



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKI201A Demonstrate alpine skiing skills downhill on beginner terrain

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to participate in downhill alpine skiing. This unit focuses on the demonstration of alpine skiing, downhill on beginner terrain at a snowsport area using a range of techniques.

Application of the Unit

This unit applies to those working as assistant ski coaches or instructors under supervision, in a variety of controlled conditions, such as set ski trails at resorts or green runs at snowsport areas. This unit may also apply to those working as support staff at lodges and resorts, those working for private outdoor adventure companies who run ski camps and holidays.

This unit also applies 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.

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|--|---|
| 1. Plan for an alpine skiing activity. | <ul style="list-style-type: none"> 1.1. Identify and plan <i>food and water requirements</i> according to <i>principles of nutrition</i> and the conditions of the activity. 1.2. Identify an appropriate activity site or location after consideration of <i>contextual issues</i>. 1.3. Identify possible <i>hazards</i> associated with the activity. 1.4. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i>. 1.5. Comply with <i>relevant legislation</i> and <i>organisational policies and procedures</i> as specified by the supervisor. |
| 2. Select appropriate equipment. | <ul style="list-style-type: none"> 2.1. Select suitable <i>equipment</i> according to 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 <i>comfort and safety</i>. 2.3. Select personal clothing for activity and identify the design and or construction features that make it appropriate. |
| 3. Demonstrate alpine skiing skills. | <ul style="list-style-type: none"> 3.1. Demonstrate a degree of balance, movement and confidence. 3.2. Execute a <i>gliding wedge, wedge turn</i> and <i>linked wedge</i> in alpine skiing techniques showing effective usage of <i>planes of movement</i>. 3.3. Apply <i>speed control</i> whilst traversing and using the <i>shape of the turn</i>. 3.4. Approach hazards safely and minimise <i>risks</i> to self and group where possible. 3.5. Take <i>measures</i> to guard personal safety and <i>safety of others</i> whilst skiing. |
| 4. Evaluate alpine skiing activity. | <ul style="list-style-type: none"> 4.1. Evaluate <i>relevant aspects</i> of the activity. 4.2. Identify improvements for future alpine skiing |

ELEMENT **PERFORMANCE CRITERIA**

experiences.

Required Skills and Knowledge

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

Required skills

- literacy skills to analyse and interpret weather and environmental information
- planning and organising skills to allocate and select relevant food, water, clothing and equipment for the alpine skiing activity
- communication skills to interact with group leader and other participants to maintain a positive and safe environment while skiing
- problem-solving skills to select appropriate techniques
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- relevant legislation and organisational policies and procedures to enable safe conduct and legal access
- minimal impact codes to ensure protection of environment
- equipment types, characteristics and technology used for alpine skiing, the advantages and disadvantages of the range of equipment provided by supervisor, and factors affecting appropriate selection of equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- basic alpine skiing techniques, and when and how to use them
- principles of nutrition to maintain health and energy during activity
- basic 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 conditions and duration of the alpine skiing activity
- follows written and verbal instructions from leader to accurately apply knowledge and demonstrate alpine skiing techniques, such as a gliding wedge
- practices a range of appropriate alpine skiing skills, such as basic gliding wedge turns, while maintaining balance and control
- seeks advice and feedback from leader to improve skills and ensure safety of self and group
- evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in downhill alpine skiing on beginner terrain that reflects local conditions and is of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as principles of nutrition and weather sources, to accurately plan and prepare for the alpine skiing activity
- a suitable snowsport location with beginner terrain, such as green runs, for basic alpine skiing skills to be demonstrated
- a qualified leader or supervisor
- equipment such as alpine skis, poles, bindings, boots, suitable clothing, goggles, 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:

- observation of the planning and review process with evidence of reference to resources
- oral and or written questioning to assess knowledge on alpine skiing strategies and techniques

- observation of safe participation and demonstration of alpine skiing skills, such as using a gliding wedge to speed control
- 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

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
- cooking methods.

Principles of nutrition may include:

- food groups
- dietary guidelines
- essential nutrients
- intake of nutrients
- balanced diet
- food preparation
- individual food requirements and allergies.

Contextual issues may include:

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

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards.

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 heights
- synoptic charts

- high and low tides.

- 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
 - emergency procedures
 - code of ethics
 - alpine responsibility code.
- Equipment*** may include:
- alpine skis
 - poles
 - ski boots
 - ski bindings
 - backpack or bumbag
 - clothing and footwear
 - sunglasses or goggles
 - safety and first aid equipment.
- Comfort and safety*** may include:
- ski length appropriate to skier's ability, height and weight
 - ski boot type appropriate for beginner skier
 - ski bindings have a Deutsches Institute fur Normung (DIN) range suitable for beginner skier
 - ski poles appropriate to the body size of a trainee.
- Terrain*** may include:
- steepness of slope
 - run out
 - gentle to moderate
 - controlled environment.
- Gliding wedge*** may include:
- controlling of speed
 - V shaped position
 - centred stance in relation to the fore, aft and lateral planes
 - looking at the terrain ahead.
- Wedge turn*** may include:
- using one ski to slowly stop
 - centred and athletic skiing stance in relation to the fore and aft plane of movement
 - rotational, lateral and vertical planes of movement.
- Linked wedge*** may include:
- linking successive wedge turns
 - transference of pressure from ski to ski.

- Planes of movement*** may include:
- steering movements that originate in the lower body of the legs
 - lateral balance and edging skills for basic wedge Christie turns
 - flexion and extension for wedge turns.
- Speed control*** may include:
- stopping
 - slowing down
 - speeding up.
- Shape of the turn*** may include:
- medium radius turns
 - long radius turns
 - traverses.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course 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.
- Safety of others*** may include:
- speed
 - distance from other skiers.
- 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

Skiing