



Australian Government

SISOSAI001 Sail small boats in smooth water and light to moderate wind conditions

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to sail small boats, under 8.5 metres length of deck, in light to moderate wind conditions within smooth waters. It requires the ability to use fundamental skills to launch, land and sail; steer on all points of sail, and to tack and gybe. It also requires the ability to rescue crew members from the water, recover from a capsize, and to operate small boats under tow.

This unit provides the skills to sail in smooth water conditions found within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays. Sailors at this level can sail in variable winds from light winds up to 10 knots and in moderate winds of 11 to 16 knots (Beaufort Scale).

Smooth water could feature small formed rippled wavelets which do not break but can include small breaking white capping waves up to 0.5 metre. When moderate winds prevail, water could feature small white capping waves up to 1.25 metres.

It applies to leaders, guides or instructors, who use these skills when leading participants during sailing activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

Recreational boating is regulated by specific laws in each Australian state and territory with variable rules. General and specific waterway rules apply to the operation of small boats. All training and assessment activities must comply with the local state or territory requirements. No occupational licensing or certification requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Sailing Small Boats

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.

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| 1. Prepare for the sail. | 1.1. Select clothing, footwear and personal protective equipment suitable for conditions, and check for safe working condition.
1.2. Select a suitable site for sailing activities according to current conditions.
1.3. Confirm activity safety and emergency response procedures to ensure compliance during activities.
1.4. Confirm protocols for communications between party members and with other water users.
1.5. Fit and adjust lifejacket to ensure comfort and safety. |
| 2. Rig small boat. | 2.1. Select lines and other rigging equipment to suit design of small boat in use.
2.2. Rig sails to mast and boom using appropriate tension.
2.3. Secure lines by tying knots suitable for rigging.
2.4. Complete safety checks according to organisational procedures. |
| 3. Launch small boats. | 3.1. Determine wind direction to enable easy launching.
3.2. Embark and launch small boat from bank or shore while maintaining stability, direction, speed and control.
3.3. Secure or drop the centreboard, where present, and rudder. |
| 4. Sail a marked course in smooth water and light to moderate wind conditions. | 4.1. Comply with waterway rules throughout all activities, including use of boat within permitted areas.
4.2. Manoeuvre boat using primary boat controls, safely approach, and negotiate obstacles and hazards to minimise risk of injury.
4.3. Determine wind direction and use wind, wind indicators and directional change to follow marked course.
4.4. Respond to changing wind conditions; adjust sails to effectively manoeuvre boat using techniques appropriate for wind conditions.
4.5. Use wind indicators and angle of sail to vary speed and use a basic heave to as a reference point.
4.6. Sail the boat close hauled to a destination directly upwind.
4.7. Identify perimeters of no go zone, and tack boat from close hauled to close hauled. |

- 4.8. Sail boat on a dead run and gybe mainsail while boat remains sailing on a dead run.
 - 4.9. Identify hazards of gybing when sailing downwind, and implement strategies to avoid unexpected gybe.
- 5. Recover crew member lost overboard.
 - 5.1. Provide clear and concise instructions to person being rescued and others assisting.
 - 5.2. Engage a lookout to maintain sight of crew overboard at all times and to consistently indicate position in water.
 - 5.3. Reduce speed to safe level, approach and stop to leeward side of crew member in water.
 - 5.4. Rescue crew member from water using reach techniques.
 - 5.5. Utilise throw resources to reach and recover crew member in water.
 - 5.6. Position boat appropriately and assist injured crew to re-enter boat.
- 6. Recover from a capsize.
 - 6.1. Recognise warning signs and take immediate action to prevent capsize.
 - 6.2. Signal for assistance following capsize, as required, and implement organisational capsize procedures.
 - 6.3. Check safety of crew, provide instruction, and stay clear of rigging in water.
 - 6.4. Maintain contact with boat, secure floating items, as able, and ease sheets.
 - 6.5. Utilise all crew members to right small boat using counterweight methods and smooth transitions; maintain head to wind.
 - 6.6. Re-enter crew to boat gradually as sufficient freeboard is regained after first crew member has re-entered and started bailing.
- 7. Operate small boats under tow.
 - 7.1. Drop and secure sails and secure all equipment.
 - 7.2. Receive and secure towline using appropriate fixtures, knots and tensions to spread load on towline.
 - 7.3. Seat crew in positions to provide balance to small boat.
 - 7.4. Signal towing vessel when ready to proceed.
 - 7.5. Maintain communication with towing vessel and monitor towline and response of small boat, adjust any equipment as required.
- 8. Land and secure small boats.
 - 8.1. Bring small boat to anchor using techniques appropriate to situation.
 - 8.2. Drop sails, raise centreboard, where present, and rudder and prepare lines in preparation for return to shore.
 - 8.3. Account for effects of wind and tide to safely manoeuvre boat into landing position.

- 8.4. Maintain stability, direction, speed and control to land boat into a range of free and tight positions.
- 8.5. Secure small boat to bank or shore using appropriate knots, and retrieve boat from water.
- 8.6. De-rig and pack all components.
- 8.7. Secure boat for road transport 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:	- interpret detailed and familiar organisational safety and emergency response procedures - interpret potentially unfamiliar and complex information about waterway rules.
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known.
Numeracy skills to:	- interpret and calculate numerical data involving: - direction and speed of wind and currents - angles that relate to points of sail and tacking manoeuvres.
Planning and organising skills to:	manage own timing to complete activities within planned timeframes.
Self-management skills to:	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>