Australian Government

Department of Education, Employment and Workplace Relations

SISOKYK406A Demonstrate inland kayaking skills on Grade 3 water

Release: 2

INDUSTRY SKILLS COUNCILS

Creating Australia's Future

SISOKYK406A Demonstrate inland kayaking skills on Grade 3 water

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to apply inland kayaking skills on Grade 3 water. This unit focuses on personal kayaking skills, such as the ability to control and manoeuvre a kayak on Grade 3 water.

Application of the Unit

This unit applies to those working as kayaking guides in a range of inland conditions, including Grade 3 water.

This may include those working for private outdoor adventure companies, volunteer organisations, not for profit organisations, government agencies, or group instructors in outdoor education programs.

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 a kayaking activity.	1.1. Identify and plan ***food and water requirements*** according to ***principles of nutrition*** and ***contextual issues***. 1.2. Identify an appropriate activity location according to ***relevant legislation*** and ***organisational policies and procedures***. 1.3. Access ***relevant sources*** to interpret ***weather and environmental information*** and determine activity plan. 1.4. Identify potential ***hazards*** and ***obstacles*** associated with the activity and determine a ***contingency plan*** to minimise ***risks***.
2. Select equipment.	2.1. Select kayak and ***equipment*** according to contextual issues and organisational policies and procedures, and check working condition. 2.2. Fit and adjust equipment according to manufacturer's specifications to ensure comfort, safety and suitability to the participant and kayak. 2.3. Select personal equipment for the activity and identify the design and or construction features that make it appropriate. 2.4. Select safety and rescue equipment appropriate to the activity location. 2.5. Waterproof, pack and fasten equipment that is not required on hand, and prepare kayak for transportation if required.
3. Control kayak in moving water.	3.1. ***Embark and disembark*** the kayak while maintaining stability. 3.2. Apply appropriate strokes and ***techniques*** to cross and break into and out of currents. 3.3. Negotiate or avoid hazards using a combination of strokes and techniques.

ELEMENT	PERFORMANCE CRITERIA
	3.4. Support the kayak using the paddle to prevent capsize.
	3.5. Apply knowledge of river and hydrological features to assist in controlling the kayak.
4. Plan and run a route through a rapid.	4.1. Scout and assess sections of ***moving water*** to identify hydrological features, hazards and impediments.
	4.2. Select and navigate preferred route using efficient strokes and technique.
	4.3. Apply navigation skills to determine location and follow route.
	4.4. Maintain ***communication*** with other paddlers.
5. Roll a kayak in Grade 3 water.	5.1. Determine ***roll techniques*** appropriate for Grade 3 water.
	5.2. Perform a roll on both sides and maintain calm while upside down in Grade 3 water.
	5.3. Regain paddling position promptly on completion of roll.
6. Apply capsize procedures.	6.1. Perform, wherever possible, a roll in the event of a capsize.
	6.2. Exit the kayak, when rolling is not possible, in a controlled manner following capsize.
	6.3. Maintain appropriate body position in the water to minimise injury and entrapment.
	6.4. Manoeuvre the upturned kayak to shore or to rescue craft, and empty water from kayak.
	6.5. Re-enter the kayak in an eddy or bring ashore.
7. Evaluate kayaking activity.	7.1. Evaluate ***relevant aspects*** of the kayaking activity.
	7.2. Identify improvements for future kayaking experiences.

Required Skills and Knowledge

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

Required skills

- planning and organising skills to select and allocate kayaking equipment
- problem-solving skills to:
  - decide on stroke, capsizing and rolling techniques to use according to the conditions
  - determine how to manage risks and hazards safely
- communication skills to interact with other paddlers and rescue crew to maintain a positive and safe environment
- river reading skills including and speed of flow, currents, eddies and other hydrological features that may impact on paddling and safety
- kayak handling skills to apply a range of strokes and paddling techniques to control and stabilise the kayak in Grade 3 water
- swimming skills to remove self from danger after a capsize and to manoeuvre kayak to shore
- first aid, emergency response and rescue 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 kayaking activities
- minimal impact codes to enable protection of the environment
- international river grading system to understand conditions and appropriateness of the river to the level of participants
- types of kayaks and equipment, characteristics and technology used for kayaking on Grade 3 water, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection
- clothing requirements for kayaking, such as wet weather gear to maintain warmth and sun protection to minimise sunburn and heat stroke
- waterproofing techniques used to keep equipment, that is not required on hand, dry during kayaking
- importance of a personal flotation device in keeping a person afloat and their head above water
- stroke, rolling and capsizing techniques used in Grade 3 water
- hydrology and river features such as currents, banks, change in gradient and volume, and how these might impact on the kayaking experience
- swimming techniques to swim out of trouble and manoeuvre kayak to shore
- communication systems and signals used on rivers
- navigation applicable to inland river trips
- principles of nutrition to maintain health during kayaking
- weather and environmental information to identify forecast conditions and their

effect on the activity

- hazards, obstacles and risks commonly experienced when kayaking on Grade 3 water, and how to avoid or negotiate these
- emergency and rescue procedures appropriate for kayaking on Grade 3 water, 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 kayaking activity
- applies knowledge of rivers and hydrological features to manoeuvre kayak, interpret and negotiate hazards and rapids, and determine preferred route
- demonstrates control of strokes, capsizing and rolling techniques in Grade 3 moving water
- evaluates and reflects on own kayaking performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in kayaking activities in Grade 3 rapids that are of sufficient breadth and duration to demonstrate competency and consistency of performance.

- Assessment must also ensure access to:
- resources and information, such as weather sources to plan and select equipment for the kayaking activity
- suitable inland rivers with Grade 3-4 moving water
- kayaking, navigation, first aid and safety and rescue equipment
- a suitable and safe method of transport, if required to drive kayak to and from activity location.

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 the planning and review process
- oral or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all kayaking activities
- observation of safe participation and demonstration of kayaking skills, such as capsizing and rolling a kayak
- 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:

- SISOWWR403A Perform complex white water rescues and recoveries.

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.
Principles of nutrition may include:	• food groups • dietary guidelines • individual food requirements and allergies.
Contextual issues may include:	• weather conditions, including times • season • transport • location • trip distance and duration • group objectives • group size.
Relevant legislation may include:	• occupational health and safety • permits or permission for access • environmental regulations • marine regulations.
Organisational policies and procedures may include:	• occupational health and safety • use and maintenance of equipment • communication protocols • emergency and safety procedures • minimal impact codes • international river grading system • code of ethics.
Relevant sources may include:	• Bureau of Meteorology • media • land managers or agencies • coastal patrol or coastguard • volunteer marine rescue • 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.

Obstacles may include:

- rocks
- piers
- submerged items.

Contingency plan may include:

- contingency exit points for group evacuation
- alternative location and or route
- spare equipment in case of loss or damage.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment and course failure.

Equipment may include:

- personal flotation device
- paddle with leash
- spray deck
- wet suit or wet weather gear
- ropes
- tie down straps
- safety and first aid equipment
- pumps
- sponges
- paddle float.

Embark and disembark may include:

- in eddies
- in moving water
- from a bank
- ledge.

Techniques may include:

- correct edging or leaning of kayak
- using body weight and strength
- using paddle and river features
- stopping
- steering

- turning
- capsizing
- rolling on both sides
- directional control
- sweep control.

Moving water may include:

- rivers with Grade 3-4 broken, moving water
- rapids with waves 1-2m
- stoppers, strong eddies, exposed rocks.

Communication may include:

- calls
- whistles
- paddle signals
- hand or arm signals
- International River Signals.

Roll techniques may include:

- screw
- steyr
- reverse screw
- vertical paddle
- C to C
- hand.

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

Kayaking