



Australian Government

SISOCNE002 Paddle a canoe on inland flatwater

Release: 1

SISOCNE002 Paddle a canoe on inland flatwater

Modification History

Not applicable.

Application

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

The unit provides skills to paddle on bodies of water in less than moderate wind conditions, where the current flow is consistently recorded as less than one knot.

It applies to leaders, guides or instructors, who use these skills when leading participants during canoeing activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

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. Interpret planned course from activity plans and maps to assist in following the course.
- 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 canoes on flatwater.
 - 2.1. Embark and launch canoe from bank, shore or jetty while maintaining stability.
 - 2.2. Control direction of canoe 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 the canoe.
 - 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 canoes and make required adjustments.
- 3. Rescue self following a capsize.
 - 3.1. Exit the canoe in a controlled manner, following a capsize, and recover paddle.
 - 3.2. Manoeuvre the paddle and upturned canoe to shore or to rescue craft and empty out water.
 - 3.3. Use techniques when in deep water to empty water and re-enter canoe.
- 4. Perform deep water rescues in flatwater conditions.
 - 4.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
 - 4.2. Select and use other leaders or party members, equipment and rescue techniques appropriate to situation.
 - 4.3. Manoeuvre rescue craft to capsized party member, forming a raft-up as required.
 - 4.4. Provide clear and concise instructions to person being rescued and others assisting.
 - 4.5. Assist rescuee to return to their craft using rescue technique appropriate to situation.
 - 4.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.

5. Land and secure canoes.
- 5.1. Land and disembark canoe at bank, shore or jetty while maintaining stability.
 - 5.2. Secure canoe to bank, shore or jetty using appropriate knots.
 - 5.3. Secure canoe 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.
Numeracy skills to:	• interpret and calculate numerical data involving distances, times and speed of currents.
Teamwork skills to:	• pro-actively and cooperatively work within teams of operational personnel to solve arising problems and effect efficient rescues.
Planning and organising skills to:	• manage own timing to complete activities within planned timeframes.
Self-management skills to:	• critically analyse all circumstances and implications to provide a prompt and considered response to rescue requirements.

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 SISOCNE002 Paddle a canoe on inland flatwater

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 canoe trips
- complete at least one solo paddle on one of the above trips
- during each trip:
 - consistently follow safety procedures and safely negotiate hazards
 - consistently control direction of canoes forward, in reverse and sideways using edging and this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw strokes
 - feathered and sculling draw
 - forward J stroke
 - 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
 - complete three deep water rescues to assist a single capsized paddler, using these techniques:
 - T (or X)rescue
 - curl rescue
 - provide one contact tow
 - provide one tow using a towline with a quick release system.

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 canoeing 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
- effective design and construction features of waterproof gear and exposure suits
- types of footwear suitable for canoeing including specialist sandals, river or paddling shoes and their advantages over other types of footwear
- features and uses of gloves and mittens, and advantages and disadvantages
- features and functions of lifejackets and helmets suitable for flatwater conditions and how to fit and adjust these for comfort and safety
- types of single and double open canoes suitable for use in flatwater conditions and location and function of different parts of the canoe
- types of paddles suitable for use with canoes used 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 canoes
- equipment features and techniques used to secure canoes for transportation
- communication protocols for group canoeing activities to include:
 - calls
 - hand and paddle signals
 - whistles
- hydrological features of flatwater areas such as lakes, dams and slow moving rivers sufficient to understand the impacts on canoeing activities
- 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, strong wind
 - prolonged emersion in cold water
- techniques used on flatwater to:
 - embark, launch, land and disembark canoes from bank, shore or jetty
 - secure canoes to bank, shore or jetty

- a range of strokes used in flatwater conditions to direct canoes forward, in reverse and sideways:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw stroke
 - feathered and sculling draw
 - feathered pry
 - forward J stroke
 - 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 hand 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 canoes
 - methods used to control and manoeuvre the paddle and canoe to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in flatwater conditions
 - how to empty water from canoes, and equipment used to assist
 - techniques used to re-establish upright canoe and re-enter in deep water
- for deep water rescues, the specific application of the following to flatwater conditions and open canoes:
 - features, functions and operation of equipment used for rescues, advantages and disadvantages
 - roles and responsibilities that can be allocated to team members and participants to effectively complete a rescue
 - raft up techniques
 - T (or X) rescue techniques
 - curl rescue techniques
 - techniques for contact tows and those using a towline with a quick release system
- when different knots are used, advantages and disadvantages, and how to tie them:
 - knots for tying on
 - rope joining knots
 - quick release knots.

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.

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 canoeing 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
- pea-less whistles not affected by water
- open canoes which can include singles and doubles
- canoe 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 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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