



Australian Government

Department of Education, Employment and Workplace Relations

SISSCNO407A Teach the advanced skills and tactics of slalom 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 slalom canoeing. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the skills and tactics of slalom canoeing to an advanced level.

Application of the Unit

This unit applies to individuals operating as slalom 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.

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|--|---|
| 1. Plan advanced slalom canoeing sessions. | <p>1.1. Establish <i>participant's needs and characteristics</i>.</p> <p>1.2. Assess participant's <i>readiness</i>, current knowledge of slalom canoeing and <i>course design</i> in order to determine <i>session's aims and objectives</i>.</p> <p>1.3. Develop a <i>race plan</i> according to participant's needs and <i>physical conditioning, relevant legislation, organisational policies and procedures</i> and <i>endorsed standards promoted by canoeing</i>.</p> <p>1.4. Determine <i>psychological needs</i> of a slalom canoeist and integrate into session.</p> <p>1.5. Identify <i>safety and risk management procedures</i> associated with slalom canoeing <i>drills, activities</i> and <i>games</i> according to organisational policies and procedures.</p> <p>1.6. Select and access <i>location, equipment</i> and <i>resources</i> suitable for the introduction to racing and competition, according to relevant legislation and organisational policies and procedures.</p> <p>1.7. Inspect equipment and <i>set up and trim</i> canoes.</p> |
| 2. Brief participants. | <p>2.1. Communicate instructions and <i>relevant information</i> about the session in a manner appropriate to participants.</p> <p>2.2. Encourage participants to seek clarification, information and feedback as required during the session.</p> <p>2.3. Inform participants of known and anticipated <i>risks</i>, safety and risk management procedures, appropriate behaviour and slalom canoeing <i>rules, regulations and policies</i>.</p> <p>2.4. Establish a suitable <i>communication system</i> to use while participating in drills, activities and games.</p> |
| 3. Conduct advanced | <p>3.1. Apply clear and accurate <i>teaching and coaching</i></p> |

ELEMENT**PERFORMANCE CRITERIA**

- slalom canoeing sessions.
- techniques* to impart *required knowledge* and the requirements of the *advanced skills and tactics of slalom canoeing* to be developed.
- 3.2. Advise procedures for dealing with emergency and non-routine situations according to organisational 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 *skill analysis and correction* as required.
- 3.5. Determine *over training symptoms* associated with advanced slalom canoeing drills, activities and games.
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. Develop and implement a *recovery plan* for over training, after seeking advice from a specialist.
- 4.3. Inform participants of opportunities to further develop their slalom canoeing skills and tactics.
- 4.4. Evaluate *relevant aspects* of session and determine the level of learning achieved.
- 4.5. Identify potential areas of improvement for future advanced slalom 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 slalom 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 suitable sessions according to participant's needs and characteristics
 - address participant difficulties in developing skills and tactics
 - determine psychological needs of a slalom canoeist
 - anticipate and respond appropriately to non-routine situations
- planning and organisation skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate progress
 - plan recovery sessions
 - organise participants into manageable groups for drills, activities and games
- language and literacy skills to:
 - produce a race plan and training and resistance program for advanced slalom canoeists
 - complete post-session participant and self evaluations
 - give and receive feedback
- numeracy skills to deliver drills, activities and games within session timeframes
- personal advanced slalom 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 slalom canoeing to enable safe conduct of 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 slalom 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 slalom canoeing, and specific drills, activities and games that promote progressive skill acquisition in individuals and group

- communication systems used between participants, coaches, referees, specialists and support staff during advanced slalom canoeing
- risks commonly associated with advanced slalom canoeing, and methods of mitigating these risks
- emergency response and rescue procedures appropriate for slalom 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 slalom 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 slalom 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:

- whitewater rivers and indoor training facilities
- a group of slalom canoeists to participate in advanced sessions
- equipment such as slalom canoes or kayaks, paddles, grip, spray covers, personal flotation devices (PFDs) and helmets
- 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 slalom canoeing to enable safe conduct of all drills,

activities and games during the session or sessions

- observation of safe coaching of advanced slalom 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.

Course design may include:

- gate techniques
- balance requirements to create specific moves to challenge paddling patterns
- water features
- bridging moves.

Session's aims and objectives may include:

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

Race plan may include:

- equipment and resources
- weather details
- safety requirements
- risk management plan.

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

- Organisational policies and procedures*** may include:
- environmental regulations.
 - 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
 - focusing
 - goal setting
 - motivation
 - process oriented versus outcome oriented
 - analysing strengths and weaknesses.
- Safety and risk management procedures*** may include:
- group management in emergency situations
 - symptoms, treatment and prevention of common slalom canoeing injuries and risks
 - equipment checking and usage
 - recognition of potential hazards on the river
 - water management, such as site selection and gate position
 - rescue and recovery.
- Drills, activities*** may include:
- those described in Level 2 Slalom Canoeing Manual
 - sequential progression of skills
 - individualised drills
 - strength training
 - psychological preparation
 - paddling drills.
- Games*** may include:
- modified games and competitions
 - practice races
 - practice competitions.
- Location*** may include:
- whitewater rivers with suitable gates and water features
 - indoor facilities.

- Equipment** may include:
- canoe or kayak suitable for slalom canoeing
 - paddle
 - spray cover
 - personal flotation device (PFD)
 - helmet.
- Resources** may include:
- teaching and coaching tools
 - stopwatch
 - sports science testing equipment
 - first aid kit.
- Set up and trim** may include:
- construction and characteristics of type of paddlers and boats
 - equipment selection and set up according relevant to paddler and conditions
 - rig and steering mechanism
 - equipment transport.
- Relevant information** may include:
- race plan
 - skill or skills focus
 - equipment and resource requirements, selection and use
 - safety procedures
 - psychological preparation
 - rules and regulations of slalom canoeing
 - responsible and safe behaviour.
- Risks** may include:
- unstable canoe or kayak
 - collision or hitting objects
 - becoming caught or trapped in whitewater features
 - capsize
 - exhaustion
 - dehydration.
- Rules, regulations and policies** may include:
- international rules of competition, organisation or formats
 - Australian Canoeing rules of competition and formats
 - Australian Canoeing Slalom and Wild Water policy handbook
 - modified rules
 - Australian Canoeing Code of Ethics
 - 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 slalom canoeing
- slalom canoeing skills and tactics
- basic biomechanical principles
- factors affecting skill acquisition
- equipment selection, use and maintenance.

Advanced skills and tactics of slalom canoeing may include:

- advanced edge control, leaning upstream
- pivots
- nose and tail weighting
- feathering the bow draw
- combination strokes to move
- rolling techniques
- whitewater technique:
 - river reading
 - breaking in and out, turning on stoppers, waves
 - pivot turn, paddling downstream through eddies
 - boat edging and body weight transfer
- wide, tight exit and approaches
- ferry approach
- carve approach
- merano
- variations, such as current, boils, stoppers, waves and troughs
- offset gates
- reverse gates
- boofing

- Participant's performance*** may include:
- rescue techniques.
 - performance and accuracy of skills and tactics
 - attitude and behaviour
 - ability to link and perform skills and tactics.
- Skill analysis and correction*** may include:
- effectiveness, time and consistency
 - posture
 - trunk rotation
 - hand position
 - leg drive
 - stroke rating
 - smoothness and consistency.
- Over training symptoms*** may include:
- tired or sore muscles
 - fatigue
 - stress.
- Recovery plan*** may include:
- work-to-rest ratio
 - psychological regulation
 - physical therapies.
- 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