SISOKYK510A Instruct kayaking skills on Grade 3 water

Release: 1

SISOKYK510A Instruct kayaking skills on Grade 3 water

Modification History

Not Applicable

Unit Descriptor

Unit descriptor	This unit describes the performance outcomes, skills and knowledge required to instruct kayaking on Grade 3 water. This unit focuses on planning, instructing and evaluating an instructional kayaking session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in a kayaking activity on Grade 3 water.
	No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit	This unit applies to those working as white water kayaking instructors who are responsible for planning, implementing and evaluating instructional sessions for groups of participants on Grade 3 water.
	This may include those working for private outdoor adventure companies, volunteer organisations, not for profit organisations, government agencies, or group instructors in outdoor education programs.

Licensing/Regulatory Information

Refer to Unit Descriptor

Pre-Requisites

Prerequisite units	Nil	

Prerequisite units	Nil	

Employability Skills Information

Employability skills	This unit contains employability skills.

Elements and Performance Criteria Pre-Content

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.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Plan a kayaking session.	1.1. Establish participant's needs and *characteristics*. 1.2. Assess participant's current kayaking knowledge in order to determine the *session's aims and objectives*. 1.3. Determine an appropriate *instructional plan* according to participant's needs and characteristics. 1.4. Develop a *kayaking plan* according to participant's needs and characteristics, *relevant legislation* and *organisational policies and procedures*. 1.5. Identify potential *hazards* associated with kayaking on *Grade 3 water* and minimise *risks*, according to organisational policies and procedures. 1.6. Access *relevant sources* to interpret detailed *weather and environmental information* and determine *contingency plans*.
2. Select and organise equipment and resources.	2.1. Select and access *equipment* and *resources* according to *contextual issues* and organisational policies and procedures, and check working condition. 2.2. Check equipment for safety and suitability, according to relevant legislation and manufacturer's recommendations, and adjust and fit to ensure personal comfort. 2.3. Check contents of first aid and repair kits to ensure suitability to the location and activity.
3. Brief participants.	3.1. Communicate instructions and *relevant information* about the kayaking session in a manner appropriate to the participants. 3.2. Encourage participants to seek clarification, information and feedback as required during the session. 3.3. Establish a suitable communication system for participants to use while kayaking. 3.4. Inform participants of known and anticipated hazards, *safety procedures* and appropriate behaviour. 3.5. Check and confirm that all participant equipment is fitted and adjusted.
4. Instruct a kayaking session.	4.1. Conduct warm up and or introductory activities for participants to reduce the risk of injury. 4.2. Apply *instructional techniques* to impart *required*

ELEMENT	PERFORMANCE CRITERIA
	knowledge, *kayaking skills* and *safety and rescue procedures*.
	4.3. Observe participants during kayaking, and adjust or refine individual and or group technique as required.
	4.4. Allow time for cooling down at the end of the session, and inform participants of opportunities to further develop their kayaking skills and knowledge.
5. Complete post session responsibilities.	5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.
	5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
	5.3. Evaluate *relevant aspects* of kayaking session, and determine the level of learning achieved.
	5.4. Identify potential areas of improvement for future kayaking instructional sessions.

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE
This section describes the skills and knowledge required for this unit.
Required skills

• communication skills to:
    • consult with participants to plan a kayaking session that meets their needs
    • convey information about the safety aspects of the session
    • interact with participants to create a safe and positive kayaking environment
• problem-solving skills to:
    • plan a suitable kayaking session according to participant's needs and characteristics
    • address participant difficulties in developing kayaking techniques
    • anticipate and respond to non-routine situations
• planning and organising skills to:
    • source, allocate and coordinate resources, equipment and a suitable body of water
    • monitor and evaluate progress
    • organise participants into manageable groups for kayaking

REQUIRED SKILLS AND KNOWLEDGE

- language and literacy skills to:
  - produce kayaking and instructional plans for the kayaking session
  - complete post session participant and self evaluations
- personal kayaking skills to a high level of technical correctness to demonstrate and explain kayaking techniques to participants
- swimming skills to remove self from danger after a capsize and to manoeuvre kayak while in paddling gear
- river reading skills, such as direction and speed of flow, currents, eddies and other hydrological features that may impact on paddling and safety
- first aid and emergency response skills appropriate to the location to enable initial response and or rescue in emergencies whilst instructing kayaking on Grade 3 water.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of kayaking sessions
- information about local location to assist in the planning process and enable management of potential kayaking hazards, and any special restrictions applying to the location
- equipment types, characteristics and technology used for kayaking on Grade 3 water, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- clothing and footwear requirements for kayaking to ensure comfort and safety
- care and maintenance of kayaking equipment to ensure prolonged life span and safety requirements
- instruction techniques and theories applicable to a range of ages and learning abilities
- kayaking techniques and common communication systems used between craft on rivers to reduce risk during kayaking
- technical kayaking knowledge, such as paddling, capsizing and rolling techniques used on Grade 3 water
- hydrology and river features including currents, banks, change in gradient and volume, and how these might impact on the kayaking session
- swimming techniques to swim out of trouble and manoeuvre kayak while in water
- communication systems and signals used on rivers
- navigation techniques to determine location and direction
- weather and environmental   information to ascertain possible conditions and their effect on the session
- hazards commonly experienced on Grade 3 water and ways to avoid or negotiate these
- emergency procedures, rescues, potential hazards and obstacles relevant to the location to ensure safety of self and others.

Evidence Guide

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: • plans and delivers information, explanations and demonstrations for kayaking session to ensure activities are conducted safely according to participant's needs and characteristics • observes and monitors the progress of participants and provides constructive feedback and intervention to improve kayaking performance • uses and modifies instructional techniques and or activities to cater for a range of individual learning styles • evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.
Context of and specific resources for assessment	Assessment must ensure instruction of kayaking activities that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance Assessment must also ensure access to: • resources and information regarding participants and location to plan, instruct and document kayaking sessions • a Grade 3 body of water suitable for the conduct of instructional sessions • a group of participants to take part in the kayaking session • kayaking, navigation, communication, safety, first aid and teaching equipment.
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 planning processes, such as consulting with participants to determine their needs and

EVIDENCE GUIDE	
	characteristics
	• oral or written questioning to assess knowledge and application of relevant legislation and organisational policies and procedures to enable safe conduct of all kayaking activities during the session
	• observation of safe kayaking instruction, monitoring and adjustment according to participant's needs and characteristics
	• portfolio of kayaking session plans
	• 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:
	• SISOWWR403A Perform complex white water rescues and recoveries.
Guidance information for assessment	

Range Statement

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.	
Characteristics may include:	• age • cultural and situational factors • previous experience and knowledge • physical development.
Session's aims and objectives may include:	• developing kayaking skills • education • development • therapy • fitness targets • recreation.

RANGE STATEMENT

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Instructional plan may include:	• kayaking activities and drills • duration of activities and drills.
Kayaking plan may include:	• aims and objectives • date, time and duration • location, equipment and resources • instructor and participant ratios • safety requirements.
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 • time and budget constraints • use and maintenance of equipment • communication protocols • confidentiality of participant information • instructor and participant ratios • emergency and safety procedures • international river grading system • code of ethics.
Hazards may include:	• temperature extremes • slippery or unstable terrain • dangerous animals and insects • stinging trees and nettles • dense vegetation • group management hazards.
Grade 3 water may include:	• rivers with broken, moving water • rapids with waves 1-2metre • stoppers, strong eddies, exposed rocks.
Risks may include:	• hypothermia • heat exhaustion • injuries • exhaustion • lost party or party member • equipment and course failure.
Relevant sources may include:	• Bureau of Meteorology • media • land managers or agencies

RANGE STATEMENT

	- 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.
Contingency plans may include:	- change in weather and conditions - equipment failure.
Equipment may include:	- personal flotation device - paddle with leash - spray deck - wet suit or wet weather gear - ropes - tie down straps - safety and first aid equipment - pumps - sponges - paddle float.
Resources may include:	- food and water - clothing and footwear - teaching aids.
Contextual issues may include:	- weather conditions, including times - season - transport - location - trip distance and duration - group objectives - group size.
Relevant information may include:	- risk and hazard prevention and management - kayaking techniques - safety procedures - responsible and safe behaviour.
Safety procedures may include:	- capsizing procedures - rolling procedures

RANGE STATEMENT

	• communication systems • use of safety and rescue equipment.
Instructional techniques may include:	• simple to complex • part to whole • chronological • known to unknown • D.E.D.I.C.T. • E.D.I.C.T. • I.D.E.A. • orientate, enhance, synthesise
Required knowledge may include:	• kayaking skills and techniques • river features and hydrology • minimal impact practices • risk and hazard management • communication systems used in kayaking.
Kayaking skills may include:	• stroke techniques • directing and manoeuvring a kayak in a controlled manner • capsizing and rolling procedures.
Safety and rescue procedures may include:	• emergency response procedures • group management in emergency situations • symptoms, treatment and prevention of common kayaking risks.
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)

Unit sector	Outdoor Recreation

Co-requisite units

Co-requisite units		

Competency field

Competency field	

Service Skills Australia