



Australian Government

SISCCRO001 Plan and conduct recreation programs for older persons

Release: 1

SISCCRO001 Plan and conduct recreation programs for older persons

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to plan, safely conduct, and evaluate recreation programs for older persons, including frail and moderately active participants.

This unit applies to those working in environments such as community recreation centres and indoor or outdoor recreation facilities. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Community Recreation Operations

Unit Sector

Community Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Establish participant needs and expectations.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Interpret information about participant characteristics, recreational needs and special requirements.
- 1.2 Encourage participants to articulate their own recreational needs and expectations.
- 1.3 Make assessments of participant capacity in consultation with relevant support personnel and within scope of own responsibility.
- 1.4 Identify potential barriers to participation.

- 1.5 Advise participants of factors preventing participation in a program.
2. Plan recreation programs.
 - 2.1 Determine program activities and strategies appropriate to the context, participant needs and capabilities.
 - 2.2 Assess likely demands of the program on participants in consultation with appropriate support personnel.
 - 2.3 Identify and organise required human, physical and financial resources and support.
 - 2.4 Recognise risks to participant safety and act to eliminate or minimise risks.
 - 2.5 Identify and incorporate injury prevention strategies and support requirements.
 - 2.6 Develop and document program plans that incorporate key information.
 - 2.7 Seek agreement on program plan from relevant staff, participants and organisations as required.
3. Prepare for recreation programs.
 - 3.1 Inspect and confirm set-up of location and equipment; report issues to person responsible.
 - 3.2 Provide clear and accurate instructions and information using communication techniques suited to participants.
 - 3.3 Confirm understanding and encourage participants to seek clarification as required.
 - 3.4 Issue required equipment and aids and provide assistance with fitting where necessary.
 - 3.5 Modify equipment for use by different participant groups.
 - 3.6 Identify emerging risks to participant safety and take action to minimise these.
4. Conduct recreation programs.
 - 4.1 Encourage participants to warm-up and cool-down through demonstration and instruction of safe and appropriate exercises.
 - 4.2 Monitor technique, use of equipment and aids and provide feedback and assistance to participants.
 - 4.3 Select and use communication techniques that encourage and support participants.
 - 4.4 Modify program, as required according to participant needs.
 - 4.5 Use techniques that motivate participants to maintain an appropriate participation rate.
5. Conclude recreation programs.
 - 5.1 Conclude program at a pace appropriate to participants, their level of involvement and duration of the program.
 - 5.2 Inform participants of follow-up programs, sources of information and further recreational opportunities.
 - 5.3 Collect and check issued equipment for damage and wear

- and report problems to appropriate staff.
6. Evaluate recreation programs.
- 6.1 Request and respond to feedback from participants and identify further needs.
 - 6.2 Evaluate program components and record outcomes.
 - 6.3 Identify and document potential areas for improvement in future programs.
 - 6.4 Review own performance and identify potential improvements.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILL	DESCRIPTION
Reading skills to:	interpret accompanying health documentation as required, using risk stratification processes.
Oral communication skills to:	use active listening and open and closed probe questioning to identify participant needs and preferences.

Unit Mapping Information

SISCCRO303A Plan and conduct recreation programs for older persons

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISCCRO001 Plan and conduct recreation programs for older persons

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- plan, conduct and evaluate at least three different programs for older people, including both frail and moderately active participants
- conduct programs that individually or cumulatively incorporate at least three of the following activity types:
 - stretching and mobility
 - strengthening or conditioning
 - posture
 - balance
 - chair-based work
 - floor work
- use the following communication skills:
 - clear verbal communication
 - modelling and demonstration
 - motivational techniques.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- legislative and regulatory requirements that support and facilitate safe conduct of recreation programs for older participants:
 - work health and safety/occupational health and safety
 - privacy and confidentiality
 - duty of care
 - equal opportunity and anti-discrimination
 - sexual harassment
- organisational policies and procedures for planning and conducting an recreation programs for older participants:
 - appropriate use of equipment and venues
 - work health and safety/occupational health and safety

- risk minimisation
- privacy
- duty of care
- extent and limitations of responsibilities
- time constraints and scheduling requirements
- budget allocation
- use of modified equipment
- use of aids
- screening processes of older persons for entry into programs or activities:
 - interviews with participants and carers
 - medical history
 - physical ability tests
- general contraindications for participation
- factors affecting participation in programs for older persons
- potential types of participant needs and their impact on program planning:
 - physical
 - emotional
 - motivational
- program planning techniques and information to be included in plans
- psychological stages and impact of ageing on participation in recreation activities and the variations in older people's abilities
- risk analysis processes for assessing the potential impact of a planned recreation program on participant safety:
 - level of challenge and difficulty
 - behaviour of other participants
 - equipment failure
- activity specific knowledge to match activities with client needs and capabilities:
 - suitable exercises for older persons:
 - stretching and mobility exercises
 - strengthening or conditioning
 - confidence building
 - posture
 - balance
 - chair based
 - floor work
 - variations in status of participants:
 - impact of medication
 - chronological age
 - physiological age
 - medical conditions

- factors affecting group dynamics, conflict resolution and communication strategies:
 - verbal
 - modelling or demonstration
 - hand or arm signals
 - braille
- modified equipment and aids for older participants and equipment testing and checking techniques
- evaluation processes.

Assessment Conditions

Skills must be demonstrated in:

- a workplace or simulated environment.

Assessment must ensure use of:

- equipment and resources required for the delivery of the program:
 - modified equipment and aids
- industry or organisational documentation such as program plans, forms relating to equipment checks and equipment damage
- legislation and organisational policies and procedures in relation to the conduct of programs for older persons
- older participants to undertake recreation programs; these can be:
 - participants in a community setting, or
 - individuals who participate in project activities, role plays or simulated activities, set up for the purpose of assessment, within a training organisation.

Assessment activities that allow the individual to:

- plan and conduct programs of a duration that reflects current industry practice.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

Links

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