



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKI403A Alpine ski downhill on advanced terrain

Release: 2

SISOSKI403A Alpine ski downhill on advanced terrain

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to alpine ski downhill on advanced terrain. This unit focuses on the application of safe alpine skiing techniques on advanced terrain at a snowsport area.

Application of the Unit

This unit applies to those working as a ski coach, guide 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 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 <i>conditions</i> of the activity. 1.2. Identify an appropriate activity site or location according to <i>contextual issues, relevant legislation</i> and <i>organisational policies and procedures</i>. 1.3. Determine possible <i>hazards</i> associated with skiing in a variety of snow, terrain and weather conditions. 1.4. Access <i>relevant sources</i> to interpret <i>weather and employment information</i> and determine activity plans. |
| 2. Select appropriate equipment. | <ul style="list-style-type: none"> 2.1. Select suitable <i>equipment</i> after consideration of <i>design and or construction features</i> 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 according to the design and or construction features appropriate for the conditions. |
| 3. Apply alpine skiing skills. | <ul style="list-style-type: none"> 3.1. Execute downhill alpine skiing techniques in parallel turns on advanced terrain, demonstrating <i>efficient movement</i> and <i>coordination</i> of the <i>planes of movement</i>. 3.2. Perform linked parallel turns through the fall line. 3.3. Apply <i>speed control</i> using <i>turn-shape</i> on all black runs. 3.4. Approach hazards in a safe manner 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> while skiing. |
| 4. Evaluate alpine | <ul style="list-style-type: none"> 4.1. Evaluate <i>relevant aspects</i> of the activity. |

ELEMENT	PERFORMANCE CRITERIA
skiing activity.	4.2. Identify improvements for future alpine skiing experiences.

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 employment information, relevant legislation and organisational policies and procedures
- planning and organising skills to allocate and select relevant food, water, clothing and equipment for the downhill alpine skiing activity
- communication skills to interact with other participants to maintain a positive and safe skiing environment
- problem-solving skills to:
 - respond appropriately to changing conditions
 - determine techniques to use when alpine skiing in various conditions
- 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 skiing practices, snowsport area signs and regulations, and minimal impact codes to ensure safety and protection of environment
- equipment types, characteristics and technology used for downhill alpine skiing, 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
- downhill alpine skiing techniques, such as when and how to perform parallel turns
- principles of nutrition to maintain health and energy during activity
- sources of weather and employment 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 downhill alpine skiing activity
- follows written and verbal instructions to apply knowledge and demonstrate alpine skiing techniques, such as parallel turns on advanced terrain
- demonstrates alpine skiing techniques such as advanced parallel turns while negotiating hazards, and maintaining balance, control and efficient movement
- 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 advanced terrain that reflects local conditions and is of a sufficient duration to allow the participant to demonstrate competency and consistency of performance

Assessment must ensure access to:

- a suitable snowsport location with advanced terrain, such as black runs, to enable demonstration of advanced downhill alpine skiing skills
- resources and information to accurately plan and prepare for the alpine skiing activity
- equipment such as alpine skis and poles.

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 on downhill alpine skiing strategies and techniques
- observation of safe participation and demonstration of alpine skiing skills, such as the execution of parallel 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:

- SISOSKI304A Alpine ski downhill off- piste.

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
- emergency food and water.

Principles of nutrition may include:

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

Conditions may include:

- weather
- terrain.

Contextual issues may include:

- season
- weather
- length of trip
- personal requirements
- safety requirements
- water supply.

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
- code of ethics
- snowsport area signs and regulations
- Alpine Responsibility Code and skiing practices within the code.

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

- Weather and employment information*** may include:
- coastal patrol or coastguard
 - volunteer marine rescue
 - local knowledge.
 - Bureau of Meteorology
 - media
 - land managers or agencies
 - coastal patrol or coastguard
 - volunteer marine rescue
 - local knowledge.
- Equipment*** may include:
- alpine skis
 - poles
 - ski boots
 - ski bindings
 - appropriate clothing and footwear
 - food and water
 - goggles.
 - side-cut
 - longitudinal flex
 - ski length
 - binding risers
 - boot rigidity.
- Design and or construction features*** may include:
- maintenance of equipment
 - ski length appropriate to skier's ability, height and weight
 - ski boot type appropriate for an advanced skier
 - ski bindings have a Deutsches Institute fur Normung (DIN) range suitable for an advanced skier
 - ski poles chosen will fit the body size of participant.
- Comfort and safety*** may include:
- centred and athletic skiing stance in relation to fore and aft planes of movement
 - coordination in the rotational, lateral and vertical planes of movement.
- Efficient movement*** may include:
- timing
 - speed and precision to blend the planes of movement.
- Co-ordination*** may include:
- rotational plane of movement
 - the lateral plane of movement
 - vertical plane of movement.
- Planes of movement*** may include:
- stopping
 - slowing down
- Speed control*** may include:

- Turn-shape*** may include:
- speeding up.
 - medium radius turns
 - long radius turns
 - short radius turns
 - shallow turns
 - deep turns.
- 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
 - complying with Alpine Responsibility Code and skiing practices within the code.
- 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