



Australian Government

SISOKYK004 Paddle a kayak on grade 3 rivers

Release: 1

SISOKYK004 Paddle a kayak on grade 3 rivers

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 rivers with grade 3 rapids, and according to planned and scouted courses. It requires the ability to self-rescue from a capsize and to rescue others in deep water.

Grade 3 refers to the International River Grading System which provides a broad indication of a river's rapid features, and the degree of difficulty in negotiating these. This unit provides skills to paddle on rivers with rapids which have fairly high waves, one to two metres tall, broken water, and strong currents and eddies. These rivers have significant obstacles including large holes, exposed rocks and small falls that require manoeuvring around using proficient paddling. Passages through rapids may be difficult to recognise from the river and inspection from the bank is usually required.

It applies to leaders, guides or instructors, who use these skills when leading participants during kayaking activities. Leadership skills are provided in complementary units.

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

PERFORMANCE CRITERIA

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. 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 grade 3 rivers.
 - 2.1. Select suitable location, embark and launch kayak using technique suitable to situation to maintain stability.
 - 2.2. Identify hydrological features from the water and utilise favourably to control and manoeuvre kayak.
 - 2.3. Control direction of kayak forward, in reverse and sideways using a range of appropriate strokes, leans, edges and combinations.
 - 2.4. Maintain appropriate posture, use of trunk rotation, paddle and blade to efficiently paddle the kayak.
 - 2.5. Utilise appropriate padding strokes and techniques to cross currents and break into and out of eddies.
 - 2.6. Avoid or negotiate obstacles and hazards using a combination of strokes and paddling techniques.
 - 2.7. Support kayak using the paddle to prevent capsizes.
 - 2.8. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.9. Monitor party formation, paddling pace and space between kayaks and make required adjustments.
3. Plan and run routes through rapids.
 - 3.1. Scout rapids from the water and shore to identify hydrological features, hazards and impediments.
 - 3.2. Assess features and hazards to determine a safe route through rapids.
 - 3.3. Plan route through rapids accounting for party member numbers, abilities and management during run.
 - 3.4. Identify reference points to guide chosen passage through rapids.
 - 3.5. Run predetermined route using avoidance techniques to safely negotiate river hazards.

- 3.6. Use efficient paddling techniques and strokes and utilise hydrological features to assist in turning and crossing currents.
4. Rescue self following a capsize.
 - 4.1. Execute a roll using techniques appropriate for situation to avoid a wet exit and re-establish paddling position promptly.
 - 4.2. Exit the kayak in a controlled manner when unable to roll following a capsize, and recover paddle.
 - 4.3. Maintain appropriate body position in water to minimise entrapment and injury.
 - 4.4. Manoeuvre the paddle and upturned kayak to shore or to rescue craft.
 - 4.5. Drain water from craft in safe shallow river position or on shore and re-enter craft on shore or in an eddy.
 - 4.6. Use techniques when in deep water to empty water and re-enter kayak.
5. Perform deep water rescues in grade 3 rivers
 - 5.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
 - 5.2. Select and use other leaders or party members, equipment and rescue techniques appropriate to situation.
 - 5.3. Manoeuvre rescue craft to capsized party member, forming a raft-up as required.
 - 5.4. Provide clear and concise instructions to person being rescued and others assisting.
 - 5.5. Assist rescuee to return to their craft using rescue technique appropriate to situation.
 - 5.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.
6. Land and secure kayaks.
 - 6.1. Select a suitable location to exit the river, and to allow for any subsequent re-entries.
 - 6.2. Land and disembark kayak using techniques suitable for river conditions to maintain stability.
 - 6.3. Select a secure bank feature and secure kayak using appropriate knots.
 - 6.4. Secure kayak for road transport, on activity conclusion, 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 river gradients, 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.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

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