



Australian Government

SISOKYK004 Paddle a kayak on grade 3 rivers

Release: 1

SISOKYK004 Paddle a kayak on grade 3 rivers

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 rivers with grade 3 rapids, and according to planned and scouted courses. It requires the ability to self-rescue from a capsize and to rescue others in deep water.

Grade 3 refers to the International River Grading System which provides a broad indication of a river's rapid features, and the degree of difficulty in negotiating these. This unit provides skills to paddle on rivers with rapids which have fairly high waves, one to two metres tall, broken water, and strong currents and eddies. These rivers have significant obstacles including large holes, exposed rocks and small falls that require manoeuvring around using proficient paddling. Passages through rapids may be difficult to recognise from the river and inspection from the bank is usually required.

It applies to leaders, guides or instructors, who use these skills when leading participants during kayaking activities. Leadership skills are provided in complementary units.

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

PERFORMANCE CRITERIA

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

1. Prepare for the paddle.
 - 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 grade 3 rivers.
 - 2.1. Select suitable location, embark and launch kayak using technique suitable to situation to maintain stability.
 - 2.2. Identify hydrological features from the water and utilise favourably to control and manoeuvre kayak.
 - 2.3. Control direction of kayak forward, in reverse and sideways using a range of appropriate strokes, leans, edges and combinations.
 - 2.4. Maintain appropriate posture, use of trunk rotation, paddle and blade to efficiently paddle the kayak.
 - 2.5. Utilise appropriate padding strokes and techniques to cross currents and break into and out of eddies.
 - 2.6. Avoid or negotiate obstacles and hazards using a combination of strokes and paddling techniques.
 - 2.7. Support kayak using the paddle to prevent capsizes.
 - 2.8. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.9. Monitor party formation, paddling pace and space between kayaks and make required adjustments.
3. Plan and run routes through rapids.
 - 3.1. Scout rapids from the water and shore to identify hydrological features, hazards and impediments.
 - 3.2. Assess features and hazards to determine a safe route through rapids.
 - 3.3. Plan route through rapids accounting for party member numbers, abilities and management during run.
 - 3.4. Identify reference points to guide chosen passage through rapids.
 - 3.5. Run predetermined route using avoidance techniques to safely negotiate river hazards.

- 3.6. Use efficient paddling techniques and strokes and utilise hydrological features to assist in turning and crossing currents.
4. Rescue self following a capsize.
 - 4.1. Execute a roll using techniques appropriate for situation to avoid a wet exit and re-establish paddling position promptly.
 - 4.2. Exit the kayak in a controlled manner when unable to roll following a capsize, and recover paddle.
 - 4.3. Maintain appropriate body position in water to minimise entrapment and injury.
 - 4.4. Manoeuvre the paddle and upturned kayak to shore or to rescue craft.
 - 4.5. Drain water from craft in safe shallow river position or on shore and re-enter craft on shore or in an eddy.
 - 4.6. Use techniques when in deep water to empty water and re-enter kayak.
5. Perform deep water rescues in grade 3 rivers
 - 5.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
 - 5.2. Select and use other leaders or party members, equipment and rescue techniques appropriate to situation.
 - 5.3. Manoeuvre rescue craft to capsized party member, forming a raft-up as required.
 - 5.4. Provide clear and concise instructions to person being rescued and others assisting.
 - 5.5. Assist rescuee to return to their craft using rescue technique appropriate to situation.
 - 5.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.
6. Land and secure kayaks.
 - 6.1. Select a suitable location to exit the river, and to allow for any subsequent re-entries.
 - 6.2. Land and disembark kayak using techniques suitable for river conditions to maintain stability.
 - 6.3. Select a secure bank feature and secure kayak using appropriate knots.
 - 6.4. Secure kayak for road transport, on activity conclusion, 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 river gradients, 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.

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 SISOKYK004 Paddle a kayak on grade 3 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
 - use different locations to launch and land kayaks to include:
 - the bank in moving water
 - ledges
 - eddies
 - run routes through at least four rapids
 - consistently control direction of kayaks forward, in reverse and sideways using leaning, edging and this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw strokes - feathered and sculling
 - stern rudder
 - support using back and front of blade
 - emergency stop
 - utilise the following techniques while consistently controlling the kayak:
 - combining strokes to effectively manoeuvre the kayak
 - breaking in and out of eddies and currents
 - forward and reverse ferry gliding
 - using hydrological features to assist with paddling, controlling the kayak and negotiating rapids
 - execute four controlled rolls as follows:
 - use at least one technique and roll in both directions
- 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
- wedge 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 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 grade 3 river conditions and how to fit and adjust these for comfort and safety
- types of single and double kayaks suitable for use in grade 3 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 grade 3 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 canoes to the bank and 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 3 rivers
- examples of local rivers attributed as grade 3
- typical hydrology features and hazards for grade 3 rivers, how to recognise features from the shore and water, and techniques used to safely negotiate hazards:
 - currents
 - eddies
 - waves
 - strainers
 - holes
 - stoppers
 - sieves
 - rocks, including undercut rocks
 - waterfalls
 - downstream and upstream Vs
 - boils
 - pour overs
 - 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
- different locations that can be used to embark, launch, land and disembark kayaks in grade 3 waters including:
 - the bank in moving water
 - ledges
 - eddies
- for each of the above locations:
 - factors that affect selection
 - advantages and disadvantages of use
 - techniques used to embark, launch and land
- a range of strokes used in grade 3 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

- support using back and front of blade
- emergency stop
- for each of the above strokes:
 - how to use them when solo paddling and when paddling 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
- a range of techniques used to manoeuvre kayaks in grade 3 water:
 - combining strokes and which combinations are effective
 - breaking in and out of eddies and currents
 - forward and reverse ferry gliding
- how certain types of hydrological features can be used to assist with paddling, controlling the kayak and negotiating rapids
- for self rescues:
 - roll techniques suitable for use with sit in kayaks in grade 3 rivers
 - 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 grade 3 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 grade 3 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
 - T (or X) rescue techniques
 - wedge 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 grade 3 rivers which must feature the following:

- rapids which have fairly high waves, one to two metres tall
- broken water, strong currents and eddies
- significant obstacles including large holes, exposed rocks and small falls that require manoeuvring around
- passages through rapids that are difficult to recognise from the river and inspection from the bank is usually required.

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
- pea-less whistles not affected by water
- kayaks which can include singles or doubles
- kayak paddles
- ropes and tie down straps
- rescue equipment:
 - towlines
 - carabiners, Prusik cords and tape sling
 - 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

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