



Australian Government

SISORSC004 Self rescue in white water

Release: 1

SISORSC004 Self rescue in white water

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to self rescue when in water after a craft capsize or ejection within inland white water rivers with rapids. These self rescue skills are required in a range of activity contexts which can include canoeing, kayaking and white water rafting.

It applies to leaders, guides or instructors, and others who use discretion and judgement to manage problems and emergencies when they arise.

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

Rescue Operations

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Manoeuvre self in moving water.

PERFORMANCE CRITERIA

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

- 1.1. Assess situation, identify immediate hazards and risks and promptly determine best action.
- 1.2. Set and maintain ferry angle to balance swimming against current.
- 1.3. Use appropriate body position and defensive swimming techniques to negotiate moving water and river hazards.
- 1.4. Use appropriate body position and aggressive swimming

- techniques to negotiate moving water and to free self from river hazards.
- 1.5. Transition between defensive and aggressive swimming and maintain body position that avoids foot entrapment.
 - 1.6. Break in and out of eddies and cross a current to reach shore.
 - 1.7. Use direction and support aids provided by others to reach shore or rescue craft.
2. Wade in moving water.
 - 2.1. Identify safe river location to wade.
 - 2.2. Wade across rivers at mid-thigh depth and negotiate swift currents, when present.
 - 2.3. Use direction and support aids provided by others to reach shore.
 3. Re-enter craft.
 - 3.1. Select a method of re-entry according to physical ability, type of craft and situation.
 - 3.2. Re-enter craft with and without assistance.

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
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known to party members.
Numeracy skills to:	estimate speed of currents and depth of water.
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 SISORSC004 Self rescue in white water

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 simulated self rescues in one or more inland white water rivers with rapids
- during each of the above rescues:
 - consistently negotiate river hazards safely and effectively
 - use re-entry techniques suited to the type of craft utilised for the activity
- across the three rescues collectively utilise the following aids effectively as the rescuer:
 - reach equipment
 - throw bags
 - rope coils.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- typical hydrology conditions and hazards associated with self rescues on inland white water rivers with rapids, and techniques used to safely negotiate these:
 - 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
- appropriate swimming strokes and techniques to use while in paddling gear
- defensive swimming techniques and when to use these in white water conditions:
 - floating passively on back facing downstream
 - riding with the river current
 - pointing feet downstream, toes out of water
 - using arms and legs to avoid serious contact with obstacles
- aggressive swimming techniques and when to use these in white water conditions:
 - moving on to stomach
 - pointing head in direction of travel
 - stroking hard to move across the current
 - swimming freestyle across current
- factors that affect selection of appropriate location for wading
- shallow water wading techniques
- aids used in rescues and how to use these effectively as rescuer:
 - reach equipment, including improvised use of equipment on hand
 - throw bags
 - rope coils
 - craft and paddle as a flotation device
- for the particular type of water craft, techniques used to re-enter.

Assessment Conditions

Skills must be demonstrated on inland white water rivers with rapids which must include, as a minimum, features of grade 2 rivers:

- fairly frequent but straightforward rapids
- rapids with regular medium sized waves, less than one metre
- low ledges or drops, easy eddies and gradual bends
- small obstacles that require manoeuvring around
- passages through rapids that are generally straightforward and can be seen from the water.

Assessments can only be completed through simulated activities. Simulations must incorporate time critical requirements.

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:

- people who act as rescuers providing aids during simulated activities
- Australian Standard, or equivalent, compliant lifejackets suitable for inland river conditions
- helmets
- pea-less whistles not affected by water
- white water craft which can include canoes, kayaks and rafts
- paddles suited to type of craft
- throw bags
- rope coils.

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 recreational activity leader, guide or instructor; or as a rescue operator 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>