



Australian Government

Assessment Requirements for SISORSC004

Self rescue in white water

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 simulated self rescues in one or more inland white water rivers with rapids
- during each of the above rescues:
 - consistently negotiate river hazards safely and effectively
 - use re-entry techniques suited to the type of craft utilised for the activity
- across the three rescues collectively utilise the following aids effectively as the rescuer:
 - reach equipment
 - throw bags
 - rope coils.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- typical hydrology conditions and hazards associated with self rescues on inland white water rivers with rapids, and techniques used to safely negotiate these:
 - 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
- appropriate swimming strokes and techniques to use while in paddling gear
- defensive swimming techniques and when to use these in white water conditions:
 - floating passively on back facing downstream
 - riding with the river current
 - pointing feet downstream, toes out of water
 - using arms and legs to avoid serious contact with obstacles
- aggressive swimming techniques and when to use these in white water conditions:
 - moving on to stomach
 - pointing head in direction of travel
 - stroking hard to move across the current
 - swimming freestyle across current
- factors that affect selection of appropriate location for wading
- shallow water wading techniques
- aids used in rescues and how to use these effectively as rescuer:
 - reach equipment, including improvised use of equipment on hand
 - throw bags
 - rope coils
 - craft and paddle as a flotation device
- for the particular type of water craft, techniques used to re-enter.

Assessment Conditions

Skills must be demonstrated on inland white water rivers with rapids which must include, as a minimum, features of grade 2 rivers:

- fairly frequent but straightforward rapids
- rapids with regular medium sized waves, less than one metre
- low ledges or drops, easy eddies and gradual bends
- small obstacles that require manoeuvring around
- passages through rapids that are generally straightforward and can be seen from the water.

Assessments can only be completed through simulated activities. Simulations must incorporate time critical requirements.

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:

- people who act as rescuers providing aids during simulated activities
- Australian Standard, or equivalent, compliant lifejackets suitable for inland river conditions
- helmets
- pea-less whistles not affected by water
- white water craft which can include canoes, kayaks and rafts
- paddles suited to type of craft
- throw bags
- rope coils.

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 recreational activity leader, guide or instructor; or as a rescue operator 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>