



Australian Government

**Assessment Requirements for
SISOKYK004 Paddle a kayak on grade 3
rivers**

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 kayak trips
- complete at least one solo paddle for one of the above trips
- during each trip:
 - consistently follow safety procedures and safely negotiate hazards
 - use different locations to launch and land kayaks to include:
 - the bank in moving water
 - ledges
 - eddies
 - run routes through at least four rapids
 - consistently control direction of kayaks forward, in reverse and sideways using leaning, edging and this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw strokes - feathered and sculling
 - stern rudder
 - support using back and front of blade
 - emergency stop
 - utilise the following techniques while consistently controlling the kayak:
 - combining strokes to effectively manoeuvre the kayak
 - breaking in and out of eddies and currents
 - forward and reverse ferry gliding
 - using hydrological features to assist with paddling, controlling the kayak and negotiating rapids
 - execute four controlled rolls as follows:
 - use at least one technique and roll in both directions
- 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
- wedge 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 kayaking activities
- suitable clothing and footwear for kayaking 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 kayaking 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 grade 3 river conditions and how to fit and adjust these for comfort and safety
- types of single and double kayaks suitable for use in grade 3 river conditions and:
 - location and function of different parts of the kayak
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
- types of paddles suitable for use with kayaks used in grade 3 river conditions, different construction materials and designs, effects on performance, advantages and disadvantages
- 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 kayaks
- equipment features and techniques used to secure canoes to the bank and for transportation
- communication protocols for group kayaking activities to include:
 - calls
 - hand and paddle signals
 - whistles
- the International River Grading system:
 - strengths and limitations of the grading system; what is covered and not covered in classifications

- specifications for grade 3 rivers
- examples of local rivers attributed as grade 3
- typical hydrology features and hazards for grade 3 rivers, how to recognise features from the shore and water, and techniques used to safely negotiate hazards:
 - currents
 - eddies
 - waves
 - strainers
 - holes
 - stoppers
 - sieves
 - rocks, including undercut rocks
 - waterfalls
 - downstream and upstream Vs
 - boils
 - pour overs
 - 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 and strong winds
 - prolonged emersion in cold water
- different locations that can be used to embark, launch, land and disembark kayaks in grade 3 waters including:
 - the bank in moving water
 - ledges
 - eddies
- for each of the above locations:
 - factors that affect selection
 - advantages and disadvantages of use
 - techniques used to embark, launch and land
- a range of strokes used in grade 3 river conditions to direct kayaks forward, in reverse and sideways:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw strokes - feathered and sculling
 - stern rudder

- support using back and front of blade
- emergency stop
- for each of the above strokes:
 - how to use them when solo paddling and when paddling as a double
 - correct posture and trunk rotation
 - correct hand placement on paddle
 - 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
- a range of techniques used to manoeuvre kayaks in grade 3 water:
 - combining strokes and which combinations are effective
 - breaking in and out of eddies and currents
 - forward and reverse ferry gliding
- how certain types of hydrological features can be used to assist with paddling, controlling the kayak and negotiating rapids
- for self rescues:
 - roll techniques suitable for use with sit in kayaks in grade 3 rivers
 - methods used to extricate self from inverted kayaks
 - methods used to control and manoeuvre the paddle and kayak to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in grade 3 river conditions
 - how to empty water from kayaks, and equipment used to assist
 - techniques used to re-establish upright kayak and re-enter in deep water
- for deep water rescues, the specific application of the following to grade 3 river conditions and kayaks:
 - 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
 - wedge 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 grade 3 rivers which must feature the following:

- rapids which have fairly high waves, one to two metres tall
- broken water, strong currents and eddies
- significant obstacles including large holes, exposed rocks and small falls that require manoeuvring around
- passages through rapids that are difficult to recognise from the river and inspection from the bank is usually required.

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 kayaking 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
- helmets
- pea-less whistles not affected by water
- kayaks which can include singles or doubles
- kayak paddles
- ropes and tie down straps
- rescue equipment:
 - towlines
 - carabiners, Prusik cords and tape sling
 - knives
- activity plans to include details of planned route
- template safety checklists
- information about the International River Grading System
- organisational safety and emergency response procedures for kayaking 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 kayaking 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>