



**Australian Government**

# **SISOWIN001 Windsurf in smooth water and light wind conditions**

**Release: 1**

# SISOWIN001 Windsurf in smooth water and light wind conditions

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to sail a sailboard in light wind conditions within smooth waters using fundamental manoeuvres. It requires the ability to launch, land and sail, steer on all points of sail, to tack and gybe and to self rescue.

This unit provides the skills to windsurf in smooth water conditions found within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays. Smooth water could feature small formed rippled wavelets which do not break but can include no more than small breaking white capping waves up to 0.5 metre. Riders at this level can sail boards in light winds up to 10 knots (Beaufort Scale).

It applies to leaders, guides or instructors, who use these skills when leading participants during windsurfing activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

Recreational boating is regulated by specific laws in each Australian state and territory with variable rules. General and specific waterway rules apply to the operation of sailboards. All training and assessment activities must comply with the local state or territory requirements. No occupational licensing or certification requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Windsurfing

## Unit Sector

Outdoor Recreation

## Elements and Performance Criteria

### ELEMENTS

### PERFORMANCE CRITERIA

*Elements describe the essential outcomes*

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

1. Prepare for the sail.
  - 1.1. Select lifejacket, exposure protection swim wear or exposure suit suitable for conditions, and check for safe working condition.
  - 1.2. Select a suitable site for windsurfing activities according to current conditions.
  - 1.3. Confirm activity safety and emergency response procedures to ensure compliance during activities.
  - 1.4. Confirm protocols for communications between party members and with other water users.
  - 1.5. Fit and adjust exposure protection wear and lifejacket to ensure comfort and safety.
2. Rig sailboard.
  - 2.1. Ensure sail size is appropriate for personal use.
  - 2.2. Rig windsurf sail, using appropriate tension, boom heights and adjustments for self, and tie off loose ends.
  - 2.3. Carry rigged sail and board to launch site separately, and attach to board for sailing.
3. Launch sailboard.
  - 3.1. Determine wind direction to enable easy launching.
  - 3.2. Launch sailboard from shore while maintaining stability.
  - 3.3. Climb on board and position one foot on either side of mast, evenly spaced and on centre line.
  - 3.4. Uphaul sailboard in shallow water using straight back and bent knees, and maintain a stable neutral position.
4. Manoeuvre the sailboard.
  - 4.1. Comply with waterway rules throughout all activities, including use of sailboard within permitted areas.
  - 4.2. Determine sailing direction and move off, on a beam reach, at right angles to wind, using crossover technique and appropriate stance.
  - 4.3. Control power by easing the sheet hand.
  - 4.4. Steer and turn sailboard by leaning rig forward over the bow and backward over stern.
  - 4.5. Use tacking and close hauling to achieve upwind goals.
  - 4.6. Manoeuvre sailboard around a triangular course and steer sailboard efficiently on all points of sail.
  - 4.7. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
  - 4.8. Perform emergency stops to avoid collision, and use techniques to avoid head injury when falling windward.
5. Rescue self.
  - 5.1. Complete a full self rescue according to organisational safety procedures.

- 5.2. Implement alternate rescue strategies if self rescue fails.
6. Land and secure sailboards
- 6.1. Land and climb off sailboard at shore while maintaining stability.
- 6.2. De-rig and pack all components.
- 6.3. Secure sailboard for road transport using suitable methods.

## 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:	<ul style="list-style-type: none"> <li>interpret detailed and familiar organisational safety and emergency response procedures.</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:               <ul style="list-style-type: none"> <li>direction and speed of wind and currents</li> <li>angles that relate to points of sail and tacking manoeuvres.</li> </ul> </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>