



Australian Government

Assessment Requirements for SISOCNE001 Paddle a craft using fundamental skills

Release: 1

Assessment Requirements for SISOCNE001 Paddle a craft using fundamental skills

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 group paddle trips
- during each trip consistently:
 - consistently supervising leader's directions
 - control direction of craft forward, in reverse and change direction using this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - stern rudder
 - low support
 - emergency stop
- participate in simulations to:
 - complete two self-rescues following a capsize, swimming self and craft a maximum distance of 50 metres to shore.

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 canoeing activities
- suitable clothing and footwear for paddling activities:
 - types of clothing and fabrics that protect against the effects of weather and water conditions including sun, temperatures, winds, and precipitation of different levels and extremes
 - reasons for layering clothes
 - types of footwear suitable for paddling including specialist sandals, river or paddling shoes and their advantages over other types of footwear
- features and functions of lifejackets and helmet suitable for flatwater conditions and how to fit and adjust these for comfort and safety
 - location and function of different parts of the craft being paddled
- types of paddles suitable for use with selected craft in flatwater conditions
- techniques used to effectively stow items:

- for ease of access and maximum usage of space
- for stability of craft and minimal effect on trim
- to waterproof clothing, food and resources
- safe manual handling techniques used to lift and carry paddle craft
- equipment features and techniques used to secure craft for transportation
- communication protocols for group paddling activities to include:
 - calls
 - hand and paddle signals
 - whistles
- hydrological features of flatwater areas such as lakes, dams and flatwater rivers sufficient to understand the impacts on paddling activity
- typical hazards associated with paddling and swimming in flatwater conditions, and techniques used to safely negotiate these:
 - currents
 - built objects – weirs, piers
 - steep or slippery banks or shore
 - overhanging trees
 - fallen trees on waterway
 - submerged logs, rocks and vegetation
 - sections of dark, deep or cold water
 - other boating traffic
 - exposure to lightning, storms and strong winds
 - prolonged emersion in cold water
- techniques used on flatwater to:
 - embark, launch, land and disembark craft from bank, shore or jetty
 - secure craft s to bank, shore or jetty
- a range of strokes used in flatwater conditions to direct canoes forward, in reverse and change direction:
 - forward and reverse paddle
 - forward and reverse sweeps
 - low support
 - stern rudder
 - emergency stop
- for each of the above strokes:
 - how to use them when solo paddling and when padding as a double
 - correct posture and trunk rotation
 - correct hand placement on paddle and movement of top hands through the stroke
 - wrist movement required to enable correct blade placement in water
 - correct paddle entry and exit points in relation to craft and body position
 - appropriate paddle depth in water to achieve effective stroke

- correct paddle blade angle throughout stroke
- for self-rescues:
 - methods used to extricate self from inverted craft
 - methods used to control and manoeuvre the paddle and craft to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in flatwater conditions
 - how to empty water from craft, and equipment used to assist
 - techniques used to re-establish upright craft and re-enter in deep water.

Assessment Conditions

Skills must be demonstrated on inland flatwater areas which can be lakes, dams or slow moving rivers. The environment must feature the following:

- less than moderate wind conditions
- current flow is consistently documented as less than 1 knot
- easy access to shoreline; within 400 metres .

An area for assessment should not be classified as flatwater if any of the following conditions are present:

- rapids of any grade
- surf of any size
- fetch greater than 1 nautical mile
- area is in the entrance to an estuary or embayment.

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 paddling activities
- clothing and footwear suitable for the conditions
- Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements for the location
- helmet as required
- pea-less whistles not affected by water
- open canoes, sit in or sit on kayak, which can include singles and doubles
- canoe or kayak paddles
- ropes and tie down straps
- rescue equipment:
 - towlines

- bailing devices
- knives
- activity plans to include details of planned route
- template safety checklists
- organisational safety and emergency response procedures for canoeing 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 canoeing or kayak 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

Companion Volume Implementation Guides -

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