



Australian Government

Department of Education, Employment and Workplace Relations

SISSCNO406A Teach the advanced skills and tactics of flatwater canoeing

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to teach and develop the advanced skills and tactics of flatwater canoeing. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills and tactics of flatwater canoeing to an advanced level.

Application of the Unit

This unit applies to individuals operating as flatwater canoeing coaches at a local, regional or state level. This includes instructing, planning, conducting and evaluating training sessions and competitions. This also involves supervising practice sessions, preparing for competitions and completing post competition analysis on performance.

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.

1. Plan advanced flatwater canoeing session or sessions.

- 1.1. Establish ***participant's needs and characteristics***.
- 1.2. Assess participant's ***readiness*** and current knowledge of ***flatwater canoeing*** in order to determine ***session's aims and objectives***.
- 1.3. Develop a ***plan*** according to participant's needs and ***physical conditioning, relevant legislation, organisational policies and procedures*** and ***endorsed standards promoted by canoeing***.
- 1.4. Determine ***psychological needs*** of a sprint and marathon paddler and integrate into the session.
- 1.5. Identify ***safety procedures*** associated with flatwater canoeing ***drills, activities*** and ***games*** according to organisational policies and procedures.
- 1.6. Select and access ***location, equipment*** and ***resources*** according to relevant legislation and organisational policies and procedures.
- 1.7. Inspect equipment and ***set up and trim*** canoes.

2. Brief participants.

- 2.1. Communicate instructions and ***relevant information*** about the session in a manner appropriate to participants.
- 2.2. Encourage participants to seek clarification, information and feedback as required during the session.
- 2.3. Inform participants of known and anticipated ***risks***, safety procedures, appropriate behaviour and relevant ***rules, regulations and policies***.
- 2.4. Establish a suitable ***communication system*** to use while participating in drills, activities and games.

3. Conduct advanced flatwater canoeing sessions or sessions.

- 3.1. Apply clear and accurate ***teaching and coaching techniques*** to impart ***required knowledge*** and the requirements of the ***advanced skills and tactics of flatwater canoeing*** to be developed.
- 3.2. Advise procedures for dealing with emergency and non-routine situations according to organisational

ELEMENT**PERFORMANCE CRITERIA**

- policies and procedures.
- 3.3. Monitor individual *participant's performance* and maintain effective communication during drills, activities and games.
- 3.4. Observe participants during drills, activities and games, and provide individual or group *stroke analysis and correction* as required.
4. Complete post-session responsibilities.
- 4.1. Encourage participants to identify their personal progress and satisfaction with the session, and give feedback as required.
- 4.2. Inform participants of opportunities to further develop their canoeing skills and tactics.
- 4.3. Evaluate *relevant aspects* of session and determine the level of learning achieved.
- 4.4. Identify potential areas of improvement for future advanced flatwater canoeing sessions.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan an advanced flatwater canoeing session that meets their needs
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan a suitable session according to participant's needs and characteristics
 - address participant difficulties in developing skills and tactics
 - determine psychological needs of a flatwater canoeist
 - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate progress
 - organise participants into manageable groups for drills, activities and games
- language and literacy skills to:
 - produce session plans
 - complete post-session participant and self evaluations
 - give and receive feedback
- numeracy skills to deliver drills, activities and games within session timeframes
- personal advanced flatwater canoeing skills to a high level of technical correctness to understand progressive skill acquisition and demonstrate, explain and break down skills and tactics to participants
- first aid and emergency response skills appropriate to the location.

Required knowledge

- legislation, organisational policies and procedures, and rules, regulations and policies of flatwater canoeing to enable safe conduct of session or sessions
- site-specific information to assist in the planning process and enable management of potential risks, and any special restrictions applying to the location
- equipment types, characteristics and technology used for advanced flatwater canoeing
- teaching and coaching techniques and practices applicable to a range of ages and learning abilities
- characteristics of a range of physical abilities, fitness and motor performance to enable assessment of participant readiness
- advanced skills and tactics of flatwater canoeing, and specific drills, activities and games that promote progressive skill acquisition in individuals and groups
- communication systems used between participants, coaches, referees, specialists

and support staff during advanced flatwater canoeing

- risks commonly associated with advanced flatwater canoeing, and methods of mitigating these risks
- emergency response and rescue procedures appropriate for flatwater canoeing, 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 and delivers information, explanations and demonstrations for flatwater canoeing sessions to ensure activities are conducted safely, according to participant's needs
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the skills and tactics of flatwater canoeing to an advanced level
- uses and modifies teaching and coaching techniques and drills, activities and games to cater for a range of individual learning styles
- evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure conduct of safe sessions that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- rivers or lakes with marked out courses or an appropriate indoor facility
- a group of flatwater canoeists to participate in advanced session or sessions
- equipment such as flatwater canoes or kayaks, single or double bladed paddles, grip and spray skirts
- rules, regulations and policies, legislation and organisational policies and procedures that impact on the conduct of drills, activities and games.

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 relevant legislation, organisational policies and procedures, and rules, regulations and policies of flatwater canoeing to enable safe conduct of all drills,

activities and games during the session or sessions

- observation of safe coaching of advanced flatwater canoeing skills and tactics, and monitoring and adjusting instructional techniques according to participant's needs, characteristics and responses
- portfolio of session plans and self-evaluations
- 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.

Participant's needs and characteristics may include:

- age
- cultural factors
- previous experience
- fitness level and physical capabilities
- swimming skills
- injuries and illnesses.

Readiness may include:

- fitness levels
- motor performance factors
- compatibility between participants and team members
- level of arousal which will enhance performance
- psychologically prepared.

Flatwater canoeing may include:

- flatwater racing over various distances
- sprints
- marathons.

Session's aims and objectives may include:

- progressive skill acquisition
- self-improvement
- fitness targets
- basic movements
- individual and team tactics and skills.

Plan may include:

- session's aims and objectives
- date, time and duration
- location
- coach and participant ratios
- equipment and resources
- drills, activities and games
- weather details
- safety requirements.

Physical conditioning may include:

- five components of fitness
- development of physical abilities
- techniques to prevent shoulder injury.

Relevant legislation may include:

- occupational health and safety
- permits from authorities

- privacy
- working with children
- 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.

Endorsed standards promoted by canoeing may include:

- Australian Canoeing coaches code of conduct policy
- accreditation of coaches throughout National Coaching Accreditation Scheme
- Australian Sports Commission Harassment-free Sport policy.

Psychological needs may include:

- visualisation
- relaxation
- centering
- focusing
- goal setting
- motivation
- process oriented versus outcome oriented
- analysing strengths and weaknesses.

Safety procedures may include:

- group management in emergency situations
- symptoms, treatment and prevention of common flatwater canoeing injuries and risks
- equipment checking and usage
- clear communication systems
- clear explanations of all requirements.

Drills, activities may include:

- those described in:
 - Level 2 Flatwater Canoeing Manual
- sequential progression of skills
- practicing tactics and strategies used in games and competitions
- individualised drills
- strength training
- psychological preparation
- concentration drills
- paddling drills.

Games may include:

- modified games and competitions
- focus skill or skills and or tactic or tactics
- racing against other participants
- sprinting
- practice competitions.

- Location may include:***
- flatwater rivers or lakes
 - marked out course or lanes for races
 - indoor facility.
- Equipment may include:***
- canoe or kayak suitable for flatwater racing
 - single or double bladed paddle
 - spray skirts
 - personal clothing and footwear
 - rash vests.
- Resources may include:***
- teaching and coaching tools
 - videos and video equipment
 - stopwatch
 - sports science testing equipment
 - food and water
 - first aid kit.
- Set up and trim may include:***
- construction and characteristics of type of paddles and boats
 - equipment adapted to suit weather conditions
 - rig and steering mechanism
 - trim, nose high and nose low, for canoe or kayak
 - balance and seating and kneeling positions for team boats
 - team boat positioning.
- Relevant information may include:***
- skill or skills focus
 - equipment and resource requirements, selection and use
 - safety procedures
 - aims and objectives
 - psychological preparation
 - rules and regulations of flatwater canoeing
 - responsible and safe behaviour.
- Risks may include:***
- injuries
 - unstable canoe or kayak
 - capsize
 - exhaustion
 - dehydration.
- Rules, regulations and policies may include:***
- Australian Canoeing Sprint and Marathon Racing Rules
 - International Canoe Federation Sprint and Marathon Racing Rules
 - Australian Canoeing anti-doping policy
 - Australian Sports Commission Harassment-

free Sport policy

- age restrictions.

Communication system may include:

- calls
- signals.

Teaching and coaching techniques may include:

- demonstration
- explanation
- focusing on a single skill or tactic
- breaking down skills and tactics into components
- progressing through and linking skills and tactics
- shaping and modelling approaches
- reciprocal or peer tutoring
- questioning, monitoring and observing progress
- assessment and evaluation.

Required knowledge may include:

- rules, regulations and policies of flatwater canoeing
- flatwater canoeing skills and tactics
- basic biomechanical principles
- factors affecting skill acquisition
- safety and risk management
- equipment selection, use and maintenance.

Advanced skills and tactics may include:

- the racing stroke:
 - four phases of the paddling stroke
 - posture
- advanced marathon racing skills:
 - starts
 - wash riding
 - turns
 - portages
- advanced racing tactics:
 - race plan
 - start
 - developing team boats
 - pre-race and race day preparation
- advanced marathon racing tactics:
 - race tactics
 - race environment
- team racing
- water features
- rescue techniques.

Participant's performance may include:

- performance and accuracy of skills and tactics
- attitude and behaviour
- ability to link and perform the skills and tactics.

Stroke analysis and correction may include:

- posture
- trunk rotation
- hand position
- leg drive
- boat movement.

Relevant aspects may include:

- effectiveness of the teaching and coaching session
- suitability of teaching and coaching methods
- feedback provided to or by participants
- initial and final assessment of participant's abilities.

Unit Sector(s)

Sport

Competency Field

Competitive Canoeing