



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOBWG201A Demonstrate bushwalking skills in a controlled environment**

**Release: 2**

## **SISOBWG201A Demonstrate bushwalking skills in a controlled environment**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to participate in supervised bushwalks. This unit focuses on the demonstration of bushwalking skills through the participation in planned bushwalks and associated activities under the supervision of a suitably qualified leader.

### **Application of the Unit**

This unit applies to those working as assistant bushwalking guides under supervision, in tracked or easy untracked areas that are reliably marked on maps and are obvious on the ground.

This unit may also apply to outdoor recreation leaders working for outdoor education or adventure providers, volunteer groups, not-for-profit organisations or government agencies.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

- |                              |   |
|------------------------------|---|
| 1. Plan for a bushwalk.      | 1.1. Identify <b><i>food and water requirements</i></b> according to <b><i>principles of nutrition</i></b> and the <b><i>duration of the walk</i></b> to maintain physiological well being during activity.<br>1.2. Identify an appropriate activity location according to <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures</i></b> .<br>1.3. Obtain and become familiar with appropriate map for the intended walk.<br>1.4. Access <b><i>relevant sources</i></b> to interpret <b><i>weather and environmental information</i></b> .<br>1.5. Identify potential <b><i>hazards</i></b> associated with the activity. |
| 2. Select equipment.         | 2.1. Select, fit and adjust <b><i>equipment</i></b> to ensure comfort and safety according to <b><i>contextual issues</i></b> and organisational policies and procedures.<br>2.2. Ensure pack weight is appropriate to body weight and level of fitness.<br>2.3. Select personal clothing and footwear and identify the design and or construction features that make it appropriate.   |
| 3. Apply bushwalking skills. | 3.1. Adopt appropriate posture when lifting and carrying backpack.<br>3.2. Approach <b><i>obstacles</i></b> and hazards in a safe manner and minimise <b><i>risks</i></b> to self and group where possible.<br>3.3. Apply <b><i>ascending techniques</i></b> and <b><i>descending techniques</i></b> on slopes.<br>3.4. Follow a route in <b><i>tracked or easy untracked areas</i></b> , demonstrating use of <b><i>navigation aids</i></b> .  |
| 4. Evaluate the bushwalk.    | 4.1. Evaluate <b><i>relevant aspects</i></b> of the walk.<br>4.2. Identify improvements for future walks.   |

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- literacy skills to:
  - read and interpret maps
  - analyse weather and environmental information
- planning and organising skills to select an appropriate activity location and equipment
- communication skills to:
  - follow instructions and directions from the supervisor
  - interact with other participants
- numeracy skills to navigate and follow a route using a map and compass
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

### Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all bushwalking activities
- minimal impact walking codes to ensure protection of environment
- equipment types, characteristics and technology used for bushwalking, the advantages and disadvantages of the range of equipment provided by supervisor, and factors affecting appropriate selection of equipment
- packing techniques in order to protect personal and group equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- footwear types, the advantages and disadvantages of different footwear, and factors affecting appropriate selection for the anticipated track conditions
- principles of nutrition to maintain health during activity
- navigation techniques in tracked or easy untracked areas to determine location, direction and potential hazards under supervision
- basic weather and environmental information to ascertain possible conditions and their affect on the activity
- emergency procedures and potential hazards relevant to the location to ensure risk minimisation to self and group.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- applies relevant process to plan equipment and supply requirements according to the conditions and duration of the bushwalk
- demonstrates bushwalking techniques including ascending and descending techniques
- seeks advice and feedback from leader to improve skills and ensure safety of self and group
- evaluates and reflects on own bushwalking performance to identify strengths and weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in bushwalking activities in tracked and untracked areas that reflect local conditions and are of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as maps and meteorological data, to plan for the bushwalk
- a suitable outdoor location with tracks that are reliably marked on maps, are obvious on the ground and are inspected on a regular basis
- a qualified leader or supervisor
- bushwalking, navigation and safety equipment.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of safe participation and demonstration of bushwalking skills
- oral or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all bushwalking activities
- written or verbal self evaluation
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the

industry sector, workplace and job role is recommended, for example:

- SISOOPS202A Use and maintain a temporary or overnight site.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Food and water requirements*** may include:

- menu planning and preparation
- range of foods
- emergency food and water.

***Principles of nutrition*** may include:

- food groups
- dietary guidelines
- essential nutrients
- individual food requirements and allergies.

***Duration of the walk*** may include:

- short walks of up to two hours
- day walks
- two day walks.

***Relevant legislation*** may include:

- occupational health and safety
- permits or permission for access
- environmental regulations.

***Organisational procedures*** may include:

- occupational health and safety
- emergency procedures
- communication protocols
- use and maintenance of equipment
- code of ethics.

***Relevant sources*** may include:

- Bureau of Meteorology
- media
- land managers or agencies
- local knowledge.

***Weather and environmental information*** may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings
- event warnings
- river levels
- synoptic charts
- high and low tide predictions.

***Hazards*** may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects

- stinging trees and nettles
  - dense vegetation
  - group management hazards.
- Equipment*** may include:
- bushwalking equipment
  - navigation equipment
  - safety and first aid equipment
  - overnight equipment.
- Contextual issues*** may include:
- weather conditions, including times
  - season
  - transport
  - location
  - trip distance and duration
  - group objectives
  - group size.
- Obstacles*** may include:
- rivers
  - logs
  - rocks
  - gullies
  - exposed areas.
- Risks*** may include:
- hypothermia
  - heat exhaustion
  - injuries
  - exhaustion
  - lost party or party member
  - equipment failure.
- Ascending techniques*** may include:
- zig-zagging
  - placing feet down flat with a deliberate step
  - resting heels on any available projections.
- Descending techniques*** may include:
- placing toes against projections to avoid overstriding
  - avoiding placing feet down heavily
  - using flat-footed or stiff-heeled technique.
- Tracked or easy untracked areas*** include:
- those that align with Class 4 Tracks within the Australian Standard for Walking Tracks.
- Navigation aids*** may include:
- maps
  - compass.
- Relevant aspects*** may include:
- objectives
  - planning process
  - activity site
  - weather
  - equipment selection



- clothing selection
- food selection
- instructional content
- instructional technique
- assessment technique
- group feedback
- directing techniques
- rescue techniques employed.

## **Unit Sector(s)**

Outdoor Recreation

## **Competency Field**

Bushwalking