



Australian Government

SISOSUP002 Paddle a stand up board in small waves

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to surf small waves up to 0.5 metre using fundamental paddle boarding manoeuvres.

It applies to leaders, guides or instructors, who use these skills when leading participants during stand up paddle board activities. Leadership skills are provided in complementary units. The unit can also apply to assistants or 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

Stand up paddle boarding

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare to ride stand up paddle board in surf.

PERFORMANCE CRITERIA

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

- 1.1. Select paddle board and other equipment suitable for conditions and check for safe working condition.
- 1.2. Select exposure protection surf wear or exposure suit suitable for conditions; fit and adjust to ensure comfort and safety.
- 1.3. Select a suitable area for paddle boarding activities according to current conditions.
- 1.4. Confirm activity safety and emergency response

- procedures to ensure compliance during activities.
- 1.5. Confirm protocols for communications between party members and with others.
 2. Manoeuvre the paddle board through small waves.
 - 2.1. Select a safe location to enter the water, propel and mount board while maintaining balance and stability.
 - 2.2. Paddle the board in trim to propel and control it through flat water, broken and unbroken waves.
 - 2.3. Maintain appropriate posture, stance and stroke technique to efficiently paddle the board.
 - 2.4. Establish and maintain an appropriate paddling rhythm and pace to minimise fatigue, strain and injury.
 3. Catch and ride small waves using basic manoeuvres.
 - 3.1. Observe surfing etiquette when catching and riding waves.
 - 3.2. Catch broken waves under control without wiping out.
 - 3.3. Catch and ride green waves on an angle, executing basic turns, and trim board during manoeuvres.
 - 3.4. Dismount board, safely, from standing position.
 4. Maintain own safety, and self rescue in small surf conditions.
 - 4.1. Safely approach, avoid or negotiate hazards to minimise risk of injury while paddling and surfing.
 - 4.2. Use techniques to maintain safety of self and others in the event of a wipe out.
 - 4.3. Maintain stability in water when separated from stand up paddle board and return to shore.
 - 4.4. Recognise situations when assistance is required and implement required actions.

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.
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known.
Problem-solving skills to:	identify and quickly respond to situations where risk of injury is likely.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>