



Australian Government

SISOBWG003 Bushwalk in extremely difficult tracked and untracked 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 the skills to walk in untracked areas and on rough unformed tracks with no modification to the natural surface. Surfaces will be variable and challenging with prolonged unstable sections. Tracks and untracked areas will feature constant and unpredictable natural obstacles such as rocky or loose tread, roots, rocks, fallen tree logs, dense vegetation and water crossings. Long steep sections and very arduous climbs may be featured.

Tracks and untracked areas generally have no signage or route markers at any point. Tracks marked on maps may be very unreliable requiring walkers to use navigation skills and equipment to complete the walk. Tracks could be graded according to the Australian Walking Track Grading System and might include features of grade 5.

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

PERFORMANCE CRITERIA

<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
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 and maps to assist with navigation, and confirm contingency routes and emergency escapes. 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 extremely difficult tracked or untracked 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 required adjustments to route according to track or environmental conditions. 2.7. Use techniques that minimise damage to equipment and the natural environment throughout all activities.
3. Negotiate environmental obstacles and arduous climbs.	3.1. Safely approach, and negotiate constant and unpredictable obstacles and hazards to minimise risk of injury. 3.2. Control footing to walk safely on prolonged sections of uneven and unstable surface. 3.3. Utilise techniques and control pace to ascend and descend prolonged steep slopes. 3.4. Set up and use a handline to negotiate steep slopes. 3.5. Manage movement of equipment using pack hauls, raises and lowers. 3.6. Monitor own fatigue, adjust pace, food and water intake

and take breaks while maintaining contact with party members.

3.7. 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 potentially unfamiliar information on maps - 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 maps and other information to calculate numerical data involving distances, times and slope gradients.
Problem-solving skills to:	resolve significant problems associated with indistinct tracks and environmental conditions adjustments, constant hazards, and fatigue.
Planning and organising skills to:	manage own timing and plan route adjustments in the field to complete activities within planned timeframes.
Self-management skills to:	critically evaluate all circumstances encountered and take responsibility to manage own safety.

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 SISOBWG003 Bushwalk in extremely difficult tracked and untracked 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 one lasting for a minimum of three 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
 - using walking aids and ropes as handlines
 - 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
 - using walking aids and ropes as handlines
 - 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 5 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 and walking boots suitable for walking in extremely difficult tracked environments
- 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
 - haul backpacks to negotiate hazards
- communication protocols for group walks in extremely 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 prolonged 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 the slope
 - using walking aids and ropes as handlines
- techniques used to descend prolonged steep slopes:
 - placing toes against projections to avoid overstriding and fatigue
 - avoiding placing feet down heavily
 - flat-footed or stiff-heeled technique
 - using walking aids and ropes as handlines
- factors that affect the selection of tie-off points and anchors for handlines, knots and how to tie them
- typical hazards for walking in extremely 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 wind
- 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 environmental 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 extremely difficult tracked or untracked environments. Tracks and environments must feature the following:

- be rough unformed tracks with no modification to the natural surface
- have surfaces that are variable and challenging with prolonged unstable sections
- have constant natural obstacles such as rocky or loose tread, roots, rocks, fallen tree logs and dense vegetation
- have steep sections and very arduous climbs
- have no signage or route markers at any point.

If in an alpine region, assessment can occur if ground is covered by snow.

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 and camping supplies as required for the duration of assessment
- clothing and footwear suitable for the conditions
- compasses
- rope for handlines
- 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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