



Australian Government

SISOCNE001 Paddle a craft using fundamental skills

Release: 1

SISOCNE001 Paddle a craft using fundamental skills

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to paddle a craft as part of a group on small inland flatwater areas such as small lakes, dams and rivers according to planned courses. It requires the ability to self-rescue from a capsize.

The unit provides skills to paddle a canoe, sit in or sit on top kayak on bodies of water in less than moderate wind conditions, where the current flow is consistently recorded as less than one knot, and where there is ease of access to the shore; within 400 metres.

It applies to assistant leaders and support staff who use these skills when assisting with the delivery of paddling activities for groups of participants. They work under close supervision, and according to instructions and guidance provided by supervising activity leaders who may be guides or instructors.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Canoeing

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Prepare for the paddle.

1.1. Select clothing, footwear, personal protective and other equipment suitable for the paddle and conditions, and check for safe working condition.

- 1.2. Carry, prepare craft and complete safety and serviceability checks.
 - 1.3. Waterproof, pack and stow clothing, personal resources, and food according to access requirements during paddle.
 - 1.4. Access and interpret activity plans, and clarify any details.
 - 1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.6. Confirm protocols for communications between paddlers.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Paddle and manoeuvre small crafts on flatwater.
 - 2.1. Embark and launch craft from bank, shore or jetty while maintaining stability.
 - 2.2. Control direction of craft forward, in reverse and sideways using a range of appropriate strokes and edges.
 - 2.3. Maintain appropriate posture, use of trunk rotation, paddle and blade to efficiently paddle craft.
 - 2.4. Establish and maintain an appropriate paddling rhythm and pace to minimise fatigue, strain and injury.
 - 2.5. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
 - 2.6. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.7. Monitor party formation, paddling pace and space between craft and make required adjustments.
3. Rescue self following a capsize.
 - 3.1. Exit the craft in a controlled manner, following a capsize, and recover paddle.
 - 3.2. Follow instructions from leader or other party members to complete deep water self-rescue.
 - 3.3. Re-enter craft and assess personal ability to continue with paddle session.
 - 3.4. Manoeuvre an upturned craft to shore or to rescue craft, when unable to re-enter.
4. Land and secure canoes.
 - 4.1. Land and disembark craft at bank, shore or jetty while maintaining stability.
 - 4.2. Secure craft to bank, shore or jetty using appropriate knots.
 - 4.3. Secure craft for road transport using suitable methods.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret detailed and familiar organisational safety and emergency response procedures • interpret straightforward but potentially unfamiliar information on maps • interpret factual activity plan information in familiar formats.
Oral communications skills to:	• use clear and unambiguous verbal and non-verbal communications to make intent known.
Teamwork skills to:	• pro-actively and cooperatively work within teams

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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