



**Australian Government**

# **SISOSUP003 Paddle a stand up board in sheltered coastal waters**

**Release: 1**

# SISOSUP003 Paddle a stand up board in sheltered coastal waters

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to paddle a stand up board as part of a group in sheltered coastal waters and according to planned downwinding courses. It requires the ability to self-rescue from a dismount and to rescue others in deep water.

This unit provides skills to paddle in sheltered coastal waters defined as estuaries, embayments, areas enclosed or partly enclosed by islands or a fringing reef; or areas of exposed coastline with surf but without overfalls and tidal races present.

Water would feature small waves up to 0.5 metre with no difficult landings. Paddlers at this level can paddle in moderate winds of 11 - 16 knots (Beaufort Scale).

It applies to leaders, guides or instructors, who use these skills when leading participants during stand up paddle boarding 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

Stand up paddle boarding

## 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.*

1. Prepare for the paddle.
  - 1.1. Select stand up paddle board and other equipment suitable for conditions, and check for safe working condition.
  - 1.2. Select lifejacket, as required, exposure protection swim wear or exposure suit suitable for conditions, and check for safe working condition.
  - 1.3. Interpret planned course from activity plans and maps to assist in following the course.
  - 1.4. Select suitable area for paddle boarding activities according to current conditions
  - 1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
  - 1.6. Confirm protocols for communications between paddlers.
  - 1.7. Fit and adjust exposure protection wear and lifejacket, as required, to ensure comfort and safety.
2. Paddle and manoeuvre stand up paddle board in sheltered coastal waters.
  - 2.1. Select a safe location to enter the water, propel and mount board while maintaining balance and stability.
  - 2.2. Control direction of paddle board forward, in reverse and when turning, using a range of appropriate strokes, leans and combinations.
  - 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.
  - 2.5. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
  - 2.6. Maintain visual contact and effective communication with party members throughout all activities.
  - 2.7. Monitor party formation, paddling pace and space between boards and make required adjustments.
  - 2.8. Land and dismount paddle board at the shore while maintaining stability.
3. Rescue self in deep water.
  - 3.1. Use techniques to maintain safety of self and others in the event of a dismount.
  - 3.2. Flip paddle board when in deep water and remount.
  - 3.3. Manoeuvre the paddle and board to shore or to rescue craft when unable to remount.
  - 3.4. Maintain stability in water when separated from paddle board and return to shore.
4. Perform deep water rescues in sheltered coastal waters.
  - 4.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
  - 4.2. Select and use other leaders or party members,

- equipment and rescue techniques appropriate to situation.
- 4.3. Manoeuvre own board to rescuee, form a raft up as required, and assume a position that enables the rescue.
  - 4.4. Provide clear and concise instructions to rescuee and others assisting.
  - 4.5. Assist rescuee to flip and remount their board.
  - 4.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.

## 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.*

<b>SKILLS</b>	<b>DESCRIPTION</b>
Reading skills to:	<ul style="list-style-type: none"> <li>• interpret detailed and familiar organisational safety and emergency response procedures</li> <li>• interpret straightforward but potentially unfamiliar information on maps</li> <li>• interpret factual activity plan information in familiar formats.</li> </ul>
Oral communications skills to:	<ul style="list-style-type: none"> <li>• use clear and unambiguous verbal and non-verbal communications to make intent known.</li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>• interpret and calculate numerical data involving distances, times and speed of currents.</li> </ul>
Teamwork skills to:	<ul style="list-style-type: none"> <li>• pro-actively and cooperatively work within teams of operational personnel to solve arising problems and effect efficient rescues.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>• manage own timing to complete activities within planned timeframes.</li> </ul>
Self-management skills to:	<ul style="list-style-type: none"> <li>• critically analyse all circumstances and implications to provide a prompt and considered response to rescue requirements.</li> </ul>

## Unit Mapping Information

No equivalent unit.

## **Links**

Companion Volume Implementation Guides -

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