



**Australian Government**

# **Assessment Requirements for SISOBWG001 Bushwalk in tracked environments**

**Release: 1**

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## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- complete three walks, each on a different track
- for one of the above activities, walk at least five kilometres
- during each walk:
  - maintain an effective walking rhythm by:
    - maintaining same stride and pace
    - allowing natural body swing
    - avoiding jerky movements or springing
  - use techniques to ascend steps and slopes:
    - placing feet down flat with a deliberate step
    - resting heels on any available projections
  - use techniques to descend steps and slopes:
    - placing toes against projections to avoid overstriding
    - avoiding placing feet down heavily
    - flat-footed or stiff-heeled technique
  - use walking techniques specific to the environmental terrain
  - consistently follow safety procedures and safely negotiate hazards.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational safety and emergency response procedures for walking activities
- contents of the Australian Walking Track Grading System, in particular the specifications for grade 2 and 3 tracks
- suitable clothing and footwear for the particular region or locality in which outdoor recreational walks are delivered:
  - types of clothing and fabrics that protect against the effects of local weather conditions including sun, temperatures, winds, and precipitation of different levels and extremes
  - reasons for layering clothes
  - effective design and construction features of waterproof gear

- types of footwear suitable for walking in tracked environments; advantages and disadvantages of different types
- gaiters and their purpose
- as relevant, purpose and features of specialist aids
- purpose, features, advantages and disadvantages of walking poles
- effective design and construction features of back packs
- techniques used to effectively pack items for ease of access and maximum usage of space
- waterproofing and stowing techniques used to keep clothing, food and resources dry during walking activities
- how to care for clothing, footwear, backpacks and other equipment during and after activities to avoid damage, and promote long lifespan
- safe manual handling techniques used to lift and carry backpacks of various weights
- communication protocols for group walks in tracked environments to include:
  - calls
  - hand signals
  - whistles
  - radio
- how to maintain an effective walking rhythm:
  - maintaining same stride and pace
  - allowing natural body swing
  - avoiding jerky movements or springing
- techniques used to ascend steps and slopes:
  - placing feet down flat with a deliberate step
  - resting heels on any available projections
  - keeping weight over feet, not leaning into the slope
- techniques used to descend steps and slopes:
  - placing toes against projections to avoid overstriding
  - placing toes on available objects to reduce fatigue
  - avoiding placing feet down heavily
  - flat-footed or stiff-heeled technique
- typical hazards for walking in tracked environments, and techniques used to safely negotiate these:
  - roots
  - rocks
  - small logs
  - slippery or unstable track surface
  - overhanging vegetation
  - minor water crossings
  - hazardous flora and fauna in the region
  - temperature extremes
  - exposure to storms, heavy rain, hail and strong winds

- techniques used to minimise damage to the natural environments when walking
- for the particular region or locality in which outdoor recreational walks are delivered which may include those for bushland, arid, alpine, tropical or other environments:
  - specific walking techniques used for the terrain
  - specific hazards and techniques used to safely negotiate these
  - specific environmental considerations and minimal impact techniques when walking.

## Assessment Conditions

Skills must be demonstrated in a setting where bushwalking activities are delivered in tracked environments. Tracks must feature the following:

- be formed earthen tracks which have modified hardened or compacted surfaces
- have some surfaces which are unstable with some natural obstacles such as roots, rocks and small logs
- have steps and short steep slopes
- have signage at the track head, with route markers at intersections and en route
- be reliably marked on maps.

If in an alpine region, assessment can only be completed in weather conditions where no snow is present and visibility is clear.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during walking activities
- backpacks
- food, water for duration of assessment
- portable shelter/tarp
- clothing and footwear suitable for the conditions
- Users Guide to the Australian Walking Track Grading System
- activity plans to include details of planned route
- walking route maps and guides
- organisational safety and emergency response procedures for walking activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have a collective period of at least three years' experience as a bushwalking leader, guide or instructor, where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can incorporate full and or part time experience.

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>