



Australian Government

Assessment Requirements for SISOSKT001 Ski on easy cross country terrain

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 cross country ski trips
- use methods of skiing, climbing and turning appropriate to the type of skills in use, and for the conditions, to execute the following under control:
 - maintain even pace on the flat
 - ascend and traverse slopes
 - descend slopes
 - change direction on skis going downhill
- consistently utilise appropriate, efficient and safe techniques for:
 - edging
 - degree of glide
 - pole position
 - hand and arm position
 - body position
 - knee flex
 - positioning skis with respect to each other
 - weight transfer
 - synchronisation of movement
 - falling and recovering
- during each trip consistently:
 - follow safety procedures and safely negotiate hazards
 - comply with the Alpine Responsibility Code.

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 ski tour activities
- key contents of the Alpine Responsibility Code and how this guides safe cross country ski tour practices

- cross country ski trail grading system and descriptions that apply in the skiing locality, colours, and symbols used on maps and trail signage
- suitable clothing, footwear and personal protective equipment for alpine regions and ski touring:
 - types of clothing and fabrics that protect against the effects of weather conditions including sun, temperatures, wind, snow and precipitation of different levels and extremes
 - reasons for layering clothes
 - effective design and construction features of:
 - windproof and waterproof gear
 - gaiters
 - ski gloves
 - ski boots for cross country skiing
 - ski goggles
- design features of cross country and alpine touring skis and poles and how characteristics affect performance:
 - length, weight and width of ski
 - grip and glide zones of ski
 - flex and shape of ski
 - longitudinal rigidity
 - ski bindings
 - metal and non-metal edges on ski
 - length of poles and basket types
- factors that affect selection of skis and poles for use on easy terrain:
 - skier ability
 - snow and weather conditions
 - terrain
- how to prepare skis for touring including methods for checking bindings for serviceability
- effective design and construction features of back packs
- techniques used to effectively pack items for ease of access and maximum usage of space
- waterproofing and packing techniques used to keep clothing, food and resources dry during ski tour activities
- communication protocols for group ski touring activities to include:
 - calls
 - hand signals
 - whistles
- for skiing on easy cross country terrain, methods used to ski, climb and turn:
 - snow plough glide and brake
 - downhill run
 - traverse downhill
 - basic skate

- double poling
- single snow plough turn
- uphill diagonal stride
- kick-turns
- step turns including side-step
- herringbone
- tack turn
- star turn
- diagonal stride
- controlled fall and recover
- for those methods, appropriate, efficient and safe techniques for:
 - edging
 - degree of glide
 - pole position
 - hand and arm position
 - body position
 - knee flex
 - positioning skis with respect to each other
 - weight transfer
 - synchronisation of movement
 - how terrain, weather and snow conditions affect choice of methods used to ski, climb and turn
- how techniques would be modified to account for changes in terrain
- techniques used to fall and recover safely
- typical hazards for cross country skiing, and techniques used to safely negotiate these:
 - poor visibility
 - temperature extremes
 - difficult snow conditions
 - trees and overhanging branches and vegetation
 - obscured logs, roots and rocks.

Assessment Conditions

Skills must be demonstrated on easy cross country terrain that are predominantly flat to undulating terrain with, a few short steeper pitches. Usually indicated on Australian alpine resort or cross country trail maps as green trails.

Skiing can be completed off track or on groomed trails, usually nominated in trail ratings as “easiest, easier or beginner”.

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

- first aid equipment

- communication equipment for emergency response, including alerting and tracking devices
- navigation equipment.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during cross country ski activities
- clothing suitable for alpine conditions
- ski equipment which can include cross country skis or touring skis:
 - skis and bindings
 - poles
 - ski boots
 - ski goggles
- organisational safety and emergency response procedures for ski tour 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 cross country 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>