



**Australian Government**

# **SISOSKT002 Ski on intermediate cross country terrain**

**Release: 1**

## SISOSKT002 Ski on intermediate cross country terrain

### Modification History

Not applicable.

### Application

This unit describes the performance outcomes, skills and knowledge required to ski, as part of a group, on intermediate cross country terrain.

Intermediate cross country terrain is defined as predominantly hilly with a number of steep pitches. The descent sections may include moderate bends that require the skier to actively change direction. Skiing can be completed off track or on groomed trails, usually nominated in trail ratings as “more difficult”. When using Australian cross country trail maps these trails will be marked as blue and some red 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.

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

*Elements describe the essential outcomes*

1. Prepare for the ski tour activity.

#### PERFORMANCE CRITERIA

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

- 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 intermediate cross country terrain.
- 2.1. Select ski method accounting for terrain, weather and snow conditions and execute with efficiency of movement.
  - 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. Link turns together through the fall-line under good snow conditions, adapting speed and turn shape for terrain and 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.
- 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>