



Australian Government

SISOKYS003 Paddle a sea kayak in exposed coastal waters

Release: 1

SISOKYS003 Paddle a sea kayak in exposed coastal waters

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to paddle a sea kayak as part of a group in exposed coastal waters, and according to planned courses. It requires the ability to self-rescue from a capsize and to rescue others in deep water.

This unit provides skills to paddle in exposed coastal waters defined as areas of exposed coastline with surf but without overfalls and tidal races present.

Water would feature breaking white capping waves up to 1.0 metre and difficult landings may be involved. Paddlers at this level can paddle in fresh winds of 17-21 knots (Beaufort Scale).

It applies to leaders, guides or instructors, who use these skills when leading participants during sea 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

Sea 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 sea kayaks in exposed coastal waters.
 - 2.1. Embark and launch sea kayak from shore in surf while maintaining stability.
 - 2.2. Control direction of sea kayak forward, in reverse and sideways using a range of appropriate strokes, leans, edges and combinations.
 - 2.3. Maintain appropriate posture, use of trunk rotation, paddle and blade to efficiently paddle the sea kayak.
 - 2.4. Utilise appropriate paddling strokes and techniques to manoeuvre sea kayaks across, into and down wind.
 - 2.5. Utilise waves to assist in turning sea kayaks.
 - 2.6. Avoid or negotiate obstacles and hazards using a combination of strokes and paddling techniques.
 - 2.7. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.8. Monitor party formation, paddling pace and space between sea kayaks and make required adjustments.
3. Rescue self following a capsize.
 - 3.1. Execute a roll using techniques appropriate for situation to avoid a wet exit and re-establish paddling position promptly.
 - 3.2. Exit the sea kayak in a controlled manner when unable to roll following a capsize, and recover paddle.
 - 3.3. Manoeuvre the paddle and upturned sea kayak to shore or to rescue craft and empty out water.
 - 3.4. Use techniques when in deep water to empty water and re-enter sea kayak.
4. Perform deep water rescues in exposed coastal waters.
 - 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.

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| | 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 sea kayaks. | 5.1. Land and disembark sea kayak on shore in surf while maintaining stability. |
| | 5.2. Secure sea 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.

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 SISOKYS003 Paddle a sea kayak in exposed coastal waters

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

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