



Australian Government

SISOSKT001 Ski on easy cross country terrain

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ski, as part of a group, on easy cross country terrain using a range of fundamental skills for using cross country or touring skis.

Easy cross country terrain is defined as predominantly flat to undulating terrain with, a few short steeper pitches. Skiing can be completed off track or on groomed trails, usually nominated in trail ratings as “easiest, easier or beginner”. When using Australian cross country trail maps these trails will be marked as green trails.

It applies to leaders, guides or instructors who use these skills when leading participants during ski tour 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.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Ski Touring

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Prepare for the ski tour activity.

- 1.1. Select clothing, footwear, personal protective and other equipment suitable for conditions, and check for safe working condition.

- 1.2. Waterproof and pack food, clothing, personal and other resources according to access requirements during activity.
 - 1.3. Interpret planned route from activity plans, trail maps and topographic maps to assist in following the trail.
 - 1.4. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.5. Confirm protocols for communications between party members.
 - 1.6. Fit and adjust personal protective and ski equipment to self to ensure comfort and safety.
2. Negotiate easy cross country trails.
- 2.1. Select ski method accounting for terrain, weather and snow conditions.
 - 2.2. Select method of climbing and turning suited to terrain, snow conditions and own ability.
 - 2.3. Choose angle of climb and slope, and complete climbs accounting for terrain, weather and snow conditions.
 - 2.4. Execute single turns through the fall-line under good snow conditions.
 - 2.5. Maintain balance and rhythm and smoothly transfer between strides, steps and turns.
 - 2.6. Modify technique to account for changes in terrain.
 - 2.7. Control line of direction and speed to safely approach, avoid or negotiate hazards.
 - 2.8. Execute a controlled fall and recover.
 - 2.9. Maintain visual contact and effective communication with party members and guard safety of self and others throughout all activities.

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 straightforward but potentially unfamiliar information on maps
- interpret factual activity plan information in familiar formats.

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| 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 trail gradients, distances, times and speed of travel. |
| Planning and organising skills to: | • 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>