



Australian Government

SISORSC004 Self rescue in white water

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to self rescue when in water after a craft capsize or ejection within inland white water rivers with rapids. These self rescue skills are required in a range of activity contexts which can include canoeing, kayaking and white water rafting.

It applies to leaders, guides or instructors, and others who use discretion and judgement to manage problems and emergencies when they arise.

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

Rescue Operations

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Manoeuvre self in moving water.

PERFORMANCE CRITERIA

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

- 1.1. Assess situation, identify immediate hazards and risks and promptly determine best action.
- 1.2. Set and maintain ferry angle to balance swimming against current.
- 1.3. Use appropriate body position and defensive swimming techniques to negotiate moving water and river hazards.
- 1.4. Use appropriate body position and aggressive swimming

- techniques to negotiate moving water and to free self from river hazards.
- 1.5. Transition between defensive and aggressive swimming and maintain body position that avoids foot entrapment.
 - 1.6. Break in and out of eddies and cross a current to reach shore.
 - 1.7. Use direction and support aids provided by others to reach shore or rescue craft.
2. Wade in moving water.
 - 2.1. Identify safe river location to wade.
 - 2.2. Wade across rivers at mid-thigh depth and negotiate swift currents, when present.
 - 2.3. Use direction and support aids provided by others to reach shore.
 3. Re-enter craft.
 - 3.1. Select a method of re-entry according to physical ability, type of craft and situation.
 - 3.2. Re-enter craft with and without assistance.

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
Oral communications skills to:	<ul style="list-style-type: none"> • use clear and unambiguous verbal and non-verbal communications to make intent known to party members.
Numeracy skills to:	<ul style="list-style-type: none"> • estimate speed of currents and depth of water.
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>

