="list-style-type: none"> <li>- Clothing</li> <li>- Footwear</li> <li>- Food and drink</li> <li>- Repair equipment</li> <li>- Accommodation gear if required (e.g. tent, sleeping bags)</li> <li>- Storage and transport equipment (e.g. pannier bags)</li> </ul> </li> <li>• A group gear list, covering               <ul style="list-style-type: none"> <li>- Spare parts and repair equipment</li> <li>- Cooking equipment and group food if required</li> <li>- First aid</li> </ul> </li> </ul>
<p><b>1.2</b> Route are identified and organised.</p> <p>Range: may include but is not limited to – transport, costs, accommodation, permission.</p>	
<p><b>1.3</b> Clothing, footwear, food and drink are selected and their selection justified based on the requirements of the tour selected.</p>	
<p><b>1.5</b> Items of personal equipment are selected and their selection is justified based on the requirements of the tour.</p> <p>Range: may include but is not limited to – spare tube, puncture repair kit, light, hydration, panniers, racks, first aid kit, map.</p>	
<p><b>1.6</b> Items of group equipment are selected and their selection is justified based on the requirements of the tour.</p> <p>Range: may include but is not limited to – chain break, spare parts, specialised tools, group first aid, communication device.</p>	
<p><b>1.7</b> Risks are identified and the strategies to manage them are described.</p>	

<p><b>1.8</b> Individual needs and issues are identified and the strategies to manage them described.</p> <p>Range: may include but is not limited to – health, participation choice.</p>	<ul style="list-style-type: none"> <li>• An outline of risks (what could go wrong), hazards (what could cause them to go wrong) and strategies to manage them</li> <li>• A plan covering how to interact with other riders and other road users</li> <li>• An intentions sheet, and who it will be left with</li> <li>• Any other requirements of the organisation under which the ride is being operated</li> </ul>
<p><b>1.9</b> Rider etiquette is described.</p> <p>Range: other riders, other road users.</p>	
<p><b>1.10</b> Intention sheet is completed and lodged according to the requirements of the organisation under which the ride is being operated.</p>	
<p><b>1.11</b> Planning is documented.</p>	<p>During a review and discussion of the plan with the assessor, the candidate justifies the selection of:</p> <ul style="list-style-type: none"> <li>• At least 2 items of clothing footwear, food or drink</li> <li>• At least 2 items of personal equipment</li> <li>• At least 2 items of group equipment</li> </ul> <p>The candidate plays an active part in organising the trip, for example:</p> <ul style="list-style-type: none"> <li>• Booking accommodation</li> <li>• Arranging access or vehicle transport</li> <li>• Taking responsibility for organising finances</li> <li>• Completes intentions sheet and leaves it with the appropriate person</li> </ul>

## Task 2: Get ready to start the cycle tour

### Resources:

- Candidate's bike, helmet, clothing, footwear
- Bike tools and maintenance gear such as spanners, allen keys, screwdrivers, chain break, puncture repair kit, pump, bike oil etc.
- Any other equipment taken on the tour e.g. tents, cookers, food, sleeping bags...

### Notes to the assessor

1. PCs 1.3, 1.5 and 1.6 are assessed in this task and in Task 1

### Instruction to candidate:

During the task you are required to:

- Ensure you have all the gear you planned to take in Task1
- Ensure the group has all the gear planned
- Check your bike is well set up and in good condition
- Pack up all your gear and attach it to your bike

### Element 1: Plan and prepare for a self-sufficient cycle tour.

### Element 2: Undertake a self-sufficient cycle tour and demonstrate cycling skills.

Performance criteria	Evidence/Judgement
<p><b>1.3</b> Clothing, footwear, food and drink are selected and their selection justified based on the requirements of the tour selected.</p>	<ul style="list-style-type: none"> <li>• Candidate wears appropriate clothing and footwear, as specified in the plan in Task 1, for example: <ul style="list-style-type: none"> <li>- Shoes with a good tread</li> <li>- Clothes that insulate when wet</li> <li>- Spare clothing if appropriate for the weather</li> <li>- A windbreaker or raincoat</li> </ul> </li> <li>• Packs appropriate food, drink, spare clothing etc for the conditions and the tour, as specified in the plan in Task 1</li> <li>• Carries group gear they have been assigned</li> <li>• Checks in with other group members that the group has appropriate first aid and maintenance equipment, as specified in their answers in Task 1, including: <ul style="list-style-type: none"> <li>- Repair equipment, e.g. chain break, tyre levers, puncture repair kit, spare tubes, spare cables, allen keys, spanners, screwdrivers</li> <li>- First aid kit</li> <li>- Communication e.g. cellphone</li> </ul> </li> <li>• Correctly adjusts and fits their helmet</li> </ul>
<p><b>1.4</b> Cycle is selected and set up safely and meets the needs of the rider and the tour.</p>	
<p><b>1.5</b> Items of personal equipment are selected and their selection is justified based on the requirements of the tour.</p> <p>Range: may include but is not limited to – spare tube, puncture repair kit, light, hydration, panniers, racks, first aid kit, map.</p>	
<p><b>1.6</b> Items of group equipment are selected and their selection is justified based on the requirements of the tour.</p> <p>Range: may include but is not limited to – chain break, spare parts, specialised tools, group first aid, communication device.</p>	

<p><b>2.1</b> The cycle is packed safely and efficiently.</p>	<ul style="list-style-type: none"> <li>• Conducts a maintenance and sizing check on their bike, covering: <ul style="list-style-type: none"> <li>- Chain clean and re-oiled, free from grit/ sand etc</li> <li>- Front and rear brake pads have sufficient depth</li> <li>- Pedals are spinning smoothly</li> <li>- Tyres have sufficient tread</li> <li>- Tyre pressure appropriate for terrain</li> <li>- Seat height and position</li> </ul> </li> <li>• Packs all gear into pannier bags, bike trailer, or small backpack</li> <li>• Ensures any gear storage (panniers, trailer) is fastened securely and will not get in the way of wheels, pedals, brakes.</li> </ul>
<p><b>2.2</b> Panniers and racks are safely and securely fastened.</p>	

<p><b>Task 3: Complete a cycle tour</b></p>	
<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Bikes, helmets for each participant</li> <li>• All clothing, equipment, food and drink specified in Tasks 1 and 2</li> </ul> <p><b>Instruction to candidate:</b></p> <p>During each cycle tour you are required to:</p> <ul style="list-style-type: none"> <li>• Navigate for at least 2 hours</li> <li>• Ride safely and using appropriate cyclist etiquette, including using hand signals</li> <li>• Communicate with the group and participate in group decision making</li> <li>• Demonstrate riding skills and appropriate use of your bike</li> <li>• Follow the Environmental Care Code, Road Code and Off-Road Code</li> </ul>	
<p><b>Element 2: Undertake a self-sufficient cycle tour and demonstrate cycling skills.</b></p>	
<p><b>Performance criteria</b></p>	<p><b>Evidence/Judgement</b></p>
<p><b>2.3</b> Selected route maps are accurately interpreted and followed.</p>	<ul style="list-style-type: none"> <li>• Participates in group navigation decisions</li> <li>• The candidate navigates for the group for at least 2 hours, on a leg that requires at least two navigation decisions</li> <li>• During the navigation leg the candidate: <ul style="list-style-type: none"> <li>- Follows the agreed route</li> <li>- Identifies present position on the map when asked</li> </ul> </li> </ul>

<p><b>2.4</b> Gears are used appropriately for the terrain and conditions.</p> <p>Range: may include but is not limited to – flat, ascents, descents, wind.</p>	<p>Throughout the tour, the candidate:</p> <ul style="list-style-type: none"> <li>• Completes the tour without 'hitting the wall' (absolute exhaustion)</li> <li>• Speed of riding is appropriate for fitness and skill level.</li> <li>• Tour is completed without outside help</li> <li>• All of the following riding skills are demonstrated: <ul style="list-style-type: none"> <li>- avoiding or riding over obstacles</li> <li>- ascending at a sustainable pace</li> <li>- descending with control</li> <li>- maintaining controlled lines</li> <li>- appropriate use of brakes</li> <li>- cornering with control</li> <li>- changing gears smoothly and quietly at appropriate times (avoiding changing while pressuring the pedals)</li> <li>- cadence (leg speed) is appropriate for the gear chosen and the conditions.</li> </ul> </li> </ul>
<p><b>2.5</b> Riding skills are demonstrated using safe, smooth and efficient techniques.</p> <p>Range: ascents, descents, cornering, braking.</p>	
<p><b>2.6</b> A commitment to safety of self and others is shown and riding adheres to the New Zealand Road Code and NZMBA's Off Road Code</p>	<ul style="list-style-type: none"> <li>• Wears an approved helmet at all times</li> <li>• Rides on the road unless an adequate cycle lane exists, and follows intersection rules (if on the road)</li> <li>• Maintains awareness of other road users (cars, trucks etc) and keeps as far left on the road as possible (if on the road)</li> <li>• Uses clear hand signals for turning and stopping on the road</li> <li>• Other road or track users are treated with consideration e.g. does not force walkers off the track, overtakes slower riders without getting in their way, does not impede traffic</li> <li>• Throughout the trip the candidate: <ul style="list-style-type: none"> <li>- Communicates with the leader and other group members in a positive way</li> <li>- Is understood by other group members</li> <li>- Respects the decisions of others in the group</li> <li>- Does not get in the way of others in the group</li> </ul> </li> </ul>
<p><b>2.7</b> Rider etiquette is demonstrated.</p> <p>Range: other riders, other road users.</p>	
<p><b>2.8</b> Communication with the team leader and other team members is effective.</p> <p>Range: clear, intentions understood.</p>	
<p><b>2.9</b> Environmental care is demonstrated and follows the New Zealand Environmental Care Code or New Zealand Mountain Bike Association's Off Road Code.</p>	<ul style="list-style-type: none"> <li>• Follows the principles of NZ Environmental Care Code and Mountain Bike NZ Off Road Code, for example: <ul style="list-style-type: none"> <li>- Does not leave any litter</li> <li>- Follows appropriate toileting practice</li> <li>- Treats plants and animals with respect</li> </ul> </li> </ul>

**Task 4: Evaluate the cycle tour**

**Resources:**

- 20135 Post-trip assessment questions (attached at the end of this document)

**Instruction to candidate:**

After the end of each cycle tour you will need to evaluate the tour in terms of:

- Preparation
- Communication
- Skill and fitness (yours and the group's)
- Whether you followed the plan
- Difficulties, highlights and overall success

and make recommendations for future cycle tours

**Element 3: Evaluate the cycle tour and make recommendations for future cycle tours.**

Performance criteria	Evidence/Judgement
<p><b>3.1</b> What happened during the tour from preparation to return is described.</p> <p>Range: information may include but is not limited to – difficulties, highlights, skill performance, original plan compared with what actually happened, appropriateness of plan, completeness of plan, how effectively information was communicated, overall success.</p>	<p>Completes written or oral questions from <i>20135 Post-trip Assessment Questions</i></p> <p>Answers are at a level appropriate to Level 3 of the NZQA level descriptors</p> <p>All questions are answered in full</p> <p>At least 2 recommendations for future tours are given</p>
<p><b>3.2</b> Recommendations resulting from the evaluation are identified and recorded to aid the planning of future tours.</p>	

Candidate Name \_\_\_\_\_ NSN \_\_\_\_\_

**Unit 20135 (v2) Checklist**  
**Plan for, participate in, and evaluate a self-sufficient cycle tour**

Assessor name: \_\_\_\_\_

Organisation name: \_\_\_\_\_

C/NYC

Comments

**Task 1: Plan for a cycle tour**

<p>The plan includes:</p> <ul style="list-style-type: none"> <li>• A description of the group in terms of skills, fitness, experience and individual needs</li> <li>• Strategies to manage individual's needs</li> <li>• A map with the intended route marked</li> <li>• A description of the route</li> <li>• A personal gear list</li> <li>• A group gear list</li> <li>• An outline of risks, hazards, and strategies to manage them</li> <li>• How to interact with other riders and road users</li> <li>• An intentions sheet, and who it will be left with</li> <li>• Any other requirements of the organisation</li> </ul>		
<ul style="list-style-type: none"> <li>• Candidate justifies 2 items each of:             <ul style="list-style-type: none"> <li>- clothing footwear, food or drink</li> <li>- personal equipment</li> <li>- group equipment</li> </ul> </li> </ul>		
<ul style="list-style-type: none"> <li>• Candidate plays an active part in organising the trip</li> </ul>		

**Task 2: Get ready to start the cycle tour**

<ul style="list-style-type: none"> <li>• Wears appropriate clothing &amp; footwear, as specified in Task 1</li> <li>• Packs appropriate food, drink, spare clothing etc for the conditions and the tour, as specified in the plan in Task 1</li> <li>• Ensures that the group has appropriate first aid and maintenance equipment, including repair equipment, first aid kit, communication</li> <li>• Correctly adjusts and fits their helmet</li> <li>• Conducts a maintenance and sizing check on their bike</li> <li>• Packs all gear and ensures any gear storage is fastened securely and safely</li> </ul>		
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**Task 3: Complete a cycle tour**

<ul style="list-style-type: none"> <li>• Participates in group navigation decisions and navigates for the group for at least 2 hours:             <ul style="list-style-type: none"> <li>- Follows the agreed route</li> <li>- Identifies present position on the map when asked</li> </ul> </li> </ul>		
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<ul style="list-style-type: none"> <li>• Completes the tour without 'hitting the wall'</li> <li>• Speed of riding is appropriate for fitness and skill level.</li> <li>• Tour is completed without outside help</li> <li>• Maintains control through avoiding obstacles, appropriate pace, braking, smooth lines through corners</li> <li>• Uses an appropriate gear and changes gear smoothly</li> </ul>			
<ul style="list-style-type: none"> <li>• Wears an approved helmet at all times</li> <li>• Rides on the road unless an adequate cycle lane exists, and follows intersection rules.</li> <li>• Maintains awareness of other road users, and treats with consideration</li> <li>• Uses clear hand signals for turning and stopping on the road</li> </ul>			
<ul style="list-style-type: none"> <li>• Communicates in a positive way and respects others in the group</li> </ul>			
<ul style="list-style-type: none"> <li>• Follows the principles of NZ Environmental Care Code, Road Code and Mountain Bike NZ Off Road Code</li> </ul>			
<b>Task 4: Evaluate the cycle tour</b>			
<ul style="list-style-type: none"> <li>• Completes <i>20135 Post-trip Assessment Questions</i> in full. Answers are at NZQA Level 3.</li> <li>• At least 2 recommendations for future tours are given</li> </ul>			
<b>DATE</b>	<b>CANDIDATE'S SIGNATURE</b>	<b>ASSESSOR'S SIGNATURE</b>	<b>C/NYC</b>
<b>Comments:</b>			



# Post-trip Assessment

## Written / Oral Questions

### Plan for, participate in and evaluate a self-sufficient cycle tour

**Unit Standard: 20135**

**Level: 3 Credit: 10 Version: 2  
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**Candidate Name** .....

The purpose of these questions is to evaluate your cycle tour in terms of your own and the group's performance, and to give recommendations for future tours

Answer all questions in full

Questions meet the requirements for PCs 3.1 and 3.2

**Date of tour:** \_\_\_\_\_

**Name or description of route:** \_\_\_\_\_

**Number in the group:** \_\_\_\_\_

- 1. How did the plan you made work for this cycle tour? Describe any changes you made to the plan, or areas where the plan didn't work.**

**2. Describe the communication between group members to organise the tour. What went well or not so well?**

**3. Describe the communication between group members during the tour. What went well or not so well?**

**4. Think about your own performance in terms of cycling skill and fitness. Comment on what went well, and not so well.**

**5. How did the rest of the group perform in terms of skill and fitness?**

**6. What were some of the difficulties you encountered with the tour?**

**7. What were some of the highlights of the tour?**

**8. Overall, was this cycle tour suitable for your group? Why?**

**9. Make two suggestions that would improve your cycle touring experience in the future.**

**a.**

**b.**

# Appendix 1: Environmental Care Code

**Plan for, participate in and evaluate a self-sufficient cycle tour**

**Unit Standard: 20135**

**Level: 3 Credit: 10 Version: 2**  
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## **New Zealand Environmental Care Code:**

- Allan, S. (2005). *Outdoor activities – guidelines for leaders*. Sport and Recreation New Zealand  
[www.sparc.org.nz](http://www.sparc.org.nz)

(adapted from the DOC Environmental Care Code)

### **Protect plants and animals**

Treat New Zealand's forests and birds with care and respect. They are unique and often rare.

### **Remove rubbish**

Litter is unattractive, harmful to wildlife and can increase vermin and disease. Plan your visits to reduce rubbish, and carry out what you carry in.

### **Bury toilet waste**

In areas without toilet facilities, you must do one of the following:

- Carry out your toilet waste, particularly from snow country and caves
- Agree on a single toilet place for a large group, and dig a hole deep enough for the length of your stay.
- Bury your toilet waste in a shallow hole well away from waterways, tracks, campsites, and huts if the above situations do not apply

### **Keep streams and lakes clean**

When cleaning and washing, take the water and wash well away from the water source. Soaps and detergents are harmful to water-life, so drain used water into the soil to filter it.

### **Avoid fires**

Dead wood is an important part of the a forest's health, so cooking on portable stoves is preferable. In high-use areas, use a fire only in an emergency. Keep it small, use only dead wood, and pour water on it to ensure it's out.

### **Camp carefully**

When camping, leave no trace of your visit. Will the next visitor know that you have been there?

### **Keep to the track**

By keeping to the track, you lessen the chance of damaging fragile plants.

### **Consider others**

People visit the back country and rural areas for many reasons. Be considerate of other visitors who also have a right to enjoy the natural environment.

**Respect our cultural heritage**

Many places in New Zealand have a spiritual and historical significance. Treat these places with consideration and respect.

**Enjoy your visit**

Enjoy your visit and protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.

**Protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.**

# Appendix 2: NZMBA Off Road Code

**Plan for, participate in and evaluate a self-sufficient cycle tour**

**Unit Standard: 20135**

**Level: 3 Credit: 10 Version: 2**  
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From [http://www.mountainbike.co.nz/rides/mtb/mtbikers\\_code.html](http://www.mountainbike.co.nz/rides/mtb/mtbikers_code.html)

## Mountain Bikers' Off-Road Code

### Respect others

**1** Always give way to others. Even if it seems inconvenient, being considerate will foster a positive attitude towards bikers. Stop and move aside if you encounter walkers or horses. Allow others to pass before proceeding.

**2** Pass with care. Let others know of your presence well in advance. A greeting will suffice. Being startled will upset even the most tolerant walker.

**3** Get permission. Check if permission is required from landowners before heading out. When asking, use the word 'bicycle' rather than 'mountain bike' to avoid confusion with motorbikes. Access to private land is a privilege, not a right. The local mountain bike club (page 258), regional council, or DOC will probably know who owns land in their area.

**4** Don't run livestock. Give animals a chance to get out of your way. Always leave farm gates as you find them. If you're riding in a strung-out group, don't assume that riders following you will know to close a gate that you left open for them. Steer clear of farmland during lambing - August to October.

### Respect the land

**5** Observe the minimum impact code: take only photographs, leave only tyre prints.

**6** Track conditions:

- Avoid skidding, it lessens your control and damages the track
- Avoid delicate vegetation and soft surfaces when wet
- Stay on the track

**7** Don't litter. If you have room, improve mountain bikers' image by picking up someone else's rubbish.

### Respect yourself

**8** Control your speed. Your speed should be determined by the terrain and your skill. Remember, there could be a fallen tree, walker, or another rider round any corner.

**9** Plan ahead. Check your intended route before you ride to make sure you're not biting off more than you can chew

- Let others know where you are heading and when you'll be back

- Don't travel long distances alone
- Take a first aid kit (including sunblock) and know how to use it
- Take warm clothing - be prepared for weather changes
- Maintain your bicycle to avoid breakdowns
- Take a repair kit
- Take food and water
- Always take a good map on new rides.