



**Australian Government**

**Assessment Requirements for SISOSUP003  
Paddle a stand up board in sheltered coastal  
waters**

**Release: 1**

# Assessment Requirements for SISOSUP003 Paddle a stand up board in sheltered coastal waters

## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- complete three group stand up paddle boarding sessions
- during each session:
  - consistently follow safety procedures and safely negotiate hazards
  - consistently control direction of stand up paddle board forward, in reverse and when turning using appropriate stance, and this range of strokes:
    - forward and reverse paddle
    - forward and reverse sweeps
    - cross bow draw
    - emergency stop
  - effectively manoeuvre the stand up paddle board by combining strokes
- participate in simulations to:
  - re-establish a flipped paddle board and remount in deep water on two occasions
  - return to shore, swimming a maximum distance of 50 metres, when separated from paddle board on two occasions
  - complete two deep water rescues to assist a single paddler re-establish a flipped paddle board and remount
  - provide two tows using a towline with a quick release system.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational safety and emergency response procedures for stand up paddle boarding activities
- exposure protection swim wear suitable for paddle boarding activities:
  - types of swim wear and fabrics that protect against the effects of weather and water conditions including sun, temperatures and winds of different levels and extremes
  - features and uses of exposure suits of different styles and grades suited to different conditions
- types of footwear suitable for paddle boarding including specialist footwear and when it might be required in preference to bare feet

- features and functions of lifejackets suitable for sheltered coastal water conditions and how to fit and adjust these for comfort and safety
- types of stand up paddle boards suitable for use in sheltered coastal water conditions and:
  - location and function of different parts of the board
  - different construction materials, effects on performance, advantages and disadvantages
  - design features, handling characteristics and limitations: manoeuvrability, stability and speed
  - features and use of leashes
- types of paddles suitable for use with paddle boards in sheltered coastal water conditions, different construction materials and designs, effects on performance, advantages and disadvantages
- communication protocols for group paddle boarding activities to include:
  - calls
  - hand and paddle signals, including distress signals
  - whistles
- hydrological features of sheltered coastal waters including currents, waves and tides sufficient to understand the impacts on stand up paddle boarding activities
- typical hazards associated with paddling and swimming in sheltered coastal water conditions, and techniques used to safely negotiate these:
  - currents
  - built objects – piers, navigation markers
  - steep, slippery or rocky shores
  - sections of dark, deep or cold water
  - marine animals
  - boating traffic
- techniques used in sheltered coastal waters to launch, mount, land and dismount stand up paddle boards from shore
- a range of strokes used in sheltered coastal water conditions to direct paddle board forward, in reverse and when turning:
  - forward and reverse paddle
  - forward and reverse sweeps
  - cross bow draw strokes
  - emergency stop
- for each of the above strokes:
  - correct posture and feet position
  - correct hand placement on paddle and movement of top and bottom hand through the stroke
  - arm and body movement required to enable correct blade placement in water
  - correct paddle entry and exit points in relation to board and body position
  - appropriate paddle depth in water to achieve effective stroke
  - correct paddle blade angle throughout stroke

- how to effectively manoeuvre paddle boards by combining strokes and which combinations are effective
- for self rescues:
  - techniques used to flip paddle board and remount in deep water
  - methods used to control and manoeuvre the paddle and board to rescue craft and shore
  - appropriate swimming strokes and techniques - defensive and aggressive
  - techniques for taking breaks when tired from swimming - floating and treading water
- for deep water rescues, the specific application of the following to sheltered coastal water conditions and stand up paddle boards:
  - raft up techniques
  - approach and flip technique
  - techniques for using a towline with a quick release system including appropriate knots and how to tie them
  - roles and responsibilities that can be allocated to team members and participants to effectively complete a rescue.

## Assessment Conditions

Skills must be demonstrated in sheltered coastal waters which can be:

- estuaries
- embayments
- areas enclosed or partly enclosed by islands or a fringing reef
- areas of exposed coastline with surf but without overfalls and tidal races present.

The environment must feature the following:

- water with small waves up to 0.5 metre with no difficult landings
- ideally moderate winds of 11-16 knots (Beaufort Scale); winds could vary but warnings should not exceed moderate wind conditions.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during stand up paddle boarding activities
- exposure protection swim wear suitable for conditions, and exposure suits as required
- when required by local regulations, Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements for the location
- pea-less whistles not affected by water

- stand up paddle boards and leashes
- paddles
- rescue equipment:
  - towlines
  - knives
- activity plans to include details of planned route
- template safety checklists
- organisational safety and emergency response procedures for paddle boarding activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have a collective period of at least three years' experience as a stand up paddle boarding instructor or guide, where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can incorporate full and or part time experience.

## **Links**

Companion Volume Implementation Guides -

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