



Australian Government

Department of Education, Employment and Workplace Relations

SISOYSA201A Demonstrate basic sailboarding skills in controlled conditions

Release: 2

SISOYSA201A Demonstrate basic sailboarding skills in controlled conditions

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform basic sailboarding manoeuvres in controlled conditions. This includes launching, landing and sailing a sailboard, steering on all points of sail, tacking and gybing as required, and executing a full self rescue.

Application of the Unit

This unit applies to those working as assistant sailboarding guides or support staff under supervision in a range of controlled conditions, including light winds of 3-12 knots.

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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|---|--|
| <p>1. Plan for the sailboarding activity.</p> | <p>1.1. Ensure sufficient <i>food and water</i> is available to maintain physiological well being during activity.</p> <p>1.2. Select an activity site in <i>controlled conditions</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i>.</p> <p>1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i>.</p> <p>1.4. Identify potential <i>hazards</i> within the sailboarding environment and minimise <i>risks</i> as advised by the supervisor.</p> |
| <p>2. Select equipment.</p> | <p>2.1. Select sailboard and <i>equipment</i> according to design and construction features and check working condition.</p> <p>2.2. Identify and select sail size appropriate for personal use.</p> <p>2.3. Select clothing suitable for the prevailing and expected conditions.</p> <p>2.4. Fit and adjust equipment to ensure comfort, safety and suitability.</p> <p>2.5. Load and attach, where relevant, rig and board to vehicle for transport.</p> |
| <p>3. Rig sailboard.</p> | <p>3.1. Identify <i>main parts of the board</i> and <i>main parts of the rig</i>.</p> <p>3.2. Rig sailboard, using correct tension, boom heights and adjustments and tie off loose ends according to organisational policies and procedures.</p> <p>3.3. Carry the rig and board to the launch site separately, in a manner that minimises damage, and attach for sailing.</p> |
| <p>4. Launch and land sailboard.</p> | <p>4.1. Determine <i>wind direction</i> to enable easy <i>launching</i>.</p> <p>4.2. Maintain stability while launching and landing the sailboard.</p> <p>4.3. Adopt position on the board, with one foot on either side of the mast, evenly spaced and on the centre</p> |

ELEMENT	PERFORMANCE CRITERIA
5. Manoeuvre the sailboard.	<p>line.</p> <p>4.4. Uphaul the sailboard using a straight back and bent knees.</p> <p>4.5. Maintain a stable neutral position.</p> <p>5.1. Use sailboard within designated and defined areas according to relevant legislation and organisational policies and procedures.</p> <p>5.2. Determine sailing direction and move off, on a beam reach, at right angles to the wind, using the crossover technique and correct stance.</p> <p>5.3. Control power by easing the sheet hand.</p> <p>5.4. Steer and turn the sailboard by leaning the rig forward over the bow and backward over the stern.</p> <p>5.5. Use tacking and close hauling to achieve an upwind goal.</p> <p>5.6. Manoeuvre the sailboard around a triangular course using all basic skills to points of sail and rules of the road.</p> <p>5.7. Perform emergency stops to avoid collision and implement strategies to avoid head injury when falling windward according to organisational policies and procedures.</p>
6. Perform rescues.	<p>6.1. Identify reasons for self-rescue and complete a full self rescue according to organisational policies and procedures.</p> <p>6.2. Identify alternate rescue strategies if self rescue fails.</p>
7. Maintain and repair equipment.	<p>7.1. Return sailboard to storage area or vehicle and stow in a manner to minimise damage according to organisational policies and procedures.</p> <p>7.2. Identify and conduct routine inspection and maintenance tasks according to organisational policies and procedures.</p>
8. Evaluate sailboarding activity.	<p>8.1. Evaluate relevant aspects of the activity.</p> <p>8.2. Identify improvements for future sailboarding experiences.</p>

Required Skills and Knowledge

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

Required skills

- problem-solving skills to:
 - identify main parts of a sailboard and rig
 - determine wind direction
 - balance weight and maintain correct position on the board
 - manoeuvre board in varying conditions
 - identify alternative strategies if self rescue fails
- planning and organising skills to:
 - select a location with light winds and enclosed waters
 - source sailboard, equipment, food and water
 - conduct routine inspection and maintenance checks of equipment
- numeracy skills to:
 - select correct sized sail for board
 - determine points of sail in relation to course, wind direction and angles, such as reaching at right angles to the wind
- literacy skills to interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- self-rescue and emergency response skills to enable initial response to emergencies.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all sailboarding activities
- types of sailboards and equipment, characteristics and technology used for sailboarding, and factors affecting appropriate selection
- parts of a sailboard for ease of identification
- maintenance and transportation of equipment to ensure it remains safe and undamaged
- sailboarding manoeuvres and techniques to sailboard through the water smoothly
- sailboarding terminology, such as upwind, downwind, across the wind, to enable a common understanding
- main points of sailboarding and sail positions to manoeuvre sailboard efficiently
- the 'no go zone' and how to get upwind
- information on tide and wind to assist in launching, landing and manoeuvring sailboard
- locations for sailboarding, with light winds of 3-12 knots in enclosed waters
- effects of on, cross and off-shore winds on a sailboarding area
- hazards and risks associated with sailboarding and the effects of moving water, tides, currents, rips and rivers on sailboarding to enable safe conduct of activities

- common wind terminology to enable clear communication
- food and water requirements to maintain health and energy during activities
- basic weather and environmental information to ascertain possible conditions and their affect on the activity
- emergency and rescue procedures appropriate for 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 and select sailboard and equipment suitable for light winds and enclosed waters and conducts routine inspection and maintenance of equipment
- rigs, launches and lands sailboard and maintains a stable, balanced position while manoeuvring around a small triangular course in controlled conditions
- applies self rescue procedures, ensuring personal safety, and alternative rescues where required
- evaluates and reflects on own sailboarding performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple sailboarding 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 sailboarding activity
- a suitable location with enclosed water, light winds of 3-12 knots and controlled conditions
- a qualified leader or supervisor
- sailboarding, rescue and safety and first aid 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 sailboarding environments, including wind direction and speed, and possible hazards
- observation of safe participation and demonstration of sailboarding techniques and manoeuvres
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

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 may include:

- range of foods
- energy content
- hydration.

Controlled conditions may include

- light winds, 3-12 knots
- enclosed waters
- wave height minimal to none.

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, maintenance and storage of equipment
- emergency procedures
- communication protocols
- ***sailboarding etiquette***
- 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
- river levels
- synoptic charts
- high and low tide predictions.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- group management hazards

- slippery or unstable shore
- 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 and course failure.

Equipment may include:

- wetsuits
- drysuits
- boots
- gloves
- Personal Flotation Devices, types 1, 2 and 3
- all - rounder boards
- learner sails
- safety and first aid equipment
- rescue equipment.

Main parts of the board may include

- bow
- stern
- rails
- deck
- fin
- centreboard
- footstraps
- mast track fitting.

Main parts of the rig may include:

- sail
- mast
- boom
- uphaul
- mast base.

Manoeuvre may include:

- tacking
- gybing
- leaning the rig fore and aft, luffing up and bearing away.

Rules of the road may include:

- avoiding collisions
- right of way.

Reasons for self rescue may include:

- lack of wind
- too much wind, usually offshore
- equipment failure
- injury.

Alternate rescue strategies may include:

- use of International distress signals
- tying off to a mooring buoy.

Launching may include:

- bow under one arm, uphaul rope in other hand
- walk to knee deep water before putting down.

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

Yachting - Windsurfing