Assessment Requirements for SISOKYS002 Paddle a sea kayak in sheltered coastal waters

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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 sea 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
    - consistently control direction of sea 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 front and back of blade
        - emergency stop
    - effectively manoeuvre the sea kayak by combining strokes
    - if utilising a sit in kayak, execute two controlled rolls in one direction
- 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 at least two techniques appropriate to the type of kayak in use
    - 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 sea kayaking activities
- suitable clothing and footwear for sea 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 sea kayaking including specialist sandals, water shoes and booties 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 sheltered coastal water conditions and how to fit and adjust these for comfort and safety
- types of single and double sea kayaks suitable for use in sheltered coastal water 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 sea kayaks used in sheltered coastal water 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 sea kayaks
- equipment features and techniques used to secure sea kayaks for transportation
- communication protocols for group sea kayaking activities to include:
  - calls
  - hand and paddle signals
  - whistles
- hydrological features of sheltered coastal waters including currents, waves and tides sufficient to understand the impacts on sea kayaking activities
- typical hazards associated with paddling and swimming in sheltered coastal water conditions, and techniques used to safely negotiate these:
  - currents
  - built objects – piers, navigation markers
  - steep, slippery or rocky shores
  - sections of dark, deep or cold water
  - marine animals
  - other boating traffic
  - exposure to lightning, storms and strong winds
  - prolonged emersion in cold water

- techniques used in sheltered coastal waters to embark, launch, land and disembark kayaks from shore
- a range of strokes used in sheltered coastal water conditions to direct sea kayaks forward, in reverse and sideways:
  - forward and reverse paddle
  - forward and reverse sweeps
  - bow draw strokes - feathered and sculling
  - stern rudder
  - support using front and back of blade
  - 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
  - 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
- how to effectively manoeuvre sea kayaks by combining strokes and which combinations are effective
- for self rescues:
  - roll techniques suitable for use with sit in kayaks in sheltered coastal waters
  - methods used to extricate self from inverted sea 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 sheltered coastal water conditions
  - how to empty water from sea kayaks, and equipment used to assist
  - techniques used to re-establish upright sea kayak and re-enter in deep water
- for deep water rescues, the specific application of the following to sheltered coastal water conditions and sea 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
  - rescue techniques specific to sit in kayaks
  - rescue techniques specific to sit on top kayaks
  - 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 in sheltered coastal waters which can be:

- estuaries
- embayments
- areas enclosed or partly enclosed by islands or a fringing reef
- areas of exposed coastline with surf but without overfalls and tidal races present.

The environment must feature the following:

- water with small breaking white capping waves up to 0.5 metre with no difficult landings
- ideally moderate winds of 11-16 knots (Beaufort Scale); winds could vary but warnings should not exceed moderate wind conditions.

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 sea 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 as required
- pea-less whistles not affected by water
- kayaks which can include:
    - single or double sit in kayaks
    - single or double sit on top kayaks
- kayak paddles
- ropes and tie down straps
- rescue equipment:
    - towlines
    - knives
- activity plans to include details of planned route
- template safety checklists
- organisational safety and emergency response procedures for sea 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 sea 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