



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSCNO305A Perform the advanced skills and tactics of canoeing**

**Release: 2**

## **SISSCNO305A Perform the advanced skills and tactics of canoeing**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to perform the advanced skills and tactics of flatwater canoeing, slalom or canoe polo during drills, activities, games and competitions.

### **Application of the Unit**

This unit applies to current, junior or aspiring athletes who are competing in canoeing at a local, state and or national level. This may include flatwater canoeing, slalom or canoe polo. It may also apply to those in sports development 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.

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|---|--|
| <p>1. Prepare for canoeing drills, activities, games and competitions.</p>    | <p>1.1. Access and interpret canoeing <b><i>rules, regulations and policies.</i></b></p> <p>1.2. Determine <b><i>biomechanical principles</i></b> that apply to <b><i>advanced canoeing.</i></b></p> <p>1.3. Identify the <b><i>advanced skills and tactics of canoeing</i></b> and their purpose.</p> <p>1.4. Determine observable body movements and techniques for each stage of the advanced skills and tactics of canoeing, in priority of performance importance.</p> <p>1.5. Select <b><i>equipment</i></b> and participate in <b><i>setting up and trimming</i></b> canoe.</p>   |
| <p>2. Participate in canoeing drills, activities, games and competitions.</p> | <p>2.1. Undertake <b><i>drills, activities, games and competitions</i></b> in a safe manner, according to canoeing rules, regulations and policies, <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures.</i></b></p> <p>2.2. Participate in rescue drills and activities, showing effective technique.</p> <p>2.3. Link and perform the advanced skills and tactics of canoeing to form a sequence of movements in competition conditions.</p> <p>2.4. Maintain <b><i>effective communication</i></b> with other participants, team members, coach and referees during drills, activities, games and competitions.</p> |
| <p>3. Review advanced skills performance.</p>                                 | <p>3.1. Review performance and identify strengths and areas requiring improvement.</p> <p>3.2. Identify <b><i>conditions and external influences</i></b> affecting conduct of activities and identify contingency strategies to improve future sessions.</p>   |

## Required Skills and Knowledge

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

### Required skills

- communication skills to:
  - discuss and clarify canoeing rules, regulations and policies
  - determine other participant's intentions and movements
  - follow instructions and directions
  - seek feedback
- teamwork skills to:
  - encourage and support team members
  - participate effectively in drills, activities with other participants
- language and literacy skills to access, interpret and apply information about the rules, regulations and policies of canoeing games and competitions
- problem-solving skills to respond appropriately to changing conditions
- self management skills to:
  - review and reflect on own performance
  - practice skills and tactics during games and competitions
  - organise time and priorities effectively
  - set short, medium and long term goals
- planning and organising skills to assist in selecting equipment and setting up and trimming canoes
- swimming skills and the ability to maintain canoe stability in water
- first aid and rescue skills appropriate to the location to enable initial response to emergencies.

### Required knowledge

- legislation and organisational policies and procedures to enable safe participation in all activities
- rules, regulations and policies of flatwater canoeing, slalom or canoe polo
- biomechanics related to acquisition of advanced canoeing skills and tactics
- equipment and technological aids used in canoeing drills, activities, games and competitions to enhance development of advanced skills and tactics
- reflection and review principles to enable effective self-evaluation for future improvement
- communication systems used between participants, team members and coaches during canoeing drills, activities, games and competitions
- water and weather features and how these might impact on the canoeing experience
- safety and rescue procedures appropriate for the canoe and 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:

- utilises knowledge and interpretation of advanced skills and tactics of canoeing and relevant rules, regulations and policies to perform these skills and tactics during advanced flatwater canoeing, slalom or canoe polo
- determines observable body movements for each stage of the advanced skills and tactics of canoeing, and links together and practices these during drills, activities, games and competitions
- communicates appropriately with team members, coach and referees throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's canoeing performance to identify strengths and areas requiring improvement or modifications.

#### Context of and specific resources for assessment

Assessment must ensure performance of advanced skills and tactics relevant to canoeing requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- canoeing training and competition facilities and a suitable body of water
- groups or teams of canoeists to participate in advanced flatwater canoeing, slalom or canoe polo
- support personnel such as coaches and referees
- resources and information outlining the advanced skills and tactics of flatwater canoeing, slalom or canoe polo
- rules, regulations and policies, legislation and organisational policies and procedures that impact on the conduct of drills, activities, games and competitions.

#### 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 performance of advanced skills and

tactics during drills, activities, games and competitions

- oral or written questioning to assess knowledge of the relevant biomechanical principles and the advanced skills and tactics, and rules, regulations and policies of canoeing
- third-party reports from coaches or referees 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.

***Rules, regulations and policies*** may include:

- national and international rules of flatwater canoeing
- national and international rules of slalom canoeing
- national and international rules of canoe polo
- Australian Canoeing coaches code of conduct policy
- Australian Sports Commission Harassment-free Sport policy.

***Biomechanical principles*** may include:

- balance
- motion
- force
- momentum
- power.

***Advanced canoeing*** may include:

- flatwater canoeing
- slalom
- canoe polo.

***Advanced skills and tactics*** may include:

- slalom canoeing:
  - advanced edge control, leaning upstream
  - pivots
  - nose and tail weighting
  - feathering the bow draw
  - ducking the bow and stern
  - combination strokes to move
  - rolling techniques
  - river reading
  - crossing the current, ferries, surfing, power, high cross
  - breaking in and out, turning on stoppers, waves
- flatwater canoeing:
  - racing stroke
  - four phases of the paddling stroke
  - posture

- starts
- wash riding
- turns
- portages
- race plan, preparation and tactics
- canoe polo:
  - paddling skills
  - entry and exit of craft
  - strokes
  - edging the boat, off side and on side for each stroke
  - boat control strategies
  - hand roll, Eskimo roll and rolling with the ball
  - ball skills - passing, receiving, shooting, dribbling and blocking
  - goal keeping
  - basic offence and defence
  - positions and zoning
  - tackling and avoidance
  - shifting and penetrating.

***Equipment*** may include:

- suitable canoes and kayaks
- personal flotation devices (PFD)
- paddles
- spray deck or spray skirt
- wet suit or wet weather gear
- safety equipment or protection.

***Setting up and trimming*** may include:

- construction and characteristics of boat and paddles
- equipment selected and set up to match paddler
- trim, nose high and nose low for canoe or kayak
- balance and seating or kneeling positions for team boats
- rig and steering mechanism.

***Drills, activities*** may include:

- those described in:
  - Level 2 Flatwater Canoeing Manual
  - Level 2 Slalom Canoeing Manual
  - Level 2 Canoe Polo Manual
- practicing tactics and strategies used in games and competitions



- Games and competitions*** may include:
- individualised drills
  - concentration drills
  - paddling drills.
  - modified games and races relevant to flatwater canoeing, slalom or canoe polo
  - practice games and races
  - competition games and races.
- Relevant legislation*** may include:
- occupational health and safety
  - permits from authorities
  - environmental regulations.
- Organisational policies and procedures*** may include:
- occupational health and safety
  - conflict resolution
  - communication protocols
  - use, care and maintenance of equipment
  - training and scheduling commitments
  - code of ethics.
- Effective communication*** may include:
- calls
  - signals
  - codes.
- Conditions and external influences*** may include:
- environmental and weather conditions
  - water conditions and features
  - other participants
  - support staff
  - spectators
  - parents
  - referees and administrators
  - coaches.

## **Unit Sector(s)**

Sport

## **Competency Field**

Competitive Canoeing