



Australian Government

SISOBWG001 Bushwalk in tracked environments

Release: 1

SISOBWG001 Bushwalk in tracked environments

Modification History

Not applicable.

Application

This unit describes the skills and knowledge required to complete walks in any type of environment including bushland, arid, alpine or tropical areas and according to planned routes.

The unit provides skills to walk on formed earthen tracks which generally have modified hardened or compacted surfaces. Some surfaces could be unstable with some natural obstacles such as roots, rocks and small logs. Steps and short steep slopes may be featured.

Tracks have signage at the track head, with route markers at intersections and where the track becomes less distinct. Tracks are reliably marked on maps and, along with signage, walkers do not require any specialist navigation skills to complete the track. Tracks could be graded according to the Australian Walking Track Grading System and might include features of grades 2 to 3.

This unit applies to any type of organisation that delivers outdoor recreation activities including commercial, not-for-profit and government organisations.

It applies to leaders, guides or instructors who use these skills when leading participants during bushwalking activities. Leadership skills are provided in complementary units.

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

Pre-requisite Unit

Nil

Competency Field

Bushwalking

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

1. Prepare for the walk.
 - 1.1. Select clothing, footwear, personal protective and other equipment suitable for the walk and conditions, and check for safe working condition.
 - 1.2. Calculate and prepare food and water appropriate for the distance and environment of the trip.
 - 1.3. Waterproof and pack clothing, personal resources, and food according to access requirements during walk.
 - 1.4. Interpret planned route from activity plans, maps and track head signage to assist in following the route.
 - 1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.6. Confirm protocols for communications between walkers.
 - 1.7. Ensure pack weight is appropriate to body weight and level of fitness; fit and adjust for comfort and safety.
2. Walk in tracked environments.
 - 2.1. Use appropriate posture and manual handling techniques when lifting and carrying backpack.
 - 2.2. Establish and maintain an appropriate walking rhythm and pace according to conditions.
 - 2.3. Use walking techniques specific to the environmental terrain.
 - 2.4. Monitor walking pace of, and space between, party members to ensure safety of all, and completion within timelines.
 - 2.5. Maintain effective communication with party members throughout all activities.
 - 2.6. Follow the planned route and make adjustments to route according to track and environmental conditions.
 - 2.7. Use techniques that minimise damage to equipment and the natural environment throughout all activities.
3. Negotiate environmental obstacles, steps and slopes.
 - 3.1. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
 - 3.2. Control footing to walk safely on stretches of unstable track surface.
 - 3.3. Utilise techniques and control pace to ascend and descend steps and short steep slopes.
 - 3.4. Monitor own fatigue, adjust pace, food and water intake, and take breaks while maintaining contact with party members.
 - 3.5. Monitor and regulate own body temperature by adding or removing clothing layers.

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.

SKILLS	DESCRIPTION
Reading skills to:	• interpret detailed and familiar organisational safety and emergency response procedures • interpret straightforward but potentially unfamiliar information on maps and track signage • interpret factual activity plan information in familiar formats.
Oral communications skills to:	• use clear and unambiguous verbal and non-verbal communications to make intent known.
Numeracy skills to:	• interpret and calculate numerical data involving distances, times and slope gradients from maps and track signage.
Planning and organising skills to:	• manage own timing to complete activities within planned timeframes.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISOBWG001 Bushwalk in tracked environments

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:

- complete three walks, each on a different track
- for one of the above activities, walk at least five kilometres
- during each walk:
 - maintain an effective walking rhythm by:
 - maintaining same stride and pace
 - allowing natural body swing
 - avoiding jerky movements or springing
 - use techniques to ascend steps and slopes:
 - placing feet down flat with a deliberate step
 - resting heels on any available projections
 - use techniques to descend steps and slopes:
 - placing toes against projections to avoid overstriding
 - avoiding placing feet down heavily
 - flat-footed or stiff-heeled technique
 - use walking techniques specific to the environmental terrain
 - consistently follow safety procedures and safely negotiate hazards.

Knowledge Evidence

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

- organisational safety and emergency response procedures for walking activities
- contents of the Australian Walking Track Grading System, in particular the specifications for grade 2 and 3 tracks
- suitable clothing and footwear for the particular region or locality in which outdoor recreational walks are delivered:
 - types of clothing and fabrics that protect against the effects of local weather conditions including sun, temperatures, winds, and precipitation of different levels and extremes
 - reasons for layering clothes
 - effective design and construction features of waterproof gear

- types of footwear suitable for walking in tracked environments; advantages and disadvantages of different types
- gaiters and their purpose
- as relevant, purpose and features of specialist aids
- purpose, features, advantages and disadvantages of walking poles
- effective design and construction features of back packs
- techniques used to effectively pack items for ease of access and maximum usage of space
- waterproofing and stowing techniques used to keep clothing, food and resources dry during walking activities
- how to care for clothing, footwear, backpacks and other equipment during and after activities to avoid damage, and promote long lifespan
- safe manual handling techniques used to lift and carry backpacks of various weights
- communication protocols for group walks in tracked environments to include:
 - calls
 - hand signals
 - whistles
 - radio
- how to maintain an effective walking rhythm:
 - maintaining same stride and pace
 - allowing natural body swing
 - avoiding jerky movements or springing
- techniques used to ascend steps and slopes:
 - placing feet down flat with a deliberate step
 - resting heels on any available projections
 - keeping weight over feet, not leaning into the slope
- techniques used to descend steps and slopes:
 - placing toes against projections to avoid overstriding
 - placing toes on available objects to reduce fatigue
 - avoiding placing feet down heavily
 - flat-footed or stiff-heeled technique
- typical hazards for walking in tracked environments, and techniques used to safely negotiate these:
 - roots
 - rocks
 - small logs
 - slippery or unstable track surface
 - overhanging vegetation
 - minor water crossings
 - hazardous flora and fauna in the region
 - temperature extremes
 - exposure to storms, heavy rain, hail and strong winds

- techniques used to minimise damage to the natural environments when walking
- for the particular region or locality in which outdoor recreational walks are delivered which may include those for bushland, arid, alpine, tropical or other environments:
 - specific walking techniques used for the terrain
 - specific hazards and techniques used to safely negotiate these
 - specific environmental considerations and minimal impact techniques when walking.

Assessment Conditions

Skills must be demonstrated in a setting where bushwalking activities are delivered in tracked environments. Tracks must feature the following:

- be formed earthen tracks which have modified hardened or compacted surfaces
- have some surfaces which are unstable with some natural obstacles such as roots, rocks and small logs
- have steps and short steep slopes
- have signage at the track head, with route markers at intersections and en route
- be reliably marked on maps.

If in an alpine region, assessment can only be completed in weather conditions where no snow is present and visibility is clear.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during walking activities
- backpacks
- food, water for duration of assessment
- portable shelter/tarp
- clothing and footwear suitable for the conditions
- Users Guide to the Australian Walking Track Grading System
- activity plans to include details of planned route
- walking route maps and guides
- organisational safety and emergency response procedures for walking activities.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- have a collective period of at least three years' experience as a bushwalking leader, guide or instructor, where they have applied the skills and knowledge covered in this unit of competency; the three years' experience can incorporate full and or part time experience.

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