



Australian Government

SISOCNE001 Paddle a craft using fundamental skills

Release: 1

SISOCNE001 Paddle a craft using fundamental skills

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to paddle a craft as part of a group on small inland flatwater areas such as small lakes, dams and rivers according to planned courses. It requires the ability to self-rescue from a capsize.

The unit provides skills to paddle a canoe, sit in or sit on top kayak on bodies of water in less than moderate wind conditions, where the current flow is consistently recorded as less than one knot, and where there is ease of access to the shore; within 400 metres.

It applies to assistant leaders and support staff who use these skills when assisting with the delivery of paddling activities for groups of participants. They work under close supervision, and according to instructions and guidance provided by supervising activity leaders who may be guides or instructors.

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

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

Pre-requisite Unit

Nil

Competency Field

Canoeing

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for the paddle.

PERFORMANCE CRITERIA

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

1.1. Select clothing, footwear, personal protective and other equipment suitable for the paddle and conditions, and check for safe working condition.

- 1.2. Carry, prepare craft and complete safety and serviceability checks.
 - 1.3. Waterproof, pack and stow clothing, personal resources, and food according to access requirements during paddle.
 - 1.4. Access and interpret activity plans, and clarify any details.
 - 1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.6. Confirm protocols for communications between paddlers.
 - 1.7. Fit and adjust personal protective equipment to ensure comfort and safety.
2. Paddle and manoeuvre small crafts on flatwater.
 - 2.1. Embark and launch craft from bank, shore or jetty while maintaining stability.
 - 2.2. Control direction of craft forward, in reverse and sideways using a range of appropriate strokes and edges.
 - 2.3. Maintain appropriate posture, use of trunk rotation, paddle and blade to efficiently paddle craft.
 - 2.4. Establish and maintain an appropriate paddling rhythm and pace to minimise fatigue, strain and injury.
 - 2.5. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
 - 2.6. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.7. Monitor party formation, paddling pace and space between craft and make required adjustments.
3. Rescue self following a capsize.
 - 3.1. Exit the craft in a controlled manner, following a capsize, and recover paddle.
 - 3.2. Follow instructions from leader or other party members to complete deep water self-rescue.
 - 3.3. Re-enter craft and assess personal ability to continue with paddle session.
 - 3.4. Manoeuvre an upturned craft to shore or to rescue craft, when unable to re-enter.
4. Land and secure canoes.
 - 4.1. Land and disembark craft at bank, shore or jetty while maintaining stability.
 - 4.2. Secure craft to bank, shore or jetty using appropriate knots.
 - 4.3. Secure craft for road transport using suitable methods.

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 • 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.
Teamwork skills to:	• pro-actively and cooperatively work within teams

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 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

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