



Australian Government

Assessment Requirements for SISOSAI001 Sail small boats in smooth water and light to moderate wind conditions

Release: 1

Assessment Requirements for SISOSAI001 Sail small boats in smooth water and light to moderate wind conditions

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 two group sailing sessions in light wind conditions
- complete two group sailing sessions in moderate wind conditions
- during each session consistently:
 - follow safety procedures and safely negotiate hazards
 - follow waterway rules
 - utilise effective techniques to:
 - rig the sail boat
 - launch and land the sailboat under control
 - power, steer and turn the sailboat under control on a marked course
- participate in simulations to:
 - recover three crew members lost overboard, one at any given time, and collectively use reach and throw techniques and equipment
 - recover from a capsize on three occasions
 - operate under tow on one occasion.

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 sailing activities
- clothing and footwear suitable for sailing activities:
 - types of clothing and fabrics that protect against the effects of weather including sun, temperatures, winds and precipitation of different levels
 - effective design and construction features of waterproof gear
 - types of footwear including specialist boating sandals and shoes and their advantages over other types of footwear
 - features and uses of sailing gloves and mittens, and advantages and disadvantages
- features and functions of lifejackets suitable for smooth water conditions and how to fit and adjust these for comfort and safety
- location and function of these small sailboat parts:

- bow and stern
- hull
- deck
- cockpit
- painters ring
- centreboard
- tiller and rudder
- mast
- boom
- sails:
 - mainsail and jib
 - parts of sails – battens, luff, leech, head, foot, tack and clew
- rigging:
 - standing and running rigging - meaning and difference
 - halyards and sheets
 - downhauls, including Cunningham's eye, and outhauls
 - cleats of different types
- types of small sailing boats suitable for use in smooth water conditions and:
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
- communication protocols for sailing activities to include:
 - calls
 - hand signals
 - international distress signals
- the impact of the following on selection of sailing location, and on launching, landing and manoeuvring small sailing boats:
 - tides, currents, waves and rips
 - on, cross, and off shore winds
- the meaning of the following terminology used for sailing:
 - port
 - starboard
 - ahead, abeam, astern
 - fore and aft
 - windward, upwind
 - leeward, downwind
 - cross wind
 - dead run
 - luffing up
 - bearing away

- safe manual handling techniques used to lift and carry small sailing boats and equipment
- equipment features and techniques used to secure small sailing boats for transportation
- techniques and knots used to rig small sailing boats, and correct tensions
- techniques used to:
 - embark, launch, land and disembark small sailing boats from bank or shore, including those for tight positions
 - secure boats to bank or shore
- specific to smooth water and light to moderate wind conditions:
 - fundamental sailing manoeuvres and techniques for tacking and gybing on a marked course
 - different techniques used to adjust sails and when these would be used:
 - trimming
 - reefing
 - heaving to
 - different techniques used to anchor small boats and when these would be used
- points of sail and all associated terminology
- the “no go zone” and how to get upwind
- principle of tacking upwind and gybing downwind
- hazards associated with gybing downwind and how to manage these
- typical hazards associated with sailing, and techniques used to safely negotiate these:
 - tides, currents and rips
 - built objects – piers, navigation markers
 - steep, slippery or rocky shores
 - sections of dark, deep or cold water
 - marine animals
 - other boating traffic
- features, functions and operation of equipment used to rescue crew from water:
 - reach equipment
 - throw bags, lifebuoys and slings
 - throw ropes
- techniques used to rescue crew from water:
 - reach techniques
 - throw techniques
 - using rescuee’s lifejacket and dragging injured crew member onto boat
- for capsizes:
 - actions that can prevent imminent capsize; easing sheets, shifting weight, change heading
 - appropriate swimming strokes and techniques to use while clothed in smooth water conditions
 - counterweight techniques used to re-establish upright small boat, and correct positioning of boat in relation to wind direction

- importance of gradual crew re-entry into boat
- how to empty water from small boats, and equipment used to assist
- equipment and towing techniques used for small sailing boats when under tow
- specific to the local state or territory:
 - categories of waterways determined by law and maritime authority:
 - description of waterway and limits
 - how to interpret basic limit charts issued by the local authority
 - safety equipment required for small sailing boats within the limits
 - life jackets required within the limits
 - rules specific to the operation of small sailing boats:
 - give way rules – passing, crossing and overtaking powered and non-powered vessels
 - distance limitations (“distance off”) – rules for swimmers, designated swimming zones, dive flags, unpowered and powered vessels stationary or underway, moored or anchored vessels, built structures (bridges, jetties, navigation markers)
 - prohibited local areas – also called “exclusion” and “no go zones”
 - alcohol and drug restrictions
 - requirements for lights after sunset
 - incident reporting requirements including those for verbal and written reports.

Assessment Conditions

Skills must be demonstrated in smooth water conditions which can be within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays.

The environment must feature the following:

- for two assessments:
 - light winds up to 10 knots (Beaufort scale) and small breaking white capping waves up to .05 metre
- for two assessments:
 - moderate winds between 11 to 16 knots (Beaufort Scale) and small breaking white capping waves up to 1.25 metres.

The following resources must be available to replicate industry conditions of operation:

- first aid equipment
- communication equipment for emergency response
- an activity support vessel suitable for the area of operation carrying equipment necessary to rescue a sailor and sailing craft, and this must be underway during the sailing activity while sailing craft are afloat.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during sailing activities
- people who act as team members, participants and rescuees with whom the individual interacts during simulated rescues, capsizes and tows
- clothing suitable for the conditions
- Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements for the location
- small sailing boats of any design under 8.5metres length of deck, suitable for use in smooth water and light to moderate wind conditions
- sails, rigging and rigging tools suited to the type of craft
- ropes and tie down straps for transportation
- rescue equipment:
 - reach equipment
 - throw equipment
 - towlines
 - bailing device
 - knives
- boating guide issued by the local state or territory maritime authority
- information on tides, depths, currents and other expected water conditions
- organisational safety and emergency response procedures for sailing 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 sailing 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>