



Australian Government

SISOBWG002 Bushwalk in difficult tracked environments

Release: 1

SISOBWG002 Bushwalk in difficult 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 the skills to walk on generally distinct tracks but without major modification to the ground. Surfaces are likely to be unstable with many natural obstacles such as rocky or loose tread, roots, rocks, fallen tree logs and water crossings. Long steep sections and arduous climbs may be featured.

Tracks have signage at the track head and have route markers but provide limited signage en route. Tracks may be indistinct in some places. Tracks marked on maps may be unreliable requiring walkers to use navigation skills and equipment to complete the track. Tracks could be graded according to the Australian Walking Track Grading System and might include features of grade 4.

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

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to

*essential outcomes**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 with navigation.
 - 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 difficult 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 and steep, slopes.
 - 3.1. Safely approach, and negotiate constant obstacles and hazards to minimise risk of injury.
 - 3.2. Control footing to walk safely on consistently uneven and unstable track surface.
 - 3.3. Utilise techniques and control pace to ascend and descend long 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 and 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 potentially unfamiliar information on maps and track head 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 head 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 SISOBWG002 Bushwalk in difficult 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, including at least one lasting for a minimum of two days
- 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
 - zig-zagging
 - 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 4 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 fabrics/materials, design and construction features of waterproof gear

- footwear suitable for walking in difficult 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 difficult 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 long steep slopes:
 - placing feet down flat with a deliberate step
 - resting heels on any available projections
 - zig-zagging
 - keeping weight over feet, not leaning into slope
- techniques used to descend long steep slopes:
 - placing toes against projections to avoid overstriding and fatigue
 - avoiding placing feet down heavily
 - flat-footed or stiff-heeled technique
- typical hazards for walking in difficult tracked environments, and techniques used to safely negotiate these:
 - roots
 - rocks
 - fallen tree logs
 - unstable track surface: slippery, rocky or loose tread
 - dense and overhanging vegetation
 - water crossings
 - hazardous flora and fauna
 - 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 difficult tracked environments. Tracks must feature the following:

- be generally distinct tracks but without major modification to the ground; some parts of the track can be indistinct
- have surfaces that are generally unstable with many natural obstacles such as rocky or loose tread, roots, rocks and fallen tree logs
- have steep sections and arduous climbs
- have signage at the track head, with route markers but limited signage en route
- be marked on maps.

If in an alpine region and snow is present, assessment can only be completed if the track remains discernible.

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, tents, camping supplies as required for the duration of assessment
- clothing and footwear suitable for the conditions
- compasses
- 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.

Links

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