



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKT409A Apply intermediate cross country skiing skills

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 intermediate cross country skiing. This unit focuses on the demonstration of intermediate level cross country skiing on gentle to moderate terrain.

Application of the Unit

This unit applies to those working as cross country ski guides or instructors in a variety of controlled conditions, such as gentle to moderate terrain at resorts where ski trails may be groomed and set, and may provide off - track slopes for turns and downhill technique. This unit may also apply to those working as support staff at lodges and resorts or those working for private outdoor adventure companies who run ski camps or for leaders working for outdoor education or adventure 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 the cross country 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. Address packaging and storage requirements of food when menu planning. 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> and their influence on activity plans. 1.5. Identify an appropriate activity site according to <i>contextual issues, relevant legislation and organisational policies and procedures</i>. |
| 2. Select equipment. | <ul style="list-style-type: none"> 2.1. Select <i>equipment</i> according to construction features and contextual issues, and check serviceability. 2.2. Adjust and fit equipment according to manufacturer's specifications to ensure comfort and safety. 2.3. Select personal clothing according to location and activity requirements. |
| 3. Apply intermediate cross country skiing skills. | <ul style="list-style-type: none"> 3.1. Display efficiency of movement and <i>intermediate cross country skiing skills</i> across <i>terrain</i>. 3.2. Modify <i>technique</i> to account for changes in terrain. 3.3. Apply rhythm and smooth transfers between strides, steps and turns, showing a degree of balance and confidence. 3.4. Approach hazards in a safe manner and minimise <i>risks</i> to self and group where possible. 3.5. Take measures to guard personal safety and <i>safety of others</i> while skiing. |
| 4. Evaluate cross country skiing | <ul style="list-style-type: none"> 4.1. Evaluate <i>relevant aspects</i> of the activity. |

ELEMENT

activity.

PERFORMANCE CRITERIA

4.2. Identify improvements for future cross country skiing experiences.

Required Skills and Knowledge

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

Required skills

- communication skills to interact with other participants to maintain a positive and safe skiing environment
- problem-solving skills to:
 - respond to changing conditions
 - determine techniques to use when cross country skiing in various conditions
- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures to ensure safe conduct of activities
- planning and organising skills to allocate and select food, water, clothing and equipment for the cross country skiing activity
- self management skills to:
 - review and reflect on own performance
 - 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 of all cross ski touring activities
- 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 cross country skiing, the advantages and disadvantages, and factors affecting appropriate selection of equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- cross country skiing techniques, such as the ability to apply rhythm and smooth transfers between strides, steps and turns
- principles of nutrition to maintain health and energy during activity
- 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:

- plans equipment and supply requirements appropriate to the conditions and duration of the cross country skiing activity
- applies a range of cross country skiing techniques while negotiating hazards and maintaining balance and control
- evaluates and reflects on own performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple intermediate cross country skiing activities on gentle to moderate terrain to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information to plan and prepare for the cross country skiing activity
- a suitable outdoor controlled location for intermediate cross country skiing skills to be demonstrated
- cross country skiing, safety, first aid and navigation 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:

- oral or written questioning to assess knowledge of cross country skiing strategies and techniques
- observation of safe participation and demonstration of intermediate cross country skiing skills such as downhill traversing and free skating
- 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:

- SISOSKT408A Demonstrate snowcraft skills for

overnight touring

- SISONAV302A Apply navigation skills in an intermediate 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.

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 level
- synoptic charts
- high and low tide predictions.

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, such as waxing
- communication protocols
- snowsport area signs and regulations
- Alpine Responsibility Code
- code of ethics.

Equipment may include:

- cross country skis
- poles
- ski boots
- ski bindings
- sunglasses or goggles
- navigation equipment
- safety and first aid equipment.

Intermediate cross country skiing skills may include:

- diagonal striding in open terrain
- free skating
- downhill traversing
- step turns
- basic stem turning
- telemark straight running
- kick turns
- side slipping.

Terrain may include:

- gentle and moderate slopes on groomed trails
- on and off packed snow
- controlled environment
- ski trails.

Technique may include:

- edging
- degree of glide
- pole position
- hand and arm position
- body position
- knee flex
- position of skis with respect to each other
- weight transfer
- synchronisation of movement.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment and course failure.

- 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 - Ski Touring