



**Australian Government**

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

# **SISOYSB201A Demonstrate basic skills to sail a small boat in controlled conditions**

**Release: 2**

## **SISOYSB201A Demonstrate basic skills to sail a small boat in controlled conditions**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to rig and sail a small boat on a marked course in controlled conditions, under supervision. This unit also focuses on participating in capsized, towing and crew recovery drills.

### **Application of the Unit**

This unit applies to those who assist in small boat sailing activities under supervision in a range of controlled conditions.

This unit also applies to 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.

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|--|--|
| <p>1. Plan for the sailing activity.</p>           | <p>1.1. Select an activity site or location with <b><i>controlled conditions</i></b> according to <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures</i></b>.</p> <p>1.2. Access <b><i>relevant sources</i></b> to interpret <b><i>weather and environmental information</i></b>.</p> <p>1.3. Identify potential <b><i>hazards</i></b> within the <b><i>small boat</i></b> sailing environment and implement strategies to reduce <b><i>risks</i></b>, as advised by the supervisor.</p> <p>1.4. Identify <b><i>food and water requirements</i></b> to maintain physiological well being during activity.</p> |
| <p>2. Select equipment.</p>                        | <p>2.1. Select small boat and <b><i>equipment</i></b> according to design and construction features and check working condition.</p> <p>2.2. Identify and select suitable <b><i>sails</i></b> for boat.</p> <p>2.3. Select clothing suitable for the prevailing and expected conditions.</p> <p>2.4. Fit and adjust equipment to ensure comfort, safety and suitability.</p>   |
| <p>3. Rig and de-rig small boat.</p>               | <p>3.1. Identify the <b><i>main parts of a small boat</i></b> and fittings on the mast and boom.</p> <p>3.2. Identify <b><i>sails</i></b> and their component parts.</p> <p>3.3. Use <b><i>appropriate knots</i></b> to rig <b><i>sails</i></b>, under supervision.</p>  |
| <p>4. Launch and land small boat.</p>              | <p>4.1. Determine <b><i>wind direction</i></b> to identify safe and easy launching location.</p> <p>4.2. Launch and land the <b><i>small boat</i></b> in calm, <b><i>controlled conditions</i></b> while maintaining stability, direction and <b><i>speed control</i></b>.</p> <p>4.3. Adopt position on the <b><i>small boat</i></b>, and secure the centreboard and rudder.</p>  |
| <p>5. Sail a marked course in calm conditions.</p> | <p>5.1. Apply <b><i>primary boat controls</i></b>, and identify their effect on boat movement.</p> <p>5.2. <b><i>Determine wind direction and use wind, wind indicators and directional change to follow the marked course.</i></b></p> <p>5.3. Use wind indicators and angle of the sail to vary speed <b><i>and</i></b> use a basic heave to as a reference point.</p> <p>5.4. Identify when the boat is being sailed close hauled and sail to</p>   |

## ELEMENT

## PERFORMANCE CRITERIA

- the destination directly upwind
- 5.5. Identify the No-Go Zone perimeters and tack the boat from close-hauled to close-hauled.
- 5.6. Determine when the boat is being sailed on a dead run and gybe the mainsail while the boat remains sailing on a dead run.
- 5.7. Identify potential hazards of gybing while sailing downwind, and implement strategies to avoid the unexpected gybe.
6. Perform capsized drills.
- 6.1. Identify and implement procedures for capsized according to relevant legislation and organisational policies and procedures.
- 6.2. Demonstrate technique and order of events to right a small boat, as part of a team, according to organisational policies and procedures.
7. Participate in towing drills.
- 7.1. Identify situations requiring **towing** and prepare boat for towing.
- 7.2. Tow boat safely under instructor guidance, according to organisational policies and procedures.
- 7.3. Release **boat** from tow under instructor guidance, according to organisational policies and procedures.
- 7.4. Implement, under direct supervision and instructor guidance, a **crew recovery drill**, in the event of separation of a crew member from the boat.
8. Return small boat ashore.
- 8.1. Prepare and raise centreboard and rudder for return.
- 8.2. Carry and stow the **small boat** according to supervisor's directions and organisational policies and procedures.
- 8.3. Stow or store **equipment** according to manufacturer's recommendations, supervisor's directions and organisational policies and procedures.
9. Evaluate sailing activity.
- 9.1. Evaluate **relevant aspects** of the activity.
- 9.2. Identify improvements for future small boat sailing experiences in controlled conditions.

## Required Skills and Knowledge

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

### Required skills

- problem-solving skills to:
  - rig boat using suitable knots
  - determine wind direction
  - maintain stability, position, direction and speed control
  - determine when the boat is being sailed on a dead run
- planning and organising skills to:
  - select an appropriate location with controlled conditions
  - source small boat, equipment, and food and water
  - prepare for capsizing and towing drills
- numeracy skills to:
  - select correct sized sail for boat
  - use the angle of the sail to slow and speed up the small boat
  - determine points of sail in relation to course, wind direction and angles
- literacy skills to interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- communication skills to interact with other craft and crew members
- teamwork skills to:
  - right a small boat after capsize
  - assist and support crew members in all aspects of sailing a small boat
- emergency response and crew recovery skills to enable initial response to emergencies.

### Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of sailing activities
- rules of the road to safely sail alongside other water craft
- types of small boats and equipment, characteristics and technology used for sailing
- knots and their application to a sailing setting to enable accurate rigging of sails
- sailing manoeuvres and techniques to enable negotiation of courses
- sailing and weather terminology to enable clear communication between crew members
- the main points of sailing and sail positions to manoeuvre small boat efficiently
- information on tide and wind to safe launching, landing and manoeuvring
- capsize procedures and methods to right a small boat
- food and water requirements to maintain health and energy during activities
- weather and environmental information to ascertain possible conditions and their affect on the activity
- emergency, towing and recovery procedures to ensure risk minimisation.

## 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:

- selects small boat and equipment suitable for controlled conditions and uses terminology to identify parts and fittings of small boat
- rigs small boat using appropriate knots, and launches, lands and returns boat while maintaining stability, direction and *control*
- applies capsizing procedures to right a small boat, and participates in towing and crew recovery drills while maintaining adequate communication with crew
- evaluates and reflects on own small boat sailing performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in multiple small boat sailing activities in controlled conditions that are of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information to plan and select equipment for the sailing activity
- a suitable location with sheltered waters, light winds of 0-8 knots, wave height up to 0.3m, and controlled conditions suitable to participants
- a qualified leader or supervisor
- a small sailing boat, suitable sails 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:

- oral or written questioning to assess knowledge of small boat sailing environments, including wind direction and speed and possible hazards
- observation of safe participation and demonstration of basic small boat sailing techniques and manoeuvres
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

## 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.

***Controlled conditions*** may include:

- light winds of 0-8 knots
- sheltered waters with partially smooth waters
- wave height up to 0.3m.

***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, maintenance and storage of equipment
- communication protocols
- ***sailing etiquette***
- minimal impact environmental codes
- 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 heights
- synoptic charts
- high and low tides.

***Hazards*** may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards
- slippery or unstable shore



- poor posture, poor technique
- poor carrying techniques
- loose or insecure craft when being transported
- other craft.

- Small boat*** may include:
- 18ft and under
  - single masted unballasted mono or multi-hulled vessel
  - stayed or unstayed mast
  - one, two or three sails.
- Risks*** may include:
- hypothermia
  - heat exhaustion
  - injuries
  - exhaustion
  - lost party or party member
  - equipment and course failure.
- Food and water requirements*** may include:
- range of foods
  - energy content
  - hydration.
- Equipment*** may include:
- safety and rescue equipment
  - protective equipment
  - small boat
  - sails.
- Sails*** may include:
- mainsail
  - jib
  - spinnaker.
- Appropriate knots*** may include:
- figure of eight
  - bowline
  - half hitch
  - reef knot
  - rolling hitch.
- Primary boat controls*** may include:
- mainsail
  - jib
  - balance
  - trim
  - centreboard.
- Towing*** may include:
- single tow
  - multiple tow
  - pick-up of tow
  - release from tow.
- Crew recovery drills*** may include:
- maintain sight of crew overboard at all times
  - teamwork
  - approach and stop to leeward of crew member in water
  - slow speed of approach
  - assist crew on board.

*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**

Yachting - Small Boat