



Australian Government

SISOBWG001 Bushwalk in tracked environments

Release: 1

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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>