



Australian Government

Assessment Requirements for SISOCNE002 Paddle a canoe on inland flatwater

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 group canoe trips
- complete at least one solo paddle on one of the above trips
- during each trip:
 - consistently follow safety procedures and safely negotiate hazards
 - consistently control direction of canoes forward, in reverse and sideways using edging and this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw strokes
 - feathered and sculling draw
 - forward J stroke
 - low support
 - emergency stop
- participate in simulations to:
 - complete two self-rescues following a capsize, swimming self and craft a maximum distance of 50 metres to shore
 - complete three deep water rescues to assist a single capsized paddler, using these techniques:
 - T (or X)rescue
 - curl rescue
 - provide one contact tow
 - provide one tow using a towline with a quick release system.

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 canoeing activities
- suitable clothing and footwear for canoeing activities:

- types of clothing and fabrics that protect against the effects of weather and water conditions including sun, temperatures, winds, and precipitation of different levels and extremes
- reasons for layering clothes
- effective design and construction features of waterproof gear and exposure suits
- types of footwear suitable for canoeing including specialist sandals, river or paddling shoes and their advantages over other types of footwear
- features and uses of gloves and mittens, and advantages and disadvantages
- features and functions of lifejackets and helmets suitable for flatwater conditions and how to fit and adjust these for comfort and safety
- types of single and double open canoes suitable for use in flatwater conditions and location and function of different parts of the canoe
- types of paddles suitable for use with canoes used in flatwater conditions,
- techniques used to effectively stow items:
 - for ease of access and maximum usage of space
 - for stability of craft and minimal effect on trim
 - to waterproof clothing, food and resources
- safe manual handling techniques used to lift and carry canoes
- equipment features and techniques used to secure canoes for transportation
- communication protocols for group canoeing activities to include:
 - calls
 - hand and paddle signals
 - whistles
- hydrological features of flatwater areas such as lakes, dams and slow moving rivers sufficient to understand the impacts on canoeing activities
- typical hazards associated with paddling and swimming in flatwater conditions, and techniques used to safely negotiate these:
 - currents
 - built objects – weirs, piers
 - steep or slippery banks or shore
 - overhanging trees
 - fallen trees on waterway
 - submerged logs, rocks and vegetation
 - sections of dark, deep or cold water
 - other boating traffic
 - exposure to lightning, storms, strong wind
 - prolonged emersion in cold water
- techniques used on flatwater to:
 - embark, launch, land and disembark canoes from bank, shore or jetty
 - secure canoes to bank, shore or jetty

- a range of strokes used in flatwater conditions to direct canoes forward, in reverse and sideways:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw stroke
 - feathered and sculling draw
 - feathered pry
 - forward J stroke
 - low support
 - stern rudder
 - emergency stop
- for each of the above strokes:
 - how to use them when solo paddling and when padding as a double
 - correct posture and trunk rotation
 - correct hand placement on paddle and movement of top hand through the stroke
 - wrist movement required to enable correct blade placement in water
 - correct paddle entry and exit points in relation to craft and body position
 - appropriate paddle depth in water to achieve effective stroke
 - correct paddle blade angle throughout stroke
- for self-rescues:
 - methods used to extricate self from inverted canoes
 - methods used to control and manoeuvre the paddle and canoe to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in flatwater conditions
 - how to empty water from canoes, and equipment used to assist
 - techniques used to re-establish upright canoe and re-enter in deep water
- for deep water rescues, the specific application of the following to flatwater conditions and open canoes:
 - features, functions and operation of equipment used for rescues, advantages and disadvantages
 - roles and responsibilities that can be allocated to team members and participants to effectively complete a rescue
 - raft up techniques
 - T (or X) rescue techniques
 - curl rescue techniques
 - techniques for contact tows and those using a towline with a quick release system
- when different knots are used, advantages and disadvantages, and how to tie them:
 - knots for tying on
 - rope joining knots
 - quick release knots.

Assessment Conditions

Skills must be demonstrated on inland flatwater areas which can be lakes, dams or slow moving rivers. The environment must feature the following:

- less than moderate wind conditions
- current flow is consistently documented as less than 1 knot.

An area for assessment should not be classified as flatwater if any of the following conditions are present:

- rapids of any grade
- surf of any size
- fetch greater than 1 nautical mile
- area is in the entrance to an estuary or embayment.

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 canoeing activities
- clothing and footwear suitable for the conditions
- Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements for the location
- pea-less whistles not affected by water
- open canoes which can include singles and doubles
- canoe paddles
- ropes and tie down straps
- rescue equipment:
 - towlines
 - bailing devices
 - knives
- activity plans to include details of planned route
- template safety checklists
- organisational safety and emergency response procedures for canoeing 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 canoeing 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>