



Australian Government

Assessment Requirements for SISOKYS003 Paddle a sea kayak in exposed coastal waters

Release: 1

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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 sea 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 sea 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 sea kayak:
 - combining strokes to effectively manoeuvre the sea kayak
 - manoeuvring the sea kayak across, into and down wind
 - using waves to assist in turning
 - execute four controlled rolls as follows:
 - use one or more techniques 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 sea kayaking activities
- suitable clothing and footwear for sea 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, water shoes and booties 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 exposed coastal water conditions and how to fit and adjust these for comfort and safety
- types of single and double sea kayaks suitable for use in exposed coastal water 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 sea kayaks used in exposed coastal water 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 sea kayaks
- equipment features and techniques used to secure sea kayaks for transportation
- communication protocols for group sea kayaking activities to include:
 - calls
 - hand and paddle signals
 - whistles
- typical hydrology features and hazards for exposed coastal waters, and techniques used to safely negotiate hazards:
 - currents
 - waves
 - tides
 - swell
 - rips

- built objects – piers, navigation markers
- steep, slippery or rocky shores
- sections of dark, deep or cold water
- marine animals
- other boating traffic
- exposure to lightning, storms and strong winds
- prolonged emersion in cold water
- techniques used in exposed coastal waters to embark, launch, land and disembark kayaks from shore in surf
- a range of strokes used in exposed coastal water conditions to direct sea 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 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
- a range of techniques used to manoeuvre kayaks in exposed coastal waters:
 - combining strokes and which combinations are effective
 - manoeuvring sea kayaks across, into and down wind
 - using waves to assist in turning
- for self rescues:
 - roll techniques suitable for use with sit in kayaks in exposed coastal waters
 - methods used to extricate self from inverted sea kayaks
 - methods used to control and manoeuvre the paddle and sea kayak to shore
 - appropriate swimming strokes and techniques to use while in paddling gear in exposed coastal water conditions
 - how to empty water from sea kayaks, and equipment used to assist
 - techniques used to re-establish upright sea kayak and re-enter in deep water
- for deep water rescues, the specific application of the following to exposed coastal water conditions and sea 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 in areas of exposed coastline with surf but without overfalls and tidal races present. The environment must feature the following:

- water with breaking white capping waves up to 1.0 metre and difficult landings may be involved
- ideally fresh winds of 17-21 knots (Beaufort Scale); winds could vary but warnings should not exceed fresh wind conditions.

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 sea 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 singles or doubles
- kayak paddles
- ropes and tie down straps
- rescue equipment:
 - towlines
 - carabiners, Prusik cords and tape sling
 - bailing device
 - knives
- activity plans to include details of planned route

- template safety checklists
- organisational safety and emergency response procedures for sea 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 sea 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>