

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16

Cycling

Australian

Adventure Activity

Good Practice Guide

*Guidance for common good practice for
cycling, cycle touring, and mountain
biking*



17 Traditional Owner Acknowledgement

18 We acknowledge the *Traditional Owners* of Country throughout Australia and their continuing connection
19 to land, waters and community. We pay our respects to the people, the cultures and the Elders past and
20 present.

21

22 Copyright

23 Copyright 2026 Outdoor Council of Australia.

24

25 Disclaimer

26 The information published in the Australian Adventure Activity Standard (AAAS) and accompanying Good
27 Practice Guides (GPGs), including this document, is for information purposes only and is not a substitute
28 for, or intended to replace, independent, professional or legal advice. The information contained in the
29 Australian Adventure Activity Standard and the Good Practice Guides are a guide only. *Activity providers*
30 and any other person accessing the documentation should consider the need to obtain any appropriate
31 professional advice relevant to their own circumstances, including the specific adventure activities and
32 needs of the *dependent participants*.

33 The information published in the Australian Adventure Activity Standard and Good Practice Guides are sub-
34 ject to change from time to time. Outdoor Council of Australia gives no warranty that the information is
35 current, correct or complete and is not a definitive statement of procedures. Outdoor Council of Australia
36 reserves the right to vary the content of the Australian Adventure Activity Standard and/or Good Practice
37 Guides as and when required. *Activity providers* should make independent inquiries as to the correctness
38 and currency of the content and use their own skill and care with respect to their use of the information.

39 The Australian Adventure Activity Standard and Good Practice Guides do not replace any statutory re-
40 quirements under any relevant State and Territory legislation and are made available on the express condi-
41 tion that Outdoor Council of Australia together with the authors, consultants, advisers and the Australian
42 Adventure Activity Standard Steering Committee members who assisted in compiling, drafting and ratifying
43 the documents:

- 44
- are not providing professional or legal advice to any person or organisation; and
 - are not liable for any loss resulting from an action taken or reliance made on any information or
45 material contained within the Australian Adventure Activity Standard, Good Practice Guides and
46 associated documents.
- 47

48 Version details

Version	Date	Details
1.0	23 Sept 2019	Version one release.
2.0	2026	

49

50

51 Foreword

52

53 "When I experience dadirri, I am made whole again. I can sit on the riverbank or walk through the trees;
54 even if someone close to me has passed away, I can find my peace in this silent awareness. There is no
55 need of words. A big part of dadirri is listening."

56 Dr Miriam-Rose Ungunmerr-Baumann AM

57

58 The Australian Adventure Activity Standard and Good Practice Guides are designed to ensure effective, re-
59 sponsible, sustainable and safe delivery of adventure activities to *dependent participants*. They can help
60 people across the outdoor sector to develop appropriately managed adventure activities which enhance
61 individuals and our communities, while protecting the environment and culturally significant places. In do-
62 ing this, these documents can help ensure that people will continue to enjoy the benefits of adventure ac-
63 tivities well into the future.

64 Best wishes for all your adventures.

65 The Australian Adventure Activity Standard Steering Committee

66 Outdoor Council of Australia.

Creation

The Australian Adventure Activity Standards (AAAS) and accompanying Good Practice Guides (GPGs) were developed through a national project and launched in 2019. They drew together, and built upon, the various state and territory-specific adventure activity standards that had previously operated across Australia, replacing a fragmented set of arrangements with a single, nationally consistent voluntary framework. The original development drew on the input of a wide range of outdoor and adventure activity experts with extensive experience, supported by expert advisory groups and informed by open consultation across *activity providers*, education authorities and other stakeholders.

The Steering Committee gratefully acknowledges the members of the various focus groups, industry consultation, working groups and expert advisors for their work and contributions, and thanks the State and Territory Governments for funding the original development.

The AAAS and GPGs are now maintained by the Outdoor Council of Australia (OCA). They are subject to comprehensive review at least every five years, with targeted reviews undertaken in response to serious incidents, fatalities, relevant court decisions, or material changes in regulation or practice. Reviews are overseen by the Steering Committee and conducted in accordance with the AAAS Review and Update Methodology — a pragmatic, mixed-methods process combining legislative and regulatory analysis, currency checking of cited standards and instruments, stakeholder consultation, data-informed *risk assessment*, and structured expert input through the Expert Advisory Group, followed by open public consultation before endorsement.

The first comprehensive review under this methodology was undertaken in 2025–26. The review was facilitated, and the Standard and Good Practice Guides drafted, by The OREAS Group Dr David Marsden for and on behalf of the Outdoor Council of Australia. The Outdoor Council of Australia gratefully acknowledges the contributions of all who took part in the review:

- Dr David Marsden (PhD), Lead Consultant (The OREAS GROUP)
 - Lori Modde, Project Sponsor (OCA Chair)
 - the members of the AAAS Steering Committee, who provided governance, direction and endorsement of the reviewed documents;
- Lori Modde, OCA Chair, Outdoors NSW, ACT
David Marsden, Lead Consultant, The OREAS Group
Andrew Atfield, Tasmania Government
Andrew Knight, Outdoors Victoria
Dom Courtney, Outdoors Queensland
Jodie Freund, South Australian Government
Katie Brown, Outdoors WA
Mitchell Hardy, NT Government
Neil Le Febvre, Outdoors WA
- the members of the Expert Advisory Groups, who contributed specialist knowledge and reviewed drafts across the Core and activity Good Practice Guides; and
 - the *activity providers*, education authorities, peak bodies and individuals who contributed through public consultation, focus groups, and submissions.

Further details of the creation and review of the AAAS and GPGs can be found at www.australianaas.org.au, where updates are also published.

Funders

The Steering Committee gratefully acknowledges and thanks the State and Territory Governments for funding the original development and 2026 review.

112	Table of Contents	
113	Preface.....	6
114	1 Introduction.....	9
115	2 Management of Risk.....	9
116	3 Planning.....	10
117	4 Diversity, equity and inclusion.....	11
118	5 Participants.....	12
119	6 Environment.....	18
120	7 Equipment and logistics.....	21
121	8 Responsibilities and roles.....	24
122	Glossary.....	26
123	Acronyms.....	28
124	Appendices.....	29
125	Detailed Contents.....	40
126		

127 List of Figures

128	Figure 1.1: Structure of the Standard and Good Practice Guides	8
129		

130 List of Tables

131	Table 5.1: Cycling basic riding skills training.....	13
132	Table 5.2: Cycling and cycle touring	13
133	Table 5.3: Mountain Biking.....	13
134	Table 5.4: Cycling basic riding skills training.....	14
135	Table 5.5: Cycling basic riding skills training.....	14
136	Table 5.6: Cycling and cycle touring	15
137	Table 5.7: Cycling and cycle touring	15
138	Table 5.8: Mountain Biking.....	15
139	Table 5.9: Mountain Biking.....	16
140		
141		

Preface

About these documents

The Australian Adventure Activity Standard (AAAS) and related Good Practice Guides (GPGs) are an industry good-practice framework for safe and responsible planning and delivery of outdoor adventure activities with *dependent participants*.

The AAAS and related GPGs provide guidance on responsible activity delivery, including safety and respect for the environment, cultural heritage and other users. They are not a full legal compliance framework.

Activity *providers* are encouraged to obtain independent professional and legal advice in relation to their obligations and duties in delivering adventure activities and should reference the relevant laws to the area in which they intend to undertake the adventure activity.

Dependent Participants

A *dependent participant* is a person who is owed a *duty of care* by the *activity provider* and who wholly or partially on the provider's systems, processes and operational practices for the support, supervision, guidance or instruction needed to take part in an activity. In most cases this means a participant who reasonably relies on the provider for their safety. The degree of dependence may vary over the course of an activity.

Considerations for determining whether a person is a *dependent participant* may include, but are not limited to:

- whether the organisation is providing a service or product to the person
- whether the organisation owes the person a *duty of care* in the circumstances
- whether the person reasonably relies on the provider for the support, supervision, guidance or instruction needed to participate safely.

Considerations for determining the **level of dependence** may include, but are not limited to:

- the foreseeable level of competence of the participant in the activity, and the degree of reliance this creates on the provider's work system, including reliance on *activity leaders*
- the foreseeable level of self-reliance of the participant to reasonably manage their own safety
- the variation, or possible variation, in the degree of dependence or self-reliance throughout the activity
- the individual context, nature and circumstances of the activity
- the relevant circumstances and particular facts relating to the responsibilities assumed by the provider.

Does the Standard and Good Practice Guides apply to me?

The Australian Adventure Activity Standards (AAAS) and associated Good Practice Guides (GPGs) are primarily designed to support activity *providers* conducting lead or supported adventure activities involving *dependent participants* with the aim of delivering safe, responsible and well-managed experiences. Each *provider* must determine, based on their specific circumstances, whether the participants they work with are dependent and/or their level of dependency on the provider's systems and operations. Providers should use the AAAS and relevant GPGs to ensure that the activities they lead are planned and delivered in accordance with the Standard.

Australian *providers* operating internationally can use the AAAS and GPGs as a benchmark for safe practice, while complying with the laws and relevant standards of the jurisdiction in which the activity is conducted. Legal advice should be obtained where activities cross jurisdictions.

184 *Activity providers* include outdoor education and adventure businesses, schools, universities, TAFEs, camps,
185 clubs and organised “meet-up” groups, youth organisations, not-for-profits, and community-based organi-
186 sations that deliver adventure activities to *dependent participants*. An individual may also be an *activity*
187 *provider* where they hold the ultimate legal *duty of care* to participants. “The Standard” and the GPGs apply
188 to a provider as a “whole organisation” rather than to “specific roles” within it.

189 Some providers may have their own standards or guidelines appropriate to their *duty of care*. These should
190 be reviewed periodically to ensure current *duty of care* expectations are met, and “the Standard” and the
191 GPGs may assist with such reviews.

192 Are they legally binding?

193 The AAAS and GPGs are not legal requirements. However, they may refer to specific laws and regulations
194 which may be legally binding on activity *providers*. Some *land managers* and other organisations may re-
195 quire compliance. This may be as a condition of obtaining a licence, permit or other permission, or some
196 other condition (e.g. a contract).

197 Under Australian common law and relevant legislation, *providers* have a legal *duty of care* towards *depend-*
198 *ent participants* in some circumstances. In broad terms, the legal duty requires *providers* to take reasonable
199 care that their actions and omissions do not cause reasonably foreseeable injury to *dependent participants*.

200 It is important to be aware that adventure activities in Australia operate within a complex legal landscape.
201 *Activity providers* must understand the obligations that apply to them and seek independent professional
202 and legal advice where any obligation is unclear.

203 The following obligations include, but are not limited to, those set out in detail in Appendix A — Principal
204 legal obligations, grouped by the function each obligation performs:

- 205 • Work health and safety — the foundational legal duty for the majority of providers, including the
206 primary *duty of care*, officers' due-diligence duty, consultation, safe systems of work, and notifica-
207 ble-incident reporting.
- 208 • *Duty of care*, negligence and consumer protection — the common law *duty of care*, the Civil Liabil-
209 ity Act (or equivalent) of each state and territory, and the Australian Consumer Law.
- 210 • Protection of children and vulnerable persons — Working with Children and Working with Vulner-
211 able People schemes, Child Safe Standards and Reportable Conduct Schemes.
- 212 • Transport of participants — land, water and air — heavy vehicle, road transport, domestic com-
213 mercial vessel, recreational marine and civil aviation obligations.
- 214 • Land access, environment and cultural heritage — park, Crown land and reserve licensing, the
215 EPBC Act, Aboriginal cultural heritage law(s) and/or regulation(s), and biosecurity duties.
- 216 • Information privacy, equity and employment — the Privacy Act and Australian Privacy Principles,
217 anti-discrimination law(s) and/or regulation(s), and the Fair Work Act and relevant award.
- 218 • Substances, food and licensed items — medicines and poisons, food safety, liquor and tobacco,
219 and firearms obligations.
- 220 • Activity-specific licensing — fisheries and recreational fishing licensing, and animal welfare duties.

221 Appendix A is an orientation only and is not exhaustive. It does not constitute legal advice, and the relevant
222 law(s) and/or regulation(s) of the jurisdiction(s) of operation must in each case be determined and com-
223 plied with.

Structure of the Standard and Good Practice Guides

The guidance for adventure activities comprises several related documents. For any activity, the AAAS (the Standard), the Core GPG, the relevant activity GPG, and any applicable Explanatory Notes issued by the Outdoor Council of Australia, from time to time, should be consulted.

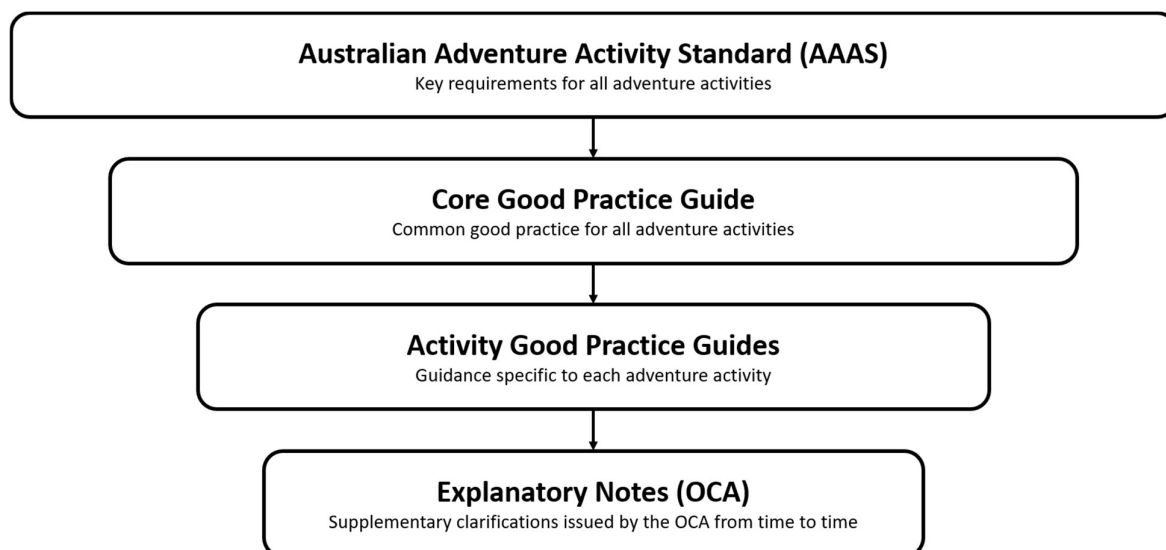


Figure 1.1: Structure of the Standard and Good Practice Guides

The documents present cumulatively more specific information. Providers should determine how they use the AAAS and GPGs based on their context and need, and are encouraged to draw on them when developing and reviewing their standard operating procedures. Activity providers are encouraged to obtain independent professional and legal advice on their obligations and to reference the laws relevant to the area in which they operate.

Interpretation of the Standard and Good Practice Guides

The following words and phrases are used in all documents and have specific meanings:

Must: used where a provision is mandatory, if the provider is to operate fully in accordance with AAAS or GPGs. (This is equivalent to the keyword “shall” used in other voluntary standards e.g. Standards Australia, other International Standards Organisations (ISOs) etc.)

Should: used where a provision is recommended, not mandatory. It indicates that the provider needs to consider their specific situation and decide for themselves whether it applies or is relevant. A “should” statement describes good practice. Departure from a “should” statement does not of itself establish a breach of duty — a provider may meet its obligations by other means appropriate to its context — but providers should be able to explain the basis for a different approach.

Can/cannot: indicates a possibility and capability.

May/need not: indicates a permission or existence of an option.

But are/is not limited to: used to indicate that a list is not definitive and additional items may need to be considered depending on the context.

The following formatting is used throughout:

Defined words are in italics. They are defined in the Glossary.

Examples are in smaller italic 9-point font.

In document references are underlined. References are to section heading titles.

254 1 Introduction

255 1.1 Cycling activities

256 Cycling is riding a *cycle* which requires rider effort to power movement. Cycling can occur for a range of
257 reasons on a variety of terrain and for time periods ranging from minutes to journeys over many days. For
258 the purposes of this Good Practice Guide it relates to cycling with *dependent participants*.

259 Cycling sub-activities include but are not limited to:

- 260 • road cycling — riding on sealed or formed *roads* shared with motor vehicles, including on-road *cy-*
261 *cle paths*;
- 262 • cycle touring — undertaking a journey, which may be a day trip or overnight and extended touring,
263 on *roads, cycle-paths* or formed *trails*;
- 264 • off-road cycling — riding on unsealed surfaces such as trails, single trails, open or rocky ground,
265 with a major element being the need to negotiate *obstacles* (see *Off-road cycling* below);
- 266 • basic riding skills training — teaching *participants* to ride a *cycle*.

267 The type of *cycle* used does not determine the sub-activity category. A rider on a mountain bike riding on
268 sealed roads is engaged in road cycling, not off-road cycling.

269 Off-road cycling is riding a *cycle off-road* with a major element being the need to negotiate *obstacles*. It
270 usually occurs on unsealed surfaces, such as trails, single trails, open or rocky ground, and may involve
271 manoeuvring through or around obstacles.

272 1.2 Exclusions

273 Activities that are not covered by this Good Practice Guide (GPG) are:

- 274 • cycling in competitive events
- 275 • coaching for competitive events
- 276 • the use of *motorcycles*
- 277 • BMX freestyle or stunt riding
- 278 • the design and/or construction of *roads, cycle-paths* or *trails*
- 279 • activities associated with *camping* while on overnight or extended mountain biking or cycle tour-
280 ing activities.

281 1.3 Related activities

282 Related activities are:

283 *Camping* when undertaking overnight or extended activities.

284 Refer separate Core GPG for Camping.

285 2 Management of Risk

286 *Risk management* in outdoor and adventure settings is highly context-specific. In natural environments
287 there is an almost infinite range of combinations of participants, purpose, weather and local conditions,
288 and every provider differs in structure, size, philosophy and operating environment. *Risk management*
289 therefore cannot be a 'tick-the-box' exercise or a 'one size fits all' approach; risk systems should be flexible,
290 adaptive and highly responsive to the circumstances of each activity, drawing on recognised frameworks
291 such as AS ISO 31000:2018 and AS ISO 4980:2023.

292 The section guides providers to build a risk system that fits their own structure and operating environment
293 rather than copying another organisation's. A volunteer-led club might apply it as a lightweight but docu-
294 mented plan with strong dynamic assessment in the field; a commercial operator might use it to underpin a
295 formal, audited *risk management* system. In every case it directs the provider to make risk thinking flexible,
296 adaptive and responsive to the actual circumstances of each activity.

297 2.1 Management of Risk

298 See Core GPG (2 Management of Risk).

299 2.2 Context Matters

300 See Core GPG (Management of Risk).

301 2.3 Risk management framework and process

302 See Core GPG (Management of Risk).

303 2.4 Risk management plan

304 See Core GPG (Management of Risk).

305 2.5 Dynamic risk assessment

306 See Core GPG (Management of Risk).

307 2.6 Incident reporting

308 See Core GPG (Management of Risk).

309 3 Planning

310

311 Sound planning is what turns intent into safe and consistent delivery. Clear management and approval pro-
312 cesses help a provider manage risk, with the people responsible for approving processes, plans and proce-
313 dures varying according to the organisation's context. Good planning considers the purpose of the activity,
314 the people involved, group size, the cultural and environmental values of the place, and what to do when
315 conditions change or things go wrong.

316 Here the guidance helps a provider translate intent into a repeatable, defensible process. Approval roles
317 can be scaled to context — a single coordinator in a small operation, or a tiered sign-off structure in a larger
318 one. The material can shape activity-plan templates, prompt early engagement with *Traditional Owners*
319 and *land managers*, and ensure emergency planning and field documentation are in place and reviewed be-
320 fore participants arrive.

321 3.1 Management and approval of activities

322 See Core GPG (Planning).

323 3.2 Activity plans

324 Specific planning considerations may include but are not limited to:

- 325 • the expected or known trail classification
- 326 • the impact of current seasonal factors including the weather forecast for the day(s) of the activity
- 327 and weather during recent days
- 328 • identifying route and terrain specific hazards and risks

- 329 • the need for a *support vehicle(s)*
- 330 • the required navigation skills & equipment
- 331 • the suitability of maps for navigation
- 332 • the access available for support and emergency services for the start and finish locations and
- 333 throughout the activity
- 334 • if passengers can be carried and the most appropriate means of doing so.
- 335 • confirmation that permission to use the planned route, trail or cycle-path has been obtained from
- 336 the relevant *land owner* or *land manager*.

337 See Core GPG (Planning) for the general requirements and further detail.

338 3.3 Group size

339 See Core GPG (Planning). Group size for this activity is addressed under Participants in this guide.

340 3.4 Cultural, environmental and historical values

341 See Core GPG (Planning).

342 3.5 Emergency management planning

343 A *non-participating contact* must be used as part of the emergency management plan.

344 See Core GPG (Planning) for the general requirements and further detail.

345 3.6 Activity leader required documentation

346 See Core GPG (Planning).

347 4 Diversity, equity and inclusion

348 Adventure *activities* are delivered by, and for, people of diverse identities, abilities, cultures, life experienc-
 349 es and circumstances. Recognising that diversity, and providing equitable opportunities for safe and mean-
 350 ingful participation, is fundamental to safe and effective practice.

351 In practice this section guides providers to design activities that include rather than exclude, applying
 352 across interactions between leaders, participants and others encountered during an activity. A provider can
 353 use it to review enrolment and communication practices for barriers, build cultural and psychological safety
 354 into leader briefings, and ensure complaint and review mechanisms are visible and accessible. It is intended
 355 to be read alongside the Participants and Responsibilities sections rather than in isolation.

356 The recommendations in this section apply alongside, and inform the application of, the subsequent sec-
 357 tions of the Core, including without limitation 5 Participants, 5.3 *Vulnerable participants*, 5.5 Privacy of in-
 358 formation, 4.3 Cultural safety, 4.4 Psychological safety and dignity, and 8 Responsibilities and roles. Those
 359 sections continue to apply in their own terms; where requirements overlap, the more onerous applies.

360 4.1 Diversity of participants and leaders

361 See Core GPG (Diversity, equity and inclusion).

362 4.2 Inclusive practice

363 See Core GPG (Diversity, equity and inclusion).

364 4.3 Cultural safety

365 See Core GPG (Diversity, equity and inclusion).

366 4.4 Psychological safety and dignity

367 See Core GPG (Diversity, equity and inclusion).

368 4.5 Information, communication and consent

369 See Core GPG (Diversity, equity and inclusion).

370 4.6 Leader competence

371 See Core GPG (Diversity, equity and inclusion).

372 4.7 Concerns, complaints and review

373 See Core GPG (Diversity, equity and inclusion).

374 5 Participants

375 Every activity depends on the people taking part, and on the information and support they receive before
376 and during it. Pre-activity information and communication help potential participants, parents or legal
377 guardians and client organisations make an informed decision about taking part, and continue through con-
378 sent, acknowledgement of risk, and the care of those who may be vulnerable. Supporting participants well
379 — from first enquiry to supervision in the field — is central to safe and respectful practice.

380 Its purpose is to help a provider ensure people know what they are signing up for and are appropriately
381 supported once they arrive. Pre-activity information can be adapted to the audience and activity, participa-
382 tion restrictions set defensibly, and additional safeguards put in place for *vulnerable participants* and mi-
383 nors. The supervision guidance lets a provider calibrate direct versus *indirect supervision* to the activity, en-
384 vironment and group.

385 5.1 Pre-activity information

386 Also refer pre-activity information in Core GPG.

387 Pre-activity information provided to participants should include but is not limited to:

- 388 • the level of fitness required for the activity
- 389 • the required level of skills and knowledge for the activity
- 390 • expected type of gradient and obstacles.
- 391 • where applicable, the IMBA Australian Trail Difficulty Rating (refer Appendix T) or equivalent trail
- 392 classification for the planned route, to enable *participants* to make an informed decision about
- 393 participating in the activity.

394 5.2 Participant skill assessment

395 Participants must undertake a skill assessment to confirm the appropriateness of the activity for the partic-
396 ipant.

397 The participant skill assessment may include but is not limited to:

- 398 • ability
- 399 • experience
- 400 • fitness level.

401 Skill assessments for Mountain Biking should identify the IMBA Australian Trail Difficulty Rating suitable for
402 the participant.

5.3 Carrying passengers

Requirements for passenger(s) being carried must include:

- the person towing the trailer meets any laws, regulations or requirements for the relevant jurisdiction(s) (e.g. age requirements)
- the person towing or carrying passengers is a competent rider
- the passenger(s) in the trailer meets any laws, regulations or requirements for the relevant jurisdiction(s) (e.g. age, disability or medical condition requirements) and the manufacturer's specifications for the trailer.

5.4 Activity briefing

See Core GPG (Participants).

5.5 Group size

5.5.1 Group size considerations

Also, refer to considerations for determining group size in Core GPG.

Additional considerations for determining group size includes: if passengers are involved.

5.5.2 Cycling basic riding skills training

The recommended maximum group size should be used as a guide in the table below.

Table 5.1: Cycling basic riding skills training

Basic riding skills training	Day		Overnight	
Notes	Minors	Adults	Minors	Adults
Includes activity leaders	18	18	Not applicable	Not applicable

5.5.3 Cycling and cycle touring

The recommended maximum group size should be used as a guide in the table below.

Table 5.2: Cycling and cycle touring

Cycling and cycle touring	Day		Overnight	
Notes	Minors	Adults	Minors	Adults
Includes activity leaders	25	25	20	20

5.5.4 Mountain Biking

The recommended maximum group size should be used as a guide in the table below.

Table 5.3: Mountain Biking

	Mountain Biking	Day		Overnight	
Trail Rating (Appendix T)	Notes	Minors	Adults	Minors	Adults
Very easy, Easy & Intermediate	Includes activity leaders	25	25	20	20

Difficult	Includes activity leaders	20	20	20	20
Extreme	Includes activity leaders	12	12	12	12

5.6 Activity leader to participant ratios

5.6.1 Recommended supervision ratios considerations

Also, refer to considerations for determining supervision requirements in [Core GPG](#).

Additional considerations for determining supervision requirements includes: if passengers are involved.

5.6.2 Cycling basic riding skills training

The recommended supervision requirements that should be used for basic riding skills training activities conducted on *roads, cycle-paths, trails* or *off-road* are provided in the tables below.

Table 5.4: Cycling basic riding skills training

Basic riding skills training - Activity leader requirements - Minors	Day
1 leader and 1 responsible person	1-5
1 leader and 1 assistant leader	6-10
1 leader, 1 assistant leader and 1 support person	11-15
Maximum group size includes leaders (also refer land owner/manager requirements)	18

Table 5.5: Cycling basic riding skills training

Basic riding skills training - Activity leader requirements - Adults	Day
1 leader (minimum)	1-5
1 leader and 1 assistant leader	6-10
1 leader, 1 assistant leader and 1 support person	11-15
Maximum group size includes leaders (also refer land owner/manager requirements)	18

Note. A minimum of one leader and one responsible person is required for all activities involving *minors*, regardless of group size.

5.6.3 Cycling and cycle touring

The recommended supervision requirements should be used as a guide in the tables below.

Table 5.6: Cycling and cycle touring

Cycling Activity leader requirements - Minors	Day	Overnight
1 leader and 1 support person	1-12	1-12
1 leader and 2 support persons	13-18	Not Applicable
1 leader, 1 assistant leader and 1 support person	19-22	13-17
Maximum group size includes leaders (also refer land owner/manager requirements)	25	20

Note. A minimum of one leader and one responsible person is required for all activities involving *minors*, regardless of group size.

Table 5.7: Cycling and cycle touring

Cycling Activity leader requirements - Adults	Day	Overnight
1 leader (minimum)	1-15	1-10
1 leader and 1 assistant leader	15-23	11-18
Maximum group size includes leaders (also refer land owner/manager requirements)	25	20

Note. For overnight cycling activities, refer to the Camping GPG for supervision requirements during the camping component of the activity.

5.6.4 Mountain Biking

The recommended supervision requirements should be used as a guide in the tables below.

Table 5.8: Mountain Biking

Trail Rating (Appendix T)	Mountain biking Activity leader requirements - Minors	Day	Overnight
Very easy & Easy	1 leader and 1 support person	1-12	1-12
	1 leader and 2 support persons	13-18	NA
	1 leader, 1 assistant leader and 1 support person	19-22	13-17
	Maximum group size includes leaders (also refer land owner/manager requirements)	25	20
Intermediate	1 leader and 1 assistant leader (minimum)	1-12	1-12
	1 leader, 1 assistant leader and 1 support person	13-22	13-17
	Maximum group size includes leaders (also refer land owner/manager requirements)	25	20
Difficult	1 leader and 1 assistant leader (minimum)	1-12	1-12

	1 leader, 1 assistant leader and 1 support person	13-17	13-17
	Maximum group size includes leaders (also refer land owner/manager requirements)	20	20
Extreme	1 leader and 1 assistant leader (minimum)	1-10	1-10
	Maximum group size includes leaders (also refer land owner/manager requirements)	12	12

450 Note. A minimum of one leader and one responsible person is required for all activities involving *minors*,
451 regardless of group size.

452 There must be a minimum of two *activity leaders* for trails rated difficult and extreme.

453 *Table 5.9: Mountain Biking*

Trail Rating (Appendix T)	Mountain biking Activity leader requirements - Adults	Day	Overnight
Very easy & Easy	1 leader (minimum)	1-15	1-10
	1 leader and 1 assistant leader	15-23	11-18
	Maximum group size includes leaders (also refer land owner/manager requirements)	25	20
Intermediate	1 leader (minimum)	1-10	1-10
	1 leader and 1 assistant leader	11-23	11-18
	Maximum group size includes leaders (also refer land owner/manager requirements)	25	20
Difficult	1 leader and 1 assistant leader (minimum)	1-18	1-18
	Maximum group size includes leaders (also refer land owner/manager requirements)	20	20
Extreme	1 leader and 1 assistant leader (minimum)	1-10	1-10
	Maximum group size includes leaders (also refer land owner/manager requirements)	12	12

454 There must be a minimum of two *activity leaders* for trails rated difficult and extreme.

455 5.7 Pre-activity communication

456 See Core GPG (Participants).

457 5.8 Participation restrictions

458 See Core GPG (Participants).

459 5.9 Vulnerable participants

460 See Core GPG (Participants).

461 5.10 Health and wellbeing

462 See Core GPG (Participants).

463 5.11 Privacy of information

464 See Core GPG (Participants).

465 5.12 Supervision and management during the activity

466 5.12.1 Cycling supervision and management

467 Vehicle and road legislation or regulation must be complied with.

468 The leader of the activity should be familiar with the activity location.

469 Appropriate *risk management* procedures must be implemented when using roads shared with motor vehicles.
470

471 Participants should be able to easily identify *activity leaders* (e.g. by having different clothing or helmet colour or
472 design).

473 Procedures must be used to reduce the potential of participants becoming separated or lost.

474 5.12.2 Activity briefing

475 Also refer Core GPG - Activity briefing.

476 Instruction on the use of the cycle and the activity should include but is not limited to:

- 477 • appropriate fitting of helmet including the usage of headwear under the helmet and appropriate
478 method(s) to controlled or style hair
- 479 • the use of the brakes, gears and any other adjustable components of the cycle
- 480 • correct adjustment of the seat and/or handlebars to maintain a safe and comfortable riding posture
481
- 482 • appropriate emergency braking technique
- 483 • safe and appropriate riding techniques appropriate to the expected terrain, current and anticipated
484 conditions to enable the rider to stay in control
- 485 • the need to secure loose clothing
- 486 • the appropriate distance required between riders
- 487 • how the group will avoid becoming separated
- 488 • what to do if they become separated from the group or lost
- 489 • appropriate interaction with other users (e.g., trail etiquette when riding on shared trails — refer
490 Section 6.5.5)
- 491 • managing their own health and wellbeing during the activity
- 492 • any legal requirements when riding (e.g., road rules applicable to *cycles*, mandatory helmet use)
- 493 • procedures for interaction with other vehicles where applicable.

494

495 5.13 Activity leader to participants ratios

496 See Core GPG (Participants).

497 6 Environment

498 Environmental conditions can directly affect the safety of an activity, and everyone involved shares respon-
499 sibility for protecting the natural and cultural heritage of the places they visit. Weather, fire, water, terrain,
500 wildlife and the requirements of *land owners* and managers all shape what can be done safely and respect-
501 fully. Providers must actively identify, reduce and manage both the risks the environment poses and the
502 impact an activity has upon it.

503 For providers, the guidance encourages planning around the localised, in-situ conditions at the specific time
504 and place of an activity, rather than relying on general assumptions. The trigger-point approach can set
505 clear go/no-go and modification thresholds, fire and severe-weather planning can be aligned with the rele-
506 vant guidance material, and *land manager* requirements confirmed. Activity-specific detail is expected to
507 come from the relevant activity GPG, with this section providing the common baseline.

508

509 6.1 Environment related planning

510 Specific environmental considerations must include:

- 511 • the *road, cycle-path, off-road* or *trail* features
- 512 • other users
- 513 • climate or weather
- 514 • the type of flora expected
- 515 • the type of fauna expected.

516 Cycle environment features that should be considered when determining a *participant's* skill assessment
517 include but are not limited to:

- 518 • the gradient
- 519 • the surface
- 520 • the width
- 521 • the obstacles to be negotiated
- 522 • for off-road cycling, the trail condition including the impact of weather in preceding days.

523 Strategies to reduce the hazards and risks associated with other vehicular, cycle or pedestrian traffic must
524 be used.

525 6.1.1 Weather information

526 Refer Appendix V Weather information.

527 6.1.2 Weather triggers

528 *Trigger points* must be based on the relevant Bureau of Meteorology weather warnings and actual weather
529 conditions.

530 The *risk management plan* and *emergency management plan* should include guidance on *trigger points* and
531 associated actions for:

- 532 • severe weather warnings
- 533 • severe thunderstorm warnings
- 534 • coastal waters wind warnings
- 535 • tropical cyclone advice: watch and warning
- 536 • cold temperature

- 537 • extreme hot temperatures.
- 538 • thunderstorm asthma warnings
- 539 • poor air quality warnings (including smoke from bushfires and elevated pollen).

540 Actions for relevant weather may include but are not limited to:

- 541 • cancellation
- 542 • modification and/or evacuation to a safe location
- 543 • avoiding locations affected by tides or surf
- 544 • avoiding areas and river crossings that have the potential for *flash flooding*
- 545 • preparations to avoid the risks associated with blizzards
- 546 • moving to areas that are protected from strong winds
- 547 • managing risks of flying or falling items during strong winds
- 548 • moving to areas that are protected from hail
- 549 • preparations to avoid the risks associated with lightning.
- 550 • cessation or relocation of the activity in response to Bureau of Meteorology thunderstorm asthma
- 551 warnings or poor air quality warnings that present an unacceptable risk to *participants* with asth-
- 552 ma or respiratory conditions.

553 6.2 Bushfire, prescribed fire and fire danger

554 See Core GPG (6 Bushfires/fire danger).

555 6.3 Water and river crossings

556 When assessing the suitability of a potential crossing, considerations should include but are not limited to:

- 557 • if there is debris floating or flowing in the current, as this can indicate the risk of being hit
- 558 and/or swept away by debris
- 559 • how clear the water is and if the base of the crossing be seen, as this can help determine the
- 560 depth of crossing and its base
- 561 • the depth of the crossing, as this can indicate the amount of water and force needed to be
- 562 overcome to avoid being washed away
- 563 • the speed of the water, as this can indicate the volume of water and force needed to be over-
- 564 come to avoid being washed away
- 565 • where the water flows, as the flow may wash people into dangerous or deadly situations (e.g.
- 566 into trees in the water that act as strainers, into narrow rock crevices)
- 567 • the base of the crossing (e.g. pebbles, sand, small rocks or large rocks) as moving water can move the
- 568 base increasing the danger of foot entrapment and/or reducing the likelihood of maintaining stable foot-
- 569 ing during the crossing).

570 Cycling-specific considerations for water crossings include but are not limited to:

- 571 • procedures to ensure *participants* do not reach a water crossing before an *activity leader* is
- 572 present, having regard to the capability of the group and the level of participant dependency;
- 573 • the need to assess the *participant's* ability to remain safe in water should they lose footing or
- 574 control;
- 575 • when crossing with a *cycle*, placing the cycle on the downstream edge to reduce water pres-
- 576 sure and to allow the cycle to surface if the rider loses footing.

577 6.3.1 Flooding

578 The crossing of swollen creeks, rivers, flooded bridges or fords, or the entry of floodwaters should be

579 avoided.

580 Areas likely to experience *flash flooding* should be avoided during *severe weather* or thunderstorms.

581 The suitability of water for drinking during and after flooding should be assessed.

582 6.4 Environmental conditions, safety and impact management

583 See Core GPG (Environment).

584 6.5 Bushfires, prescribed fire and fire danger

585 See Core GPG (Environment).

586 6.6 Tree safety

587 See Core GPG (Environment).

588 6.7 Drinking water safety

589 See Core GPG (Environment).

590 6.8 Food safety

591 See Core GPG (Environment).

592 6.9 Wildlife safety

593 Procedures should be in place to minimise the risks associated with possible injuries sustained from local
594 fauna that may be encountered.

595 See Core GPG (Environment) for the general requirements and further detail.

596 6.10 Environmental sustainability procedures

597 See Core GPG (6 Env. sustainability (App L)).

598 6.10.1 Plan ahead and prepare

599 Plan ahead and prepare *procedures* may include but are not limited to:

- 600 • riding only in areas where cycling is allowed.

601 6.10.2 Travel and camp on durable surfaces

602 Travel and camp on durable surfaces *procedures* may include but are not limited to:

- 603 • avoiding regeneration areas and places where high user impact is starting to show
- 604 • riding only on the designated-riding surfaces
- 605 • not creating new trails
- 606 • not cutting corners
- 607 • not widening exiting trails
- 608 • dismounting and walking around obstacles to avoid creating detours
- 609 • braking gently before corners and avoid skidding to protect the riding surface from erosion
- 610 • not riding when a substantial portion of the trail is excessively wet
- 611 • when encountering wet areas or puddles, ride on the trail to avoid creating detours
- 612 • when encountering wet areas or puddles with soft entrances and exits, dismounting and walking
- 613 around to reduce erosion.

614 *Land owner or land manager* approval must be obtained prior to using any *cycle-path* or *trail* for the activi-
615 ty.

616 6.10.3 Dispose of waste properly

617 Dispose of waste properly *procedures* may include but are not limited to:

- 618 • using biodegradable products are used wherever possible.

619 6.10.4 Leave what you find

620 Leave what you find *procedures* may include but are not limited to:

- 621 • not removing obstacles from the trail surface (e.g. rock and logs)
- 622 • wash cycles and equipment before riding in a different area or as required by local *land managers*
- 623 or owners, to help prevent spreading disease and unnatural migration of species.

624 6.10.5 Be considerate of your hosts and other visitors

625 Be considerate of your hosts and other visitors *procedures* may include but are not limited to:

- 626 • to abide by relevant laws or regulations or appropriate etiquette when passing others
- 627 • clearing unintended obstacles off riding surfaces that present hazards to riders when safe to do so
- 628 (e.g. newly fallen branches or rocks).

629 Etiquette when passing others may include:

- 630 • alerting others of your presence while approaching
- 631 • reducing to a speed that allows a short braking distance
- 632 • stopping for horses and confirming with their riders the safest means of 'passing'
- 633 • giving way to those travelling downhill.

634 6.11 Land owner and/or manager requirements

635 See Core GPG (Environment).

636 6.12 Water environments

637 See Core GPG (Environment).

638 7 Equipment and logistics

639 The right equipment, well chosen and well maintained, is fundamental to safe delivery. Equipment re-
640 quirements differ from one activity and context to another, spanning personal and group gear, first aid and
641 medication, communications and transport. Deciding what is genuinely needed, keeping it fit for purpose,
642 and organising the logistics around it are everyday responsibilities for any provider.

643 It helps a provider decide what equipment is genuinely needed, who is responsible for it, and how it is kept
644 fit for purpose. The framework can drive equipment checklists matched to each activity, inspection and
645 maintenance schedules appropriate to scale, and communications and first aid provisions matched to the
646 remoteness and risk of the activity. It supports consistent logistics decisions without imposing a single
647 equipment list on every provider.

648 7.1 Framework for equipment requirements

649 See Core GPG (Equipment and logistics).

650 7.2 Equipment requirements

651 Procedures must be in place to ensure appropriate clothing for the expected and foreseeable weather con-
652 ditions is available.

653 Procedures must be in place to ensure footwear protects the toes and feet and is appropriate for the ex-
654 pected and foreseeable terrain is used.

655 An Australian Standard AS/NZS 2063:2020 compliant bicycle helmet (most recent version) must be used.

656 Cycles must be designed for the type of activity and terrain they will be used for and meet any relevant
657 safety requirements. (For example, some manufacturer specifications state that the bike is not designed for use for
658 jumps or off-road riding.)

659 Cycles must be fitted with tyres appropriate to the type of terrain.

660 Any cycle used must comply with the laws, regulations or requirements for the relevant jurisdiction(s).

661 Legal requirements for a 'cycle' used may include but not limited to:

- 662 • having one effective working brake
- 663 • having a working warning device (g. bell, horn)
- 664 • having a red reflector that can be clearly seen from behind the cycle when a vehicle's headlights
665 shine on it
- 666 • a white light (flashing or steady), that can be clearly seen from the front of the cycle at night or in
667 poor visibility weather conditions
- 668 • a red light (flashing or steady) that can be clearly seen at back of the cycle at night or in poor visi-
669 bility weather conditions
- 670 • any loads are attach in a way that does not make the cycle unstable and it is unlikely to fall from
671 the cycle.

672 For off-road cycling activities, the following equipment is recommended as a minimum:

- 673 • two effective working brakes
- 674 • front suspension appropriate for the trail rating
- 675 • tyres appropriate for the off-road terrain (refer [Appendix T](#) trail difficulty ratings).

676 Additional personal protective equipment that should be considered includes:

- 677 • gloves
- 678 • elbow pads
- 679 • knee pads
- 680 • wrist guards
- 681 • eye protection.

682 Additional safety equipment that should be considered includes:

- 683 • high visibility vests or clothing.

684 Equipment requirements for passenger(s) being carried must include:

- 685 • comply with the laws, regulations or requirements for the relevant jurisdiction(s)
- 686 • using an appropriately designed cycle
- 687 • the rider and passenger(s) wearing a compliant bicycle helmet
- 688 • when the passenger(s) are on the cycle they use a seat designed for passengers and meet any rel-
689 evant safety requirements
- 690 • when the passenger(s) are in a cycle trailer, the trailer is an appropriate design for the passengers
691 and meet any relevant safety requirements
- 692 • the trailer has lights and reflectors when required
- 693 • when on roads the trailer has a warning flag at car driver eye height.

694 Procedures must be in place to ensure a personal drink supply is available.

695 An appropriate repair kit must be carried to ensure that cycles can be maintained in a safe condition.

696 Example equipment lists can be found in [Appendix U Equipment lists](#).

697 See Core GPG (Equipment and logistics) for the general requirements and further detail.

698 7.3 First aid equipment and medication

699 See Core GPG (Equipment and logistics).

700 7.4 Communications equipment

701 See Core GPG (Equipment and logistics).

702 7.5 Use of equipment

703 A pre-activity safety inspection must be completed.

704 The safety inspection must include but is not limited to:

- 705 • that brakes work effectively
- 706 • that tyres are at appropriate pressure
- 707 • that bicycle helmets have no defects and are correctly fitted unless an appropriate exception for
- 708 wearing a helmet is applicable
- 709 • all bar ends have end plugs fitted
- 710 • seat posts after adjustment do not exceed the manufacturers specified maximum height
- 711 • that where required that lights work
- 712 • a *power assisted cycle* battery has sufficient charge to cover the expected distance of the activity.

713 Participants must be instructed on the use of the cycle. (Refer [Leadership section](#) below for further details)

714 High visibility vests or clothing should be used when riding on roads.

715 Fitting of helmets must consider the safety implications of:

- 716 • any head wear worn under the helmet
- 717 • the impact of hair and the method hair is controlled or styled.

718 Front and rear lights must be used riding at night or in poor visibility weather conditions.

719 See Core GPG (Equipment and logistics) for the general requirements and further detail.

720 7.6 Transport

721 See Core GPG (Equipment and logistics).

722 7.7 Maintenance of equipment

723 Regular servicing of all cycles must be completed by an appropriately competent person.

724 Checks for when servicing cycles should include:

- 725 • brakes function as designed
- 726 • brake pads provide effective braking
- 727 • wheels have no loose or damaged spokes
- 728 • wheels are sufficiently straight and true to be safe to use
- 729 • tyres have sufficient tread and are at the appropriate pressure
- 730 • all bearing surfaces and fittings are appropriately adjusted
- 731 • headsets and handlebars are suitably tightened to prevent movement
- 732 • handlebar grips and plugs are fitted and secured
- 733 • wheels are firmly attached
- 734 • pedals are intact
- 735 • saddles are attached and secure
- 736 • appropriate parts lubricated
- 737 • lights work where appropriate

- 738 • bar end plugs are fitted
739 • *power assisted cycles* electrical systems are maintained as per manufacturer's instructions.
- 740 See Core GPG (Equipment and logistics) for the general requirements and further detail.

741 7.8 Support vehicles

742 See Core GPG (7 Transport).

743 7.9 Storage of equipment

744 See Core GPG (Equipment and logistics).

745 8 Responsibilities and roles

746 This section sets out the responsibilities and roles of persons involved in the planning and delivery of cy-
747 cling and mountain biking activities under this guide. It should be read in conjunction with the Core Good
748 Practice Guide (Core GPG), which establishes the generic framework applying to all outdoor activities.

749 8.1 Responsibilities and roles framework

750 See Core GPG Section 8.1 — the responsibilities and roles framework, including the three-tier structure of
751 Leader, *Assistant Leader* and *Support person*, applies without modification to cycling and mountain biking
752 activities delivered under this guide.

753 8.2 Naming conventions

754 See Core GPG Section 8.2. This guide uses the following activity-specific titles in place of the generic Core
755 GPG role terms:

- 756 Cycling guide or cycling instructor — equivalent to Leader in the Core GPG.
757 Assistant cycling guide — equivalent to *Assistant Leader* in the Core GPG.
758 *Support person* — the Core GPG term is used unchanged (see Core GPG Section 8.4.3).

759 8.3 Provider responsibilities to prepare and support leaders

760 See Core GPG Section 8.3 — the provider responsibilities to prepare and support leaders apply without
761 modification to cycling and mountain biking activities delivered under this guide.

762 8.4 Leader responsibilities and role descriptions

763 See Core GPG Section 8.4 — the leader responsibilities and role descriptions, including the role descriptions
764 for Leader (8.4.1), *Assistant Leader* (8.4.2) and *Support person* (8.4.3), and the leader fitness for work re-
765 quirements (8.4.4), apply without modification to cycling and mountain biking activities delivered under
766 this guide.

767 8.4.1 Leader — operational responsibility in the field

768 The Leader carries operational responsibility in the field for the activity and all participants, working within
769 the provider's system and direction; see Section 8.4.1 of the Core GPG for the full role description.

770 8.4.2 Assistant Leader — delegated responsibility

771 The *Assistant Leader* supports the Leader and carries delegated operational responsibility for defined ele-
772 ments or participant groups, operating under the Leader's direction; see Section 8.4.2 of the Core GPG for
773 the full role description.

774 8.4.3 Support person

775 The *Support person* is a non-technical role that assists *activity leaders* in managing participants and does
776 not carry the technical responsibilities of a Leader or *Assistant Leader*; see Section 8.4.3 of the Core GPG for
777 the full role description.

778 8.4.4 Leader fitness for work

779 Leaders must be physically and mentally fit for work; providers must take reasonable steps to manage risks
780 arising from alcohol, medication, other substances and fatigue; see Section 8.4.4 of the Core GPG.

781 8.4.4.1 Physical and psychosocial fitness

782 The provider must ensure, so far as is reasonably practicable, that each person assigned to a Leader or As-
783 sistant Leader role is physically and psychosocially capable of the demands of the activity — including the
784 physical demands of leading cycling groups on roads and trails across extended durations; see Section
785 8.4.4.1 of the Core GPG.

786 8.4.4.2 Alcohol, medication and other substances

787 Alcohol and other substance consumption should be discouraged during or immediately before an activity
788 where it could impair a leader's performance; see Section 8.4.4.1 of the Core GPG.

789 8.4.4.3 Fatigue

790 Physical and mental fatigue creates significant risk; providers must implement reasonable controls includ-
791 ing appropriate scheduling, role allocation and self-assessment procedures; see Section 8.4.4.2 of the Core
792 GPG.

793 8.5 Leader readiness and capability

794 See Core GPG Section 8.5 — the leader readiness and capability requirements, including the leadership KSE
795 principle (8.5.1), the KSE framework (8.5.2), first-aid requirements (8.5.3), knowledge and skill acquisition
796 (8.5.4), verification (8.5.5), currency (8.5.6) and records (8.5.7), apply without modification to cycling and
797 mountain biking activities delivered under this guide.

798 The detailed knowledge, skill and experience required of a Leader (cycling guide or cycling instructor) is set
799 out in Appendix M of this guide, and of an *Assistant Leader* (assistant cycling guide) in Appendix N.

800 8.5.1 Leadership knowledge, skill and experience

801 The provider must ensure each person in a Leader or *Assistant Leader* role holds integrated knowledge, skill
802 and experience across the nine domains of the Outdoor Leader KSE Framework appropriate to the activity
803 and context; see Section 8.5.1 of the Core GPG.

804 8.5.2 Provider responsibilities under the Outdoor Leader KSE Framework

805 Providers must verify the capability of every person assigned to a Leader or *Assistant Leader* role across the
806 nine domains of the AAAS Outdoor Leader KSE Framework, scaled to the activity variant, setting and partic-
807 ipant group; see Section 8.5.2 of the Core GPG.

808 8.5.3 First aid

809 Leaders must hold a current first-aid qualification appropriate to the activity, environment and applicable
810 work health and safety law(s) and/or regulation(s); see Section 8.5.3 of the Core GPG.

811 8.5.4 Knowledge and skill acquisition

812 Knowledge, skill and experience may be developed through, but is not limited to, formal qualifications, in-
813 dustry training, provider-based programs or a combination; see Section 8.5.4 of the Core GPG.

814 8.5.5 Verification

815 For each person in a Leader or *Assistant Leader* role, the provider must verify knowledge, skill, experience
816 and currency in context before the person carries the role; see Section 8.5.5 of the Core GPG.

817 8.5.6 Currency

818 Knowledge, skill and experience must be current. The provider must determine the minimum currency and
819 recency requirements for each Leader and *Assistant Leader* role and verify these before each activity; see
820 Section 8.5.6 of the Core GPG.

821 8.5.7 Verification and Currency Records

822 Providers must maintain records of how verification was conducted — including the basis, method, date
823 and person responsible — for each person in a Leader or *Assistant Leader* role; see Section 8.5.7 of the
824 Core GPG.

825 Glossary

826 AAAS: Australian Adventure Activity Standard – See Introduction for details.

827 *Bicycle*: a type of *cycle*.

828 *Cycle*: a vehicle consisting of wheel(s) held in a frame and propelled by hand or foot by the rider.

829 Designs may include:

- 830 • unicycle
- 831 • *bicycle*
- 832 • tricycle
- 833 • quad-cycles
- 834 • *pedelecs*.

835 In addition, cycles may be designed for different conditions including riding:

- 836 • on road
- 837 • off-road
- 838 • in hybrid of conditions
- 839 • *mountain biking*.

840 Cycles are considered vehicles under vehicle requirements (e.g. road rules, licencing or registration) and *land*
841 *owner* or manager requirements (e.g. public land laws or regulations). These requirements may vary based on
842 the jurisdiction it is used.

843 *Adaptive cycle*: a *cycle* modified or purpose-designed to accommodate a rider with a disability or physical
844 limitation. *Designs may include* hand cycles, recumbent cycles, electric mountain trikes, tandem cycles and
845 other modifications. An *adaptive cycle* may also be an *e-bike* depending on its design.

846 *Cycle-path*: a carriageway for *cycles* designated and defined under law, regulation or *land owner/manager*
847 requirements of the relevant jurisdiction the activity occurs but excludes **trails** for *mountain biking*. Example
848 cycle-paths include shared pathways, foot/bicycle paths, “rail-trails” etc. Also refer to *trail and off-road*.

849 *E-bike*: a *cycle* equipped with an auxiliary electric motor. What constitutes a road-legal *e-bike* is determined
850 by the laws and regulations of the relevant jurisdiction. Refer to the relevant state or territory road
851 transport legislation for the current definition and requirements.

852 *Flash flooding*: is flooding in a localised area with a rapid onset, usually as the result of relatively short in-
853 tense bursts of rainfall.

854 GPGs: Good Practice Guide(s) – See Introduction for details.

855 *Mountain bike* is a *bicycle* that has a design for off road use.

856 *Mountain biking* is riding a *cycle off-road* with a major element being the need to negotiate *obstacles*. This
857 may be either on a *trail* or a riding surface where there is no indicated path to follow.

858 *Motorcycles* a vehicle powered by a motor. Designs may vary and include designed for riding on road, off
859 road and in hybrid of conditions. Motorcycles may also include:

- 860 • *pedelec* or *e-bike*, where its specifications are deemed to be classified as a motorcycle for vehicle
861 licencing or registration requirements in the jurisdiction it is used,
- 862 • tri-motorcycles and
- 863 • quad-motorcycles.

864 *Off road*: a riding surface that is not a *road* or *cycle-path*. The riding surface is either a *trail* or a riding sur-
865 face where there is no indicated path to follow. Also refer to *Cycle-path* and *trail*.

866 *Obstacles*: in relation to:

- 867 • *mountain biking* may include but are not limited to fallen or narrowly spaced trees, tree branches,
868 shallow water crossings, puddles, mud, rocks, steep terrain, depressions, potholes, jumps, logs,
869 ruts, bridges, drainage grates or man-made structures.
- 870 • *cycling* may include but are not limited to bridges, water on road or cycle-paths, bumps, curbs, de-
871 pressions, pot holes, drainage grates, train lines, parked vehicles or other man-made structures.

872

873 *Power assisted cycle*: a type of cycle that can be powered by a motor but is not deemed to be a *motorcycle*
874 based on vehicle licencing or registration requirements in the jurisdiction it is used. Includes *pedelecs* and *e-*
875 *bikes*.

876 *Road*: a formed sealed and unsealed carriageway, that requires vehicles to comply with relevant
877 ‘transport’, vehicle or ‘road’ law or regulation.

878 *Support person*: a *competent* person who is able to complete delegated elements or tasks during an *activity*
879 that does not require the activity-specific *competence* of a *leader* or assistant *leader*.

880 *Support vehicle*: a vehicle used to follow or meet a group that can provide any aid or assistance

881 *Trail*: an *off-road* formed riding surface with an indicated path to follow. Trails usually refer to riding surfac-
882 es used for *mountain bike activities*. Also refer to *cycle-paths* and *off-road*.

883 Also refer [terms and definitions Core GPG](#).

884 Also refer [terms and definitions Camping GPG](#).

885

886 Acronyms

887 The following acronyms are used in this Good Practice Guide.

888 AAAS: Australian Adventure Activity Standard

889 GPG: Good Practice Guide

890 ISO: International Organization for Standardization

891 OCA: Outdoor Council of Australia

892 PPE: Personal Protective Equipment

893

894 Appendices

895 Appendix A Principal legal obligations

896 See Core GPG (Appendix A).

897 Appendix B Management of Risk

898 See Core GPG (Appendix B).

899 Appendix C Summary of AS ISO 31000 – risk management

900 See Core GPG (Appendix C).

901 Appendix D Risk management process

902 See Core GPG (Appendix D).

903 Appendix E Risk analysis information

904 See Core GPG (Appendix E).

905 Appendix F Risk management plan template examples

906 See Core GPG (Appendix F).

907 Appendix G Dynamic risk assessment process

908 See Core GPG (Appendix G).

909 Appendix H Benefit–Risk Assessment

910 See Core GPG (Appendix H).

911 Appendix I Emergency management planning framework

912 See Core GPG (Appendix I).

913 Appendix J Health & wellbeing considerations for risk management

914 See Core GPG (Appendix J).

915 Appendix K Privacy of information

916 See Core GPG (Appendix K).

917 Appendix L Environmental sustainability procedures

918 See Core GPG (Appendix L).

919 Appendix M First aid and medication considerations

920 See Core GPG (Appendix M).

921

922 Appendix N Knowledge, skill and experience — Leader

923 Each knowledge, skill and experience requirement in this appendix is to be applied by the provider within
924 the context of the planned cycling or mountain biking activity — including the activity variant, setting, par-
925 ticipant group and operational context. Providers must scale the requirements of this appendix to the
926 scope and complexity of their program.

927 Activity scope and leader requirements

928 This guide applies to the planning and delivery of cycling and mountain biking activities across the range of
929 activity variants and settings commonly undertaken in Australia. The knowledge, skill and experience re-
930 quired of a cycling guide or cycling instructor varies with the activity mode, terrain, traffic environment and
931 participant profile.

932 Cycling and mountain biking encompasses a technically diverse range of activities, from basic riding skills
933 training in controlled venues to multi-day cycle touring and mountain biking on advanced trail networks.
934 The table below identifies the primary activity variants and their implications for the technical require-
935 ments of the Leader role.

936 Table M.1: Activity variants and operating settings — cycling and mountain biking

937 Activity variant | Setting and characteristics

938 Road and path cycling — group rides | Sealed roads, shared paths and bike lanes; variable traffic exposure;
939 single-day; urban to semi-rural settings.

940 Cycle touring — multi-day | Sealed and unsealed roads; support vehicle or self-supported; remote to semi-
941 remote settings; multi-day logistics.

942 Mountain biking — trail networks | IMBA-rated trail networks; green to double-black terrain; managed trail
943 environments; single-day or multi-day.

944 Basic cycling skills training | Controlled venues, car parks or low-traffic paths; participant skill development;
945 no road traffic exposure.

946 In addition to the primary activity variant, the operational setting — road versus trail, urban versus remote,
947 single-day versus multi-day — and the level of supervisory or organisational support available significantly
948 affect the technical requirements of the Leader role.

949 The program planning matrix (leader-matching tool), which scales leader requirements by the operational
950 context — provided in Appendix O — must be applied when determining the Leader required for a specific
951 cycling or mountain biking program.

952 Safety and risk management

953 the Leader identifies and manages hazards specific to cycling and mountain biking. This domain covers ac-
954 tivity-specific hazard assessment and management that adds to the generic safety framework in the Core
955 GPG.

956 Knowledge

957 The Leader understands the hazard profile specific to road cycling and mountain biking, including road and
958 trail hazards, weather effects on cycling safety, mechanical failure risks and head injury prevention.

959 This should include, but is not limited to: road cycling-specific hazards including motor vehicle interactions
960 (door zones, overtaking, intersections, roundabouts), road surface hazards (gravel, wet pavement, rail
961 crossings, edge drop-offs) and low-light visibility risks; mountain biking-specific hazards including trail sur-
962 face conditions (loose rock, roots, wet rock, technical drops and jumps), high-consequence falls from eleva-
963 tion and collision with fixed objects; weather effects on cycling safety including strong crosswinds destabi-
964 lising riders, rain reducing braking effectiveness, heat stress and reduced visibility; bicycle mechanical fail-

965 ure hazards including brake failure, tyre blowout and chain or derailleur failure; and head injury risk and
966 helmet standards including correctly fitted helmets, helmet replacement after impact and additional pro-
967 tection requirements for technical mountain biking.

968 Skills

969 The Leader applies cycling-specific safety checks, hazard briefings and weather-based trigger criteria before
970 and during the activity.

971 This should include, but is not limited to: identifying road hazards and briefing participants on avoidance
972 technique before the activity; applying wind, rain and temperature trigger criteria to modify, postpone or
973 cancel the activity; and conducting pre-ride bicycle safety checks across the group including brakes, tyres,
974 chain, helmet fit and quick-release or thru-axle security.

975 Experience recommended

976 The Leader has managed road cycling or mountain biking activities under a provider safety system and
977 made risk decisions in real conditions.

978 This should include but is not limited to: operating under a provider safety system and managing weather-
979 based and route-based risk decisions in real conditions; identifying and managing mechanical failure or
980 equipment hazards before or during an activity; and responding to participant falls, collisions or medical
981 events in a road cycling or mountain biking context.

982 Technical activity leadership

983 This domain covers the technical knowledge, skill and experience specific to cycling and mountain biking.
984 The primary variables are activity mode (road cycling, mountain biking, basic skills training) and terrain rat-
985 ing. Capability must extend to the highest activity mode and terrain type in which the Leader operates.

986 Knowledge

987 The Leader understands the technical content of cycling and mountain biking across the activity modes
988 within their scope, including bicycle types and components, road rules, trail rating systems, riding tech-
989 nique, PPE requirements and field repair procedures.

990 This should include, but is not limited to: road and path cycling including bicycle types and components,
991 road rules and traffic law, group riding formation and communication protocols, road surface hazard identi-
992 fication, helmet and PPE requirements, cycle touring logistics and field repair procedures; mountain biking
993 including the IMBA trail difficulty rating system (green to double-black), mountain bike types, trail surface
994 hazards and technique, rider positioning for technical terrain, PPE requirements by trail rating, trail eti-
995 quette and field repair; and general requirements including bicycle fit, participant health management dur-
996 ing cycling and route and trail navigation using printed maps, GPS and GPX tracks.

997 Skills

998 The Leader applies the practical technical skills required to operate road cycling and mountain biking activi-
999 ties safely, including PPE fitting, bicycle checks, group management on roads and trails, field repairs and
1000 coaching of participant riding technique.

1001 This should include, but is not limited to: fitting and adjusting helmets and PPE and checking correct fit be-
1002 fore riding; conducting pre-ride bicycle checks across the group and identifying mechanical issues requiring
1003 intervention; briefing participants on road rules, group riding protocols, hand signals and hazard calls; posi-
1004 tioning lead and sweep riders and managing group cohesion on road and trail; executing field repairs in-
1005 cluding inner tube replacement, chain repair and tubeless tyre plug; and selecting routes appropriate to
1006 group ability using the IMBA rating system and assessing trail conditions before committing the group.

1007 Experience recommended

1008 The Leader has led cycling and mountain biking activities in real conditions across varied terrain, participant
1009 ability levels and activity modes.

1010 This should include but is not limited to: leading road cycling or cycle touring groups across varied condi-
1011 tions including traffic, variable road surfaces and changing weather; leading mountain biking groups on IM-
1012 BA-rated trails and managing trail conditions; performing field repairs in real conditions including puncture
1013 repair, chain repair and tubeless tyre repair; and managing participant falls, mechanical failures and medi-
1014 cal events in cycling and mountain biking contexts.

1015 Leadership and group management

1016 This domain covers group management challenges specific to cycling and mountain biking, particularly
1017 managing group cohesion and supervision across moving activities on roads and trail networks.

1018 Knowledge

1019 The Leader understands the group management requirements specific to cycling and mountain biking, in-
1020 cluding lead and sweep roles, separation procedures and group size considerations.

1021 This should include, but is not limited to: lead and sweep rider roles including the front rider's responsibili-
1022 ties for pace and hazard calling and the sweep rider's role in maintaining the rear boundary of the group;
1023 procedures for participants becoming separated from the group on roads or trails including pre-briefed
1024 meeting points and communication protocols; and group size limits for different activity modes including
1025 road type, trail rating, participant ability spread and the Leader's capacity to observe all riders.

1026 Skills

1027 The Leader applies the group supervision and coordination skills required to manage cycling groups safely
1028 on roads and trails.

1029 This should include, but is not limited to: briefing participants on group riding protocols, hand signals and
1030 separation procedures and confirming understanding; positioning lead and sweep riders and managing
1031 group spread on road and trail; and managing participants not actively riding during mechanical stops, rest
1032 stops and participant withdrawal.

1033 Experience recommended

1034 The Leader has managed group cohesion and separation events in road and trail cycling contexts with par-
1035 ticipants of varying ability.

1036 This should include but is not limited to: managing group cohesion on road and trail rides with participants
1037 of varying ability levels; and managing separation events and applying pre-briefed procedures to locate and
1038 reunite separated participants.

1039 Decision-making and judgement

1040 This domain covers decision-making requirements specific to cycling and mountain biking, including the
1041 proceed/modify/cancel triggers that are particular to road and trail activities.

1042 Knowledge

1043 The Leader understands the specific proceed, modify and cancel triggers for cycling and mountain biking
1044 activities and the criteria for route modification and participant extraction.

1045 This should include, but is not limited to: activity-specific proceed, modify and cancel triggers including
1046 wind speed and crosswind conditions affecting rider stability, rain reducing road and trail braking effective-
1047 ness, and trail conditions making IMBA-rated routes more technically demanding than their rating reflects;
1048 and criteria for route modification or bailout including identifying emergency vehicle access points, alterna-
1049 tive trails or roads when conditions deteriorate and logistics of extracting participants by support vehicle.

1050 Skills

1051 The Leader applies condition assessment and decision-making skills to proceed, modify or cancel cycling
1052 and mountain biking activities based on changing road, trail and weather conditions.

1053 This should include, but is not limited to: assessing road and trail conditions before and during the activity
1054 and deciding whether to proceed, modify the route or call the activity; and communicating a route modifi-
1055 cation or cancellation decision to participants and implementing the logistical response including support
1056 vehicle extraction, alternative route or early return.

1057 Experience recommended

1058 The Leader has made real route modification or cancellation decisions in cycling contexts and managed
1059 groups through the change.

1060 This should include but is not limited to: making real route modification or cancellation decisions based on
1061 weather, trail or road conditions and managing the group through the change; and identifying a trail or
1062 road as unsuitable for the participant group on the day and selecting an appropriate alternative.

1063 Planning and program management

1064 This domain covers planning requirements specific to cycling and mountain biking that extend beyond the
1065 generic planning framework in the Core.

1066 Knowledge

1067 The Leader understands the logistical planning requirements specific to cycle touring and mountain biking
1068 programs, including support vehicle management and route pre-assessment.

1069 This should include, but is not limited to: support vehicle logistics for cycle touring including vehicle posi-
1070 tioning on route, equipment and food storage, participant transport capacity and emergency extraction
1071 procedures; route pre-assessment for road cycling including traffic volume, road surface quality, gradient
1072 profile and distance to nearest medical assistance; and trail pre-assessment for mountain biking including
1073 current trail rating accuracy given recent conditions, trail closure information and bailout options.

1074 Skills

1075 The Leader applies pre-activity planning and route assessment skills for cycling and mountain biking pro-
1076 grams.

1077 This should include, but is not limited to: planning and communicating cycle touring routes including sup-
1078 port vehicle checkpoints, rest stops, bailout options and emergency contacts; and conducting or accessing
1079 current trail condition reports before mountain biking programs and adjusting route selection based on
1080 conditions.

1081 Experience recommended

1082 The Leader has planned and delivered cycle touring and mountain biking programs with logistical prepara-
1083 tion appropriate to the duration and setting.

1084 This should include but is not limited to: planning and delivering multi-day cycle touring programs including
1085 support vehicle coordination and route management; and adjusting mountain biking route selection based
1086 on pre-activity trail condition assessment.

1087 Environment and place-based knowledge

1088 This domain covers the environmental and terrain knowledge specific to road cycling and mountain biking
1089 operations.

1090 Knowledge

1091 The Leader understands the road and trail environments relevant to cycling and mountain biking, including
1092 traffic and surface conditions, trail rating accuracy under current conditions, and weather effects on cycling
1093 environments.

1094 This should include, but is not limited to: road environment knowledge including road type, traffic volume
1095 and composition, surface quality, driver behaviour and visibility conditions specific to the routes used; IM-
1096 BA trail rating standards and the environmental conditions that effectively change a trail's difficulty includ-
1097 ing wet rock, post-rain loose soil and wind-blown debris; and weather effects on cycling environments in-
1098 cluding crosswinds on exposed roads, rain reducing braking effectiveness and heat stress management dur-
1099 ing sustained effort.

1100 Skills

1101 The Leader applies road and trail condition assessment skills and uses environmental knowledge to inform
1102 route selection and activity decisions.

1103 This should include, but is not limited to: reading road conditions for cycling safety including identifying sur-
1104 faces, traffic patterns and visibility constraints; assessing trail conditions against IMBA ratings in current
1105 conditions and adjusting route selection or participant expectations; and accessing and interpreting current
1106 weather forecasts and applying cycling-specific trigger criteria.

1107 Experience recommended

1108 The Leader has operated as a cycling guide across multiple seasons and in varying road and trail conditions
1109 and applied environmental knowledge to route selection and modify/cancel decisions.

1110 This should include but is not limited to: operating as a cycling guide across multiple seasons and in varying
1111 road and trail conditions; and applying environmental knowledge to route selection, group management
1112 and modify/cancel decisions in real conditions.

1113 Communication and interpersonal skills

1114 Not modified for cycling and mountain biking — the requirements of Core GPG Appendix M (domain M.7)
1115 apply in full.

1116 Self-management and professional practice

1117 Not modified for cycling and mountain biking — the requirements of Core GPG Appendix M (domain M.8)
1118 apply in full.

1119 Outdoor living, activity and travel skills

1120 This domain covers the travel and logistics skills specific to cycling and mountain biking, including bicycle
1121 transportation and the physical demands of multi-day touring.

1122 Knowledge

1123 The Leader understands the hydration, nutrition and logistics requirements for extended cycling activities
1124 and multi-day touring programs.

1125 This should include, but is not limited to: hydration and nutrition requirements for cycling including fluid in-
1126 take targets per hour of sustained effort, energy replenishment for multi-hour and multi-day rides and
1127 recognition of dehydration or energy depletion; loaded touring bicycle management including the effect of
1128 panniers and luggage on bicycle handling, braking and climbing, weight distribution principles and saddle
1129 adjustment under load; and bicycle transportation and accommodation logistics for multi-day tours includ-
1130 ing securing bicycles during vehicle transport and daily equipment checks.

1131 Skills

1132 The Leader applies cycling-specific logistics and travel skills for touring and extended programs.

1133 This should include, but is not limited to: planning hydration and nutrition schedules for multi-hour and
1134 multi-day cycling activities and managing resupply at rest stops and overnight points; and managing loaded
1135 touring bicycles including checking load security, adjusting for balance and coaching participants on han-
1136 dling changes with a loaded bike.

1137 Experience recommended

1138 The Leader has led or participated in multi-day cycle touring with loaded bicycles and managed the logistics
1139 and participant welfare demands of extended cycling programs.

1140 This should include but is not limited to: leading or participating in multi-day cycle touring with loaded bicy-
1141 cles and managing daily logistics including nutrition, accommodation and bicycle maintenance; and manag-
1142 ing participant nutrition and hydration over extended cycling efforts and responding to dehydration or en-
1143 ergy depletion in the field.

1144

1145 Appendix O Knowledge, skill and experience — Assistant Leader

1146 This appendix sets out the knowledge, skill and experience expected of an Assistant Leader (assistant cycling guide) for cycling and mountain biking activities. The Assistant Leader operates under the direction of
1147 the Leader and carries delegated operational responsibility for defined tasks or participant subgroups. The
1148 requirements in this appendix are to be read in conjunction with Appendix M and the Core GPG.
1149

1150 Safety and risk management

1151 As for Safety and risk management — applied at the level of the delegated tasks. The Assistant Leader must
1152 be able to identify and report road and trail hazards within their assigned area of supervision, follow the
1153 provider's safety system and alert the Leader to any developing hazard or incident.

1154 Technical activity leadership

1155 As for Technical activity leadership — applied to the activity mode and delegated tasks only. The Assistant
1156 Leader must hold the riding skills, equipment knowledge and field repair capability for the activity variant
1157 and terrain on which they are operating and must be able to assist participants in their assigned area.

1158 Leadership and group management

1159 As for Leadership and group management — applied to the sub-group or sweep position delegated by the
1160 Leader. The Assistant Leader supervises participants in their assigned position, typically sweep, monitors for
1161 separation or distress and communicates promptly with the Leader.

1162 Decision-making and judgement

1163 As for Decision-making and judgement — limited to decisions within the scope of the sweep or support
1164 role. The Assistant Leader must recognise conditions requiring escalation — participant injury, mechanical
1165 failure, separation or deteriorating conditions — and communicate immediately with the Leader.

1166 Planning and program management

1167 As for Planning and program management — limited to supporting the Leader's plans. The Assistant Leader
1168 must be familiar with the route or trail plan, the emergency management plan and the support vehicle ar-
1169 rangements and must be able to execute their assigned role within the plan.

1170 Environment and place-based knowledge

1171 As for Environment and place-based knowledge — sufficient for the delegated tasks. The Assistant Leader
1172 must have place-specific knowledge appropriate to the route or trail section they are supervising, including
1173 relevant road or trail hazards, and must be able to relay current condition information to the Leader.

1174 Communication and interpersonal skills

1175 As for Communication and interpersonal skills — applied to delegated communications. The Assistant
1176 Leader must be able to use group riding communication signals and calls, communicate promptly with the
1177 Leader about anything affecting safety and manage participants in their assigned area.

1178 Self-management and professional practice

1179 As for Self-management and professional practice — applied to the assistant cycling guide role. The Assis-
1180 tant Leader must self-assess fitness for work, maintain currency in the relevant activity mode and operate
1181 within the professional and ethical boundaries of the role.

1182 Outdoor living, activity and travel skills

1183 As for Outdoor living, activity and travel skills — sufficient for the delegated tasks. The Assistant Leader
1184 must be able to manage their own hydration and nutrition during cycling activity and assist participants ex-
1185periencing nutrition or hydration difficulties in their assigned area.

1186 Appendix P Recognition of competence: pathways to verification

1187 See Core GPG Appendix P. The recognition-of-competence pathways — formal qualifications and training,
1188 provider-based assessment and prior learning — apply without modification to cycling and mountain biking
1189 activities.

1190 Appendix Q Indicative experience bands and evidence expectations

1191 See Core GPG Appendix Q. The indicative experience bands and evidence expectations support the provid-
1192 er's verification of leader experience for cycling and mountain biking activities.

1193 Appendix R Australian Bureau of Meteorology weather warnings 1194 and trigger points

1195 See Core GPG (Appendix R).

1196 Appendix S Program planning matrix: leader-matching tool

1197 See Core GPG Appendix O. The program planning matrix (leader-matching tool) applies without modifica-
1198 tion to cycling and mountain biking activities.

1199 Appendix T Mountain bike riding trail rating

1200 See the Core GPG.

1201 Appendix U Equipment lists

1202 Tools

1203 Suggested tools to carry, depending on the context and location of the activity:

- 1204 • chain breaker
- 1205 • pliers
- 1206 • spoke key
- 1207 • spanners/adjustable spanner
- 1208 • screwdrivers
- 1209 • allen key tool
- 1210 • torx keys
- 1211 • two tyre levers
- 1212 • pump with suitable connector(s)
- 1213 • shock pump.

1214 Additional tools for multi-day trips either with group or via support vehicle:

- 1215 • headset spanner
- 1216 • pedal spanner
- 1217 • crank puller
- 1218 • pliers with cable cutter
- 1219 • pressure gauge
- 1220 • adjustable spanner
- 1221 • two cone spanners.

- 1222 Spares
- 1223 Suggested spares to carry:
- 1224 • puncture repair kit (glue and patches)
 - 1225 • tube of lubricant
 - 1226 • piece of chain and chain repair components
 - 1227 • inner tubes of appropriate size, with valve stems appropriate for the rims in use
 - 1228 • spare spokes suitable for the bikes in use
 - 1229 • brake pads appropriate for the brakes in use
 - 1230 • bar end plugs.
- 1231 Suggested spares to carry on multiday rides:
- 1232 • brake cable / hydraulic inners
 - 1233 • gear cable inners.
- 1234 Suggested additional spares for multi-day trips either with the group or via support vehicle:
- 1235 • front and rear derailleur and hanger appropriate for the bikes in use
 - 1236 • lubricant
 - 1237 • rags
 - 1238 • pedals
 - 1239 • various cable ties
 - 1240 • duct tape
 - 1241 • spare bikes.
- 1242 Other equipment
- 1243 The equipment required and the appropriate “type” of equipment used is dependent on the specific context of the activity.
- 1244
- 1245 Equipment used for Cycling, Mountain Biking or Cycle Touring may include but is not limited to:
- 1246 Emergency/rescue
- 1247 • documentation (see [Core GPG - Activity leader required documentation](#))
 - 1248 • emergency communication equipment (see [Core GPG - Emergency communication](#))
 - 1249 • first aid kit (see [Core GPG -First aid equipment and medication](#)) in waterproof storage
 - 1250 • a waterproof method of storing and carrying documentation and communications equipment
 - 1251 • emergency shelter where appropriate for the context
 - 1252 • emergency equipment to keep a patient warm (e.g. mat, sleeping bag) where appropriate for the context.
 - 1253
- 1254 Activity Leaders
- 1255 • communications equipment (standard communication rather than emergency communication where this differs) and spare batteries or backup “power banks”
 - 1256
 - 1257 • relevant maps and navigation information
 - 1258 • a waterproof method of storing and carrying maps and navigation information
 - 1259 • compass and/or other navigation aids e.g. GPS
 - 1260 • pen/pencil and blank writing paper
 - 1261 • watch or equipment suitable to tell and measure time for first aid purposes
 - 1262 • head torch and spare batteries
 - 1263 • plus same as for participant (see below).
- 1264 Group

- 1265 • trowel for toileting
- 1266 • toilet paper
- 1267 • hand sanitiser
- 1268 • water purification system
- 1269 • food for duration plus spare
- 1270 • rubbish bags
- 1271 • sunscreen
- 1272 • insect repellent.

1273 Participant

- 1274 • appropriate clothing
- 1275 • appropriate footwear
- 1276 • personal protective equipment (see [Use of equipment](#) section)
- 1277 • personal medications (including for asthma and anaphylaxis)
- 1278 • sunglasses
- 1279 • prescription glasses
- 1280 • high visibility vest
- 1281 • sunscreen
- 1282 • water container
- 1283 • food or snacks.

1284 Additional equipment used for overnight or extended duration mountain biking or cycle touring refer
 1285 [Camping_GPG](#).

1286 Appendix V Weather information

1287 See the Core GPG.

1288

1289 Detailed Contents

1290	Traditional Owner Acknowledgement.....	2
1291	Copyright	2
1292	Disclaimer	2
1293	Version details	2
1294	Foreword	3
1295	Creation	4
1296	Funders.....	4
1297	Table of Contents	5
1298	List of Figures	5
1299	List of Tables	5
1300	Preface.....	6
1301	About these documents	6
1302	Dependent Participants.....	6
1303	Does the Standard and Good Practice Guides apply to me?	6
1304	Are they legally binding?	7
1305	Structure of the Standard and Good Practice Guides	8
1306	Interpretation of the Standard and Good Practice Guides.....	8
1307	1 Introduction.....	9
1308	1.1 Cycling activities	9
1309	1.2 Exclusions.....	9
1310	1.3 Related activities	9
1311	2 Management of Risk.....	9
1312	2.1 Management of Risk.....	10
1313	2.2 Context Matters	10
1314	2.3 Risk management framework and process	10
1315	2.4 Risk management plan.....	10
1316	2.5 Dynamic risk assessment	10
1317	2.6 Incident reporting.....	10
1318	3 Planning	10
1319	3.1 Management and approval of activities.....	10
1320	3.2 Activity plans.....	10
1321	3.3 Group size	11

1322	3.4 Cultural, environmental and historical values	11
1323	3.5 Emergency management planning	11
1324	3.6 Activity leader required documentation	11
1325	4 Diversity, equity and inclusion.....	11
1326	4.1 Diversity of participants and leaders	11
1327	4.2 Inclusive practice	11
1328	4.3 Cultural safety	11
1329	4.4 Psychological safety and dignity.....	12
1330	4.5 Information, communication and consent	12
1331	4.6 Leader competence	12
1332	4.7 Concerns, complaints and review	12
1333	5 Participants	12
1334	5.1 Pre-activity information	12
1335	5.2 Participant skill assessment	12
1336	5.3 Carrying passengers.....	13
1337	5.4 Activity briefing	13
1338	5.5 Group size	13
1339	5.5.1 Group size considerations	13
1340	5.5.2 Cycling basic riding skills training	13
1341	5.5.3 Cycling and cycle touring	13
1342	5.5.4 Mountain Biking	13
1343	5.6 Activity leader to participant ratios	14
1344	5.6.1 Recommended supervision ratios considerations.....	14
1345	5.6.2 Cycling basic riding skills training	14
1346	5.6.3 Cycling and cycle touring	15
1347	5.6.4 Mountain Biking	15
1348	5.7 Pre-activity communication	16
1349	5.8 Participation restrictions.....	16
1350	5.9 Vulnerable participants.....	16
1351	5.10 Health and wellbeing	17
1352	5.11 Privacy of information	17
1353	5.12 Supervision and management during the activity	17
1354	5.12.1 Cycling supervision and management	17
1355	5.12.2 Activity briefing	17
1356	5.13 Activity leader to participants ratios.....	18
1357	6 Environment.....	18
1358	6.1 Environment related planning.....	18
1359	6.1.1 Weather information.....	18
1360	6.1.2 Weather triggers.....	18

1361	6.2 Bushfire, prescribed fire and fire danger.....	19
1362	6.3 Water and river crossings.....	19
1363	6.3.1 Flooding	19
1364	6.4 Environmental conditions, safety and impact management	20
1365	6.5 Bushfires, prescribed fire and fire danger	20
1366	6.6 Tree safety	20
1367	6.7 Drinking water safety.....	20
1368	6.8 Food safety.....	20
1369	6.9 Wildlife safety	20
1370	6.10 Environmental sustainability procedures	20
1371	6.10.1 Plan ahead and prepare	20
1372	6.10.2 Travel and camp on durable surfaces.....	20
1373	6.10.3 Dispose of waste properly	20
1374	6.10.4 Leave what you find	21
1375	6.10.5 Be considerate of your hosts and other visitors.....	21
1376	6.11 Land owner and/or manager requirements	21
1377	6.12 Water environments.....	21
1378	7 Equipment and logistics	21
1379	7.1 Framework for equipment requirements.....	21
1380	7.2 Equipment requirements	21
1381	7.3 First aid equipment and medication	23
1382	7.4 Communications equipment	23
1383	7.5 Use of equipment	23
1384	7.6 Transport	23
1385	7.7 Maintenance of equipment.....	23
1386	7.8 Support vehicles	24
1387	7.9 Storage of equipment	24
1388	8 Responsibilities and roles.....	24
1389	8.1 Responsibilities and roles framework.....	24
1390	8.2 Naming conventions	24
1391	8.3 Provider responsibilities to prepare and support leaders	24
1392	8.4 Leader responsibilities and role descriptions	24
1393	8.4.1 Leader — operational responsibility in the field	24
1394	8.4.2 Assistant Leader — delegated responsibility.....	24
1395	8.4.3 Support person	25
1396	8.4.4 Leader fitness for work.....	25
1397	8.5 Leader readiness and capability	25
1398	8.5.1 Leadership knowledge, skill and experience	25
1399	8.5.2 Provider responsibilities under the Outdoor Leader KSE Framework	25

1400	8.5.3 First aid	25
1401	8.5.4 Knowledge and skill acquisition.....	25
1402	8.5.5 Verification	25
1403	8.5.6 Currency	26
1404	8.5.7 Verification and Currency Records	26
1405	Glossary	26
1406	Acronyms	28
1407	Appendices.....	29
1408	Appendix A Principal legal obligations	29
1409	Appendix B Management of Risk	29
1410	Appendix C Summary of AS ISO 31000 – risk management	29
1411	Appendix D Risk management process.....	29
1412	Appendix E Risk analysis information.....	29
1413	Appendix F Risk management plan template examples	29
1414	Appendix G Dynamic risk assessment process	29
1415	Appendix H Benefit–Risk Assessment	29
1416	Appendix I Emergency management planning framework	29
1417	Appendix J Health & wellbeing considerations for risk management.....	29
1418	Appendix K Privacy of information.....	29
1419	Appendix L Environmental sustainability procedures.....	29
1420	Appendix M First aid and medication considerations.....	29
1421	Appendix N Knowledge, skill and experience — Leader	30
1422	Activity scope and leader requirements	30
1423	Safety and risk management	30
1424	Technical activity leadership.....	31
1425	Leadership and group management.....	32
1426	Decision-making and judgement.....	32
1427	Planning and program management	33
1428	Environment and place-based knowledge	33
1429	Communication and interpersonal skills.....	34
1430	Self-management and professional practice.....	34
1431	Outdoor living, activity and travel skills.....	34
1432	Appendix O Knowledge, skill and experience — Assistant Leader	36
1433	Safety and risk management	36
1434	Technical activity leadership.....	36
1435	Leadership and group management.....	36

1436	Decision-making and judgement.....	36
1437	Planning and program management	36
1438	Environment and place-based knowledge	36
1439	Communication and interpersonal skills.....	36
1440	Self-management and professional practice.....	36
1441	Outdoor living, activity and travel skills.....	37
1442	Appendix P Recognition of competence: pathways to verification	37
1443	Appendix Q Indicative experience bands and evidence expectations	37
1444	Appendix R Australian Bureau of Meteorology weather warnings and trigger points	37
1445	Appendix S Program planning matrix: leader-matching tool	37
1446	Appendix T Mountain bike riding trail rating	37
1447	Appendix U Equipment lists	37
1448	Appendix V Weather information	39
1449	<i>Detailed Contents</i>	40
1450		