



Australian Government

Department of Education, Employment and Workplace Relations

SISOCNE303A Apply canoeing skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to paddle a canoe in controlled conditions. This unit focuses on the demonstration of effective and efficient canoeing skills on flat and undemanding water.

Application of the Unit

This unit applies to those working as assistant flatwater canoeing guides or support staff under supervision in a range of controlled conditions.

This unit may also apply to leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

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|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Plan for a canoeing activity. | <p>1.1. Identify <i>food and water requirements</i> according to <i>principles of nutrition</i> and the <i>conditions of the activity</i>.</p> <p>1.2. Identify an appropriate <i>activity site</i> and course to take according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</p> <p>1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i>.</p> <p>1.4. Identify potential <i>hazards</i> associated with the activity and manage <i>risks</i> as advised by the supervisor.</p> |
| 2. Select equipment. | <p>2.1. Select <i>craft</i> and <i>equipment</i> according to <i>contextual issues</i> and check to ensure that it is in good working condition.</p> <p>2.2. Fit and adjust equipment to ensure comfort, safety and suitability to the participant and canoe.</p> <p>2.3. Select personal clothing for the activity and identify the design and or construction features that make it appropriate.</p> <p>2.4. Waterproof and pack equipment that is not required on hand and stow or fasten in a suitable manner.</p> <p>2.5. Prepare equipment, where required, for safe transportation to activity location.</p> |
| 3. Apply control and manoeuvring techniques. | <p>3.1. Embark and disembark the canoe while maintaining stability.</p> <p>3.2. Direct the canoe in a controlled manner (both solo and as a double).</p> <p>3.3. Demonstrate efficient <i>paddling techniques</i> and <i>strokes</i> while directing the canoe.</p> <p>3.4. Apply navigation skills to determine location and follow a planned course during the activity.</p> |
| 4. Apply capsizes | <p>4.1. Exit the canoe in a controlled manner, and recover</p> |

ELEMENT	PERFORMANCE CRITERIA
procedures.	<p>paddles and other equipment, following a capsized.</p> <p>4.2. Manoeuvre the upturned canoe to shore or to rescue craft and empty out water, with assistance if required.</p> <p>4.3. Demonstrate deep water re-entry techniques or take the canoe ashore.</p>
5. Perform deep water rescue	<p>5.1. Identify and negotiate <i>hazards</i> and their <i>risks</i> to self, other members of the group and capsized person or persons.</p> <p>5.2. Determine most appropriate <i>rescue method</i> to use according to <i>situational variances, relevant legislation, and organisational policies and procedures</i>.</p> <p>5.3. Select <i>equipment</i> and human resources available to perform a rescue according to organisational policies and procedures.</p> <p>5.4. Deliver concise directions to the capsized person or persons and any others assisting in the rescue.</p> <p>5.5. Manoeuvre rescue <i>craft</i> into a suitable position to enable a safe rescue.</p> <p>5.6. Perform rescue in a safe manner according to situation, conditions and organisational policies and procedures.</p> <p>5.7. Assist the rescuee back into their craft as required.</p>
6. Secure canoe.	<p>6.1. Secure the canoe to the bank, shore or jetty.</p> <p>6.2. Secure the canoe, where appropriate, for road transport using suitable methods.</p>
7. Evaluate the canoeing activity.	<p>7.1. Evaluate <i>relevant aspects</i> of the canoeing activity.</p> <p>7.2. Identify improvements for future canoeing experiences.</p>

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- teamwork skills to work with others to lift, carry and secure canoes
- communication skills to interact with supervisor, other participants and rescue crew to maintain a positive and safe environment deliver clear, concise directions to the capsized person and any other assistants involved with the rescue
- listening skills to follow instructions and directions from the supervisor and rescue crew
- problem-solving skills to navigate, determine location and follow a planned course
- planning and organising skills to select and allocate canoeing equipment and site
- swimming skills to swim 50 metres whilst clothed and wearing a personal flotation device that complies with State or Territory maritime regulations
- rescue skills to perform a deep water rescue
- paddling skills to safely manoeuvre craft close to capsized person or persons
- first aid and emergency response skills appropriate to the location to enable personal health care.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all canoeing activities to enable safe conduct of all deep water rescue activities
- types of craft and equipment, characteristics and technology used for canoeing, the advantages and disadvantages of the range of craft and equipment, and factors affecting appropriate selection
- clothing requirements for canoeing, such as wet weather gear to maintain warmth and dryness or sun protection to minimise sunburn and heat stroke
- importance of a personal flotation device in keeping a person afloat and their head above water
- stroke and directing techniques to control and manoeuvre the canoe efficiently
- navigation techniques to determine location and direction
- principles of nutrition to maintain health during activity
- basic weather and environmental information to ascertain possible conditions and their affect on the activity
- purpose and importance of safety features of craft
- common hazards and their risks associated with sea and river craft activities and how to negotiate these
- rescue procedures suitable to the deep water conditions and experience of the participant
- rescue equipment commonly used in deep water rescues
- emergency and rescue procedures appropriate for the craft and location to ensure risk minimisation to self and group.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- applies relevant process to plan equipment and supply requirements according to the conditions and duration of the canoeing activity
- paddles the canoe demonstrating efficient and clean strokes and manoeuvres while maintaining control of the canoe
- demonstrates correct paddling techniques
- applies capsize technique and follows rescue procedures
- identifies hazards and risks associated with deep water rescues and select suitable rescue method
- demonstrates suitable craft position and rescue techniques suitable to the conditions
- adapts to situational variances or issues that may arise during deep water rescues
- evaluates and reflects on own canoeing performance to identify strengths and weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple canoeing activities in controlled conditions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as weather sources, to plan and select equipment for the canoeing activity
- a suitable body of water, such as a river or lake with sheltered calm waters, minimal wind and water flow, and easy access to shore
- canoeing, navigating, safety and rescue equipment
- a suitable and safe method of transport, if required to drive canoe to and from activity location.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of the planning and review process

- oral or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all canoeing activities
- observation of safe participation and demonstration of all strokes and manoeuvres while maintaining control of the canoe at all times
- written and or verbal self evaluation.
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISONAV201A Navigate in tracked or easy untracked areas
- SISOOPS201A Minimise environmental impact

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Food and water requirements may include:

- menu planning and preparation
- range of foods.

Principles of nutrition may include:

- food groups
- dietary guidelines
- individual food requirements and allergies.

Controlled conditions include:

- sheltered waters
- within 2 nautical miles of the from the nearest shore
- winds to moderate - 11 - 16 knots, according to the Beaufort Scale
- readily accessible easy landings
- minimal current - chart less than 1 knot.

Activity site may include:

- rivers
- lakes
- sheltered estuaries.

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations
- marine regulations.

Organisational policies and procedures may include:

- occupational health and safety
- use and maintenance of equipment
- communication protocols
- emergency procedures
- code of ethics.

Relevant sources may include:

- Bureau of Meteorology
- media
- land managers or agencies
- coastal patrol or coastguard
- volunteer marine rescue
- local knowledge.

Weather and environmental information may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings

- event warnings
 - river levels
 - synoptic charts
 - high and low tide predictions.
- Hazards** may include:
- temperature extremes
 - slippery or unstable shore
 - dangerous animals and insects
 - stinging trees and nettles
 - dense vegetation
 - group management hazards
 - slippery or unstable shore
 - poor posture, poor technique
 - loose or insecure craft when being transported
 - other craft.
- Risks** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- Craft** may include:
- C1 craft
 - C2 craft.
- Equipment** may include:
- personal flotation device
 - paddle
 - spray deck
 - appropriate paddling clothing
 - navigation equipment
 - safety and first aid equipment.
- Contextual issues** may include:
- weather conditions, including times
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.
- Paddling techniques** may include:
- use of trunk rotation
 - correct posture
 - use of leg drive
 - hand placement on paddle
 - blade placement in water
 - blade depth in water

Strokes may include

- paddle blade angle throughout stroke
- paddle entry and exit points
- movement of top hand through the stroke
- lean or edge of the craft
- smooth transfer between different strokes
- edging or leaning.
- forward and reverse
- J
- sweep
- draw
- support.

Relevant aspects may include:

- objectives
- planning process
- activity site
- weather
- equipment selection
- clothing selection
- food selection
- instructional content
- instructional technique
- assessment technique
- group feedback
- directing techniques
- rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Canoeing