



Australian Government

Assessment Requirements for SISOKYK002 Paddle a kayak on moving water up to grade 1 rivers

Release: 1

Assessment Requirements for SISOKYK002 Paddle a kayak on moving water up to grade 1 rivers

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
 - if utilising a sit in kayak, execute two controlled rolls
- 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 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 slow moving river conditions and how to fit and adjust these for comfort and safety
- types of single and double kayaks suitable for use in slow moving river 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 slow moving river 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
- the International River Grading system:
 - strengths and limitations of the grading system; what is covered and not covered in classifications
 - specifications for grade 1 rivers
 - examples of local rivers attributed as slow moving and any that are grade 1
- hydrological features of slow moving water sufficient to understand the impacts on kayaking activities
- typical hazards associated with paddling and swimming in slow moving river conditions, and techniques used to safely negotiate these:
 - currents
 - eddies
 - strainers
 - 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 slow moving water to:
 - embark, launch, land and disembark kayaks from bank or jetty
 - secure kayaks to bank or jetty
- a range of strokes used in slow moving river 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:
 - roll techniques suitable for use with sit in kayaks in slow moving water:
 - 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 slow moving river 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 slow moving river 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 in slow moving water conditions in light to moderate wind conditions. Waters can include:

- large bodies of open water such as lakes or dams with slow moving water
- an estuary or embayment with slow moving water
- slow moving water, including grade 1 rivers, which would feature:
 - long stretches of slow moving water
 - relatively few obstacles and no major ones
 - an easy passage to find and follow
 - in grade 1 rivers, regular small waves and or riffles.

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
- information about the International River Grading System
- 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

Companion Volume Implementation Guides -

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