



Australian Government

SISOKYK001 Paddle a kayak on inland flatwater

Release: 1

SISOKYK001 Paddle a kayak on inland flatwater

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to paddle a kayak 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 kayaking 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

Kayaking

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 kayaks on flatwater.
 - 2.1. Embark and launch kayak from bank, shore or jetty while maintaining stability.
 - 2.2. Control direction of kayak 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 kayak.
 - 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 kayaks and make required adjustments.
3. Rescue self following a capsize.
 - 3.1. Exit the kayak in a controlled manner, following a capsize, and recover paddle.
 - 3.2. Manoeuvre the paddle and upturned kayak to shore or to rescue craft and empty out water.
 - 3.3. Use techniques when in deep water to empty water and re-enter kayak.
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 kayaks.
- 5.1. Land and disembark kayak at bank, shore or jetty while maintaining stability.
 - 5.2. Secure kayak to bank, shore or jetty using appropriate knots.
 - 5.3. Secure kayak 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 SISOKYK001 Paddle a kayak 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 kayak trips
- complete at least one solo paddle for one of the above trips
- during each trip:
 - consistently follow safety procedures and safely negotiate hazards
 - consistently control direction of kayaks 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
 - stern rudder
 - 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 at least two techniques appropriate to the type of kayak craft in use
 - 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 kayaking activities
- suitable clothing and footwear for kayaking 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 kayaking 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 kayaks suitable for use in flatwater conditions and:
 - location and function of different parts of the kayak
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
- types of paddles suitable for use with kayaks used in flatwater conditions, different construction materials and designs, effects on performance, advantages and disadvantages
- 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 kayaks
- equipment features and techniques used to secure kayaks for transportation
- communication protocols for group kayaking 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 kayaking 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 and strong winds
 - prolonged emersion in cold water
- techniques used on flatwater to:
 - embark, launch, land and disembark kayaks from bank, shore or jetty
 - secure kayaks to bank, shore or jetty
- a range of strokes used in flatwater conditions to direct kayaks forward, in reverse and sideways:

- forward and reverse paddle
- forward and reverse sweeps
- bow draw strokes - feathered and sculling
- 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
 - 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 kayaks
 - methods used to control and manoeuvre the paddle and kayak to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in flatwater conditions
 - how to empty water from kayaks, and equipment used to assist
 - techniques used to re-establish upright kayak and re-enter in deep water
- for deep water rescues, the specific application of the following to flatwater conditions and kayaks:
 - 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
 - rescue techniques specific to sit in kayaks
 - rescue techniques specific to sit on top kayaks
 - 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 kayaking 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
- helmets as required
- pea-less whistles not affected by water
- kayaks which can include:
 - single or double sit in kayaks
 - single or double sit on top kayaks
- kayak paddles
- ropes and tie down straps
- rescue equipment:
 - towlines
 - knives
- activity plans to include details of planned route
- template safety checklists
- organisational safety and emergency response procedures for kayaking 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 kayaking 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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