



Australian Government

SISOKYK001 Paddle a kayak on inland flatwater

Release: 1

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Modification History

Not applicable.

Application

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

The unit provides skills to paddle on bodies of water in less than moderate wind conditions, where the current flow is consistently recorded as less than one knot.

It applies to leaders, guides or instructors, who use these skills when leading participants during kayaking activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

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

Kayaking

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for the paddle.

PERFORMANCE CRITERIA

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

- 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. Interpret planned course from activity plans and maps to assist in following the course.
 - 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 kayaks on flatwater.
 - 2.1. Embark and launch kayak from bank, shore or jetty while maintaining stability.
 - 2.2. Control direction of kayak 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 the kayak.
 - 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 kayaks and make required adjustments.
3. Rescue self following a capsize.
 - 3.1. Exit the kayak in a controlled manner, following a capsize, and recover paddle.
 - 3.2. Manoeuvre the paddle and upturned kayak to shore or to rescue craft and empty out water.
 - 3.3. Use techniques when in deep water to empty water and re-enter kayak.
4. Perform deep water rescues in flatwater conditions.
 - 4.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
 - 4.2. Select and use other leaders or party members, equipment and rescue techniques appropriate to situation.
 - 4.3. Manoeuvre rescue craft to capsized party member, forming a raft-up as required.
 - 4.4. Provide clear and concise instructions to person being rescued and others assisting.
 - 4.5. Assist rescuee to return to their craft using rescue technique appropriate to situation.
 - 4.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.

5. Land and secure kayaks.
- 5.1. Land and disembark kayak at bank, shore or jetty while maintaining stability.
- 5.2. Secure kayak to bank, shore or jetty using appropriate knots.
- 5.3. Secure kayak 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:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> use clear and unambiguous verbal and non-verbal communications to make intent known.
Numeracy skills to:	<ul style="list-style-type: none"> interpret and calculate numerical data involving distances, times and speed of currents.
Teamwork skills to:	<ul style="list-style-type: none"> pro-actively and cooperatively work within teams of operational personnel to solve arising problems and effect efficient rescues.
Planning and organising skills to:	<ul style="list-style-type: none"> manage own timing to complete activities within planned timeframes.
Self-management skills to:	<ul style="list-style-type: none"> critically analyse all circumstances and implications to provide a prompt and considered response to rescue requirements.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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

