



Australian Government

**Assessment Requirements for SISOWIN001
Windsurf in smooth water and light wind
conditions**

Release: 1

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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 windsurfing sessions
- during each session consistently:
 - follow safety procedures and safely negotiate hazards
 - follow waterway rules and use etiquette applicable to windsurfing
 - utilise effective techniques to:
 - rig sailboards to suit personal requirements
 - launch and land sailboards under control
 - power, steer and turn sailboards under control on a marked course
- participate in simulations to complete three self rescues.

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 windsurfing activities
- exposure protection swim wear suitable for windsurfing 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
 - features and uses of exposure suits, booties and gloves of different styles and grades suited to different conditions
- features and functions of lifejackets suitable for smooth water conditions and how to fit and adjust these for comfort and safety
- types of sailboards suitable for use in smooth water conditions and:
 - location and function of different parts of the sailboard
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
- communication protocols for windsurfing activities to include:
 - calls
 - hand signals

- international distress signals
- the impact of the following on selection of windsurfing location, and on launching, landing and manoeuvring sailboards:
 - tides, currents, waves and rips
 - on, cross, and off shore winds
- the meaning of the following terminology used for windsurfing:
 - port
 - starboard
 - windward, upwind
 - leeward, downwind
 - cross wind
 - luffing up
 - bearing away
- safe manual handling techniques used to lift and carry sailboards
- equipment features and techniques used to secure sailboards for transportation
- techniques and knots used to rig windsurf sails, correct tensions, boom height and how to adjust to suit personal requirements
- techniques used to climb on, launch, land and climb off sailboards from shore
- fundamental windsurfing manoeuvres and techniques for tacking and gybing
- points of sail and all associated terminology
- the “no go zone” and how to get upwind
- principle of tacking upwind and gybing downwind
- typical hazards associated with windsurfing, and techniques used to safely negotiate these:
 - currents
 - rips
 - built objects – piers, navigation markers
 - steep, slippery or rocky shores
 - sections of dark, deep or cold water
 - marine animals
 - boating traffic
- for self rescues:
 - reasons why a self rescue may be required:
 - lack of wind or wind strength beyond personal limitations
 - equipment failure
 - injury
 - methods used to reboard sailboard in deep water
 - methods used to dismantle sail rig and secure to sailboard
 - methods used to paddle the board prone back to shore
- rules specific to the operation of sailboards and specific to the local state or territory:
 - give way rules – passing, crossing and overtaking powered and non-powered vessels

- distance limitations (“distance off”) – rules for swimmers, designated swimming zones, dive flags, unpowered and powered vessels stationary or underway, moored or anchored vessels, built structures (bridges, jetties, navigation markers)
- prohibited local areas – also called “exclusion” and “no go zones”
- incident reporting requirements including those for verbal and written reports
- life jacket requirements for the location
- etiquette applicable to windsurfing, that used between windsurfers and with other users.

Assessment Conditions

Skills must be demonstrated in smooth water conditions which can be within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays.

The environment must feature the following:

- smooth water defined as water which features small formed rippled wavelets which do not break, or no more than small breaking white capping waves up to 0.5 metre
- ideally light winds up to 10 knots (Beaufort Scale); winds could vary but warnings should not exceed light wind conditions.

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

- first aid equipment
- communication equipment for emergency response
- rescue equipment.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during windsurfing activities
- exposure protection swim wear suitable for conditions, and exposure suits as required
- Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements
- sailboards suitable for use in smooth water and light wind conditions and for fundamental windsurfing
- ropes and tie down straps for transportation
- information on tides, depths, currents and other expected water conditions
- organisational safety and emergency response procedures for windsurfing 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 windsurfing leader, guide or instructor, 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>