



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOKYS201A Demonstrate simple sea kayaking skills**

**Release: 2**

## **SISOKYS201A Demonstrate simple sea kayaking skills**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to participate in a sea kayaking activity under supervision. This unit focuses on the demonstration of sea kayaking skills, such as the ability to control and manoeuvre a sea kayak in controlled conditions.

### **Application of the Unit**

This unit applies to those working as assistant sea kayaking instructors or support staff under supervision in a range of controlled conditions.

This unit may also apply to outdoor recreation 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.

- |  |   |
|--|---|
| 1. Plan for the sea kayaking activity.       | <ul style="list-style-type: none"> <li>1.1. Identify and plan <b><i>food and water requirements</i></b> according to <b><i>principles of nutrition</i></b> and the <b><i>conditions of the activity</i></b>.</li> <li>1.2. Identify an appropriate <b><i>activity site</i></b> according to <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures</i></b>.</li> <li>1.3. Access <b><i>relevant sources</i></b> to interpret <b><i>weather and environmental information</i></b>.</li> <li>1.4. Identify possible <b><i>hazards</i></b> associated with the activity and minimise <b><i>risks</i></b> as advised by the supervisor.</li> </ul>                     |
| 2. Select equipment.                         | <ul style="list-style-type: none"> <li>2.1. Select <b><i>craft</i></b> and <b><i>equipment</i></b> according to <b><i>contextual issues</i></b> and check to ensure that it is in good working condition.</li> <li>2.2. Fit and adjust equipment to ensure comfort, safety and suitability to the participant and sea kayak.</li> <li>2.3. Select personal clothing for the activity and identify the design and or construction features that make it appropriate.</li> <li>2.4. Waterproof and pack equipment that is not required on hand and stow or fasten in a suitable manner.</li> <li>2.5. Prepare equipment, where required, for safe transportation to activity location.</li> </ul> |
| 3. Apply control and manoeuvring techniques. | <ul style="list-style-type: none"> <li>3.1. Embark and disembark the sea kayak while maintaining stability.</li> <li>3.2. Direct the sea kayak in a controlled manner.</li> <li>3.3. Demonstrate a range of <b><i>sea kayak strokes</i></b></li> <li>3.4. Apply efficient <b><i>stroke technique</i></b> to minimise injury while directing the sea kayak, using the rudder if fitted.</li> </ul>   |
| 4. Apply capsize procedures                  | <ul style="list-style-type: none"> <li>4.1. Exit the sea kayak in a controlled manner, and recover paddles and other equipment, following a</li> </ul>  |

<b>ELEMENT</b>	<b>PERFORMANCE CRITERIA</b>
	capsize.
	4.2. Manoeuvre the upturned sea kayak to shore or to rescue craft and empty out water, with assistance if required.
	4.3. Demonstrate deep water re-entry techniques or take the sea kayak ashore.
5. Secure sea kayak.	5.1. Apply suitable methods to secure the sea kayak to the shore or jetty.
	5.2. Secure the sea kayak, where appropriate, for road transport using suitable methods.
6. Evaluate the sea kayaking activity	6.1. Evaluate <i>relevant aspects</i> of the sea kayaking activity.
	6.2. Identify improvements for future sea kayaking experiences.

## 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 sea kayaks safely
- communication skills to interact with supervisor, other participants and rescue crew to maintain a positive and safe environment
- listening skills to follow instructions and directions from the supervisor and rescue crew
- planning and organising skills to select and allocate sea kayaking equipment
- swimming skills to swim 50 metres whilst clothed and wearing a personal flotation device type 2 approved to relevant Australian and or International Standards
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

### Required knowledge

- legislation and organisational policies and procedures to enable the safe conduct of all sea kayaking activities
- types of craft and equipment, characteristics and technology used for sea kayaking, the advantages and disadvantages of the range of craft and equipment, and factors affecting appropriate selection
- clothing requirements for sea kayaking, 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 sea kayak
- principles of nutrition to maintain health during activity
- weather and environmental information to ascertain possible conditions and their affect on the activity
- sea features, such as currents, waves and tides, and how these might impact on the sea kayaking experience
- purpose and importance of safety features of craft
- 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 sea kayaking activity
- demonstrates control and manoeuvring techniques, such as maintaining sufficient blade angle throughout strokes to direct the sea kayak
- applies capsizing technique and follows rescue procedures to prepare for emergency situations
- evaluates and reflects on own sea kayaking performance to identify strengths and weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in multiple basic sea kayaking 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 sea kayaking activity
- a suitable body of water, such as a sheltered beach with winds below 10 knots, seas less than one metre, and surf no higher than half a metre
- a qualified leader or supervisor
- sea kayaking and safety and rescue equipment
- a suitable and safe method of transport, if required to transport sea kayak 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:

- oral and or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all sea kayaking activities
- observation of safe participation and demonstration of sea kayaking skills and techniques

- 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 Demonstrate navigation skills in a controlled environment

## 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.

***Conditions*** will be controlled and may include:

- winds no more than 10 knots or 19km per hour
- seas less than 1.0 metre
- surf no higher than 0.5 metre.

***Activity site*** may include:

- sea
- beach
- harbour
- estuary.

***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



- Hazards*** may include:
- river levels
  - synoptic charts
  - high and low tide predictions.
  - temperature extremes
  - slippery or unstable terrain
  - dangerous animals and insects
  - stinging trees and nettles
  - dense vegetation
  - group management hazards
  - slippery or unstable shore
  - poor posture, poor technique
  - poor carrying techniques
  - 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:
- single or double sea kayaks
  - estuary sea kayaks.
- 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.
- Contextual issues*** may include:
- weather conditions, including tide times
  - season
  - transport
  - location
  - trip distance and duration
  - group objectives
  - group size.
- Sea kayak strokes*** may include:
- forward and reverse
  - J

- Stroke technique* may include:
- sweep
  - draw
  - support
  - use of trunk rotation
  - correct posture
  - use of leg drive
  - hand placement on paddle
  - blade placement in water
  - blade depth in water
  - 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.
- 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**

Sea Kayaking