



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKB406A Snowboard alpine-style on advanced terrain

Release: 2

SISOSKB406A Snowboard alpine-style on advanced terrain

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to snowboard alpine-style on advanced terrain. This unit focuses on the application of safe alpine-style snowboarding techniques, including through a gated course on advanced terrain, such as black runs at a snowsport area.

Application of the Unit

This unit applies to those working as an alpine-style snowboarding guide, leader or instructor in a variety of conditions, such as black runs at a snowsport area. This unit may also apply to those working at lodges and or resorts, or those working for private outdoor adventure companies who run snowboarding camps and holiday programs or for volunteer organisations, not for profit organisations, government agencies, or group instructors in outdoor education programs.

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 an alpine-style snowboarding activity.

- 1.1. Identify and plan ***food and water requirements*** according to ***principles of nutrition*** and the ***conditions*** of the activity.
- 1.2. Identify an appropriate activity site or location according to ***contextual issues, relevant legislation*** and ***organisational policies and procedures***.
- 1.3. Determine possible ***hazards*** associated with ***alpine-style snowboarding*** in a variety of snow, terrain and weather conditions.
- 1.4. Access ***relevant sources*** to interpret ***weather and environmental information*** and determine activity plans.

2. Select appropriate equipment.

- 2.1. Select suitable ***equipment*** after consideration of ***design and or construction features*** and contextual issues, and check that it is in good working order.
- 2.2. Adjust and fit equipment, according to manufacturer's specification, to ensure ***comfort and safety***.
- 2.3. Select personal clothing for activity according to the design and or construction features appropriate for the conditions.

3. Apply alpine-style snowboarding skills.

- 3.1. Participate in pre-snowboarding warm ups and stretching exercises.
- 3.2. Apply ***principles of form*** to adapt the ***movements*** of snowboarding to suit the terrain and snow conditions.
- 3.3. Carve ***turns*** of differing types, shapes and sizes through the fall line.
- 3.4. Apply speed control using ***turn-shape*** on all black runs.
- 3.5. Determine principles of form to refine the movements of snowboarding to result in an ***efficient***

ELEMENT	PERFORMANCE CRITERIA
4. Evaluate snowboarding activity.	<p data-bbox="624 297 999 333"><i>line through a gated course.</i></p> <p data-bbox="580 342 1299 450">3.6. Execute alpine-style snowboarding through a gated course, demonstrating sideslipping and use of the most efficient line.</p> <p data-bbox="580 459 1270 533">3.7. Approach hazards in a safe manner and minimise <i>risks</i> to self and group where possible.</p> <p data-bbox="580 542 1286 616">3.8. Take <i>measures</i> to guard personal safety and <i>safety of others</i> whilst alpine-style snowboarding.</p> <p data-bbox="580 629 1158 665">4.1. Evaluate <i>relevant aspects</i> of the activity.</p> <p data-bbox="580 674 1217 745">4.2. Identify improvements for future alpine-style snowboarding experiences.</p>

Required Skills and Knowledge

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

Required skills

- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- planning and organising skills to allocate and select relevant food, water, clothing and equipment for the alpine-style snowboarding activity
- communication skills to interact with other participants to maintain a positive and safe environment
- problem-solving skills to:
 - respond appropriately to changing conditions
 - determine techniques to use when alpine-style snowboarding
- self management skills to review and reflect on own performance and set goals to improve technique
- 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 safe conduct and legal access
- Alpine Responsibility Code and snowboarding practices, snowsport area signs and regulations, and minimal impact codes to ensure safety and protection of environment
- equipment types, characteristics and technology used for alpine-style snowboarding, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- alpine-style snowboarding techniques, such as the execution of turns and sideslipping to demonstrate efficient riding
- principles of nutrition to maintain health and energy during activity
- sources of weather and environmental information to ascertain possible conditions and their affect on the activity
- emergency procedures and potential hazards relevant to the 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 appropriate to the black run conditions and duration of the alpine-style snowboarding activity
- demonstrate alpine-style snowboarding techniques, such as carving a variety of turns, and a range of safe alpine-style snowboarding manoeuvres through a gated course such as sideslipping in a balanced and controlled manner while negotiating hazards
- evaluates and reflects on own alpine-style snowboarding performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple alpine-style snowboarding activities on advanced terrain to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a suitable snowsport location with advanced terrain, such as black runs, for alpine-style snowboarding skills to be demonstrated
- resources and information, such as principles of nutrition and weather sources to accurately plan and prepare for the alpine-style snowboarding activity
- equipment such as alpine-style snowboards, bindings, boots, suitable clothing, goggles, helmet, gated course, lift pass, backpack or bumbag, and food and water.

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 or written questioning to assess knowledge of alpine-style snowboarding strategies and techniques
- observation of safe participation and demonstration of alpine-style snowboarding skills, such as the execution of turns and speed control on black runs
- 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:

- SISOSKB404A Snowboard on advanced terrain

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:

- range of foods:
 - perishability
 - packaging
 - storage.

Principles of nutrition may include:

- food groups
- dietary guidelines.

Conditions may include:

- snow:
 - surface snow conditions
- weather:
 - visibility
- terrain.

Contextual issues may include:

- weather conditions, including times
- season
- transport
- location
- trip distance and duration
- group objectives
- group size.

Relevant legislation may include:

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

Organisational policies and procedures may include:

- occupational health and safety
- use and maintenance of equipment
- communication protocols
- safety and emergency procedures
- code of ethics
- snowsport area signs and regulations
- Alpine Responsibility Code and snowboarding practices within the code.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles

Alpine-style snowboarding may include:

- dense vegetation
- group management hazards.
- narrower board
- greater edge contact
- greater side-cut
- greater stance angle
- hard boots
- plate bindings.

Relevant sources may include:

- Bureau of Meteorology
- media
- land managers or agencies
- 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.

Equipment may include:

- beanie
- alpine-style snowboard
- alpine- style boots
- bindings
- wrist guards
- gloves
- sun glasses or goggles.

Design and or construction features may include:

- side-cut
- overall length
- effective edge
- camber
- torsional flex
- boot flex.

Comfort and safety may include:

- height and weight
- boot type
- side-cut
- overall length
- effective edge
- forward lean
- stance width
- stance angle.

- Principles of form*** may include:
- speed
 - timing
 - power
 - range
 - co-ordination.
- Movements*** may include:
- steering
 - edging
 - pressure control
 - sideslipping.
- Turns*** may include:
- turns:
 - up un-weighting
 - down un-weighting
 - skidded
 - turn sizes.
- Turn shape*** may include:
- complete
 - closed or finished and incomplete
 - open or unfinished.
- Efficient line through a gated course*** may include:
- flow
 - rhythm
 - tightness to the gate
 - early edge change
 - effective turn shape.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- Measures*** may include:
- safe falling
 - speed
 - observation of winter weather conditions and terrain
 - adequate clothing
 - fluid and food intake
 - complying with all snowsport area signs and regulations
 - complying with Alpine Responsibility Code and snowboarding practices within the code.
- Safety of others*** may include:
- speed
 - distance from other snow users.

Relevant aspects may include:

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

Unit Sector(s)

Outdoor Recreation

Competency Field

Snowboarding