



Australian Government

SISOSKT001 Ski on easy cross country terrain

Release: 1

SISOSKT001 Ski on easy cross country terrain

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to ski, as part of a group, on easy cross country terrain using a range of fundamental skills for using cross country or touring skis.

Easy cross country terrain is defined as predominantly flat to undulating terrain with, a few short steeper pitches. Skiing can be completed off track or on groomed trails, usually nominated in trail ratings as “easiest, easier or beginner”. When using Australian cross country trail maps these trails will be marked as green trails.

It applies to leaders, guides or instructors who use these skills when leading participants during ski tour activities. Leadership skills are provided in complementary units. The unit can also apply to assistants and support staff.

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

Ski Touring

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare for the ski tour activity.

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 conditions, and check for safe working condition.

- 1.2. Waterproof and pack food, clothing, personal and other resources according to access requirements during activity.
 - 1.3. Interpret planned route from activity plans, trail maps and topographic maps to assist in following the trail.
 - 1.4. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.5. Confirm protocols for communications between party members.
 - 1.6. Fit and adjust personal protective and ski equipment to self to ensure comfort and safety.
2. Negotiate easy cross country trails.
 - 2.1. Select ski method accounting for terrain, weather and snow conditions.
 - 2.2. Select method of climbing and turning suited to terrain, snow conditions and own ability.
 - 2.3. Choose angle of climb and slope, and complete climbs accounting for terrain, weather and snow conditions.
 - 2.4. Execute single turns through the fall-line under good snow conditions.
 - 2.5. Maintain balance and rhythm and smoothly transfer between strides, steps and turns.
 - 2.6. Modify technique to account for changes in terrain.
 - 2.7. Control line of direction and speed to safely approach, avoid or negotiate hazards.
 - 2.8. Execute a controlled fall and recover.
 - 2.9. Maintain visual contact and effective communication with party members and guard safety of self and others throughout all activities.

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.

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| 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 trail gradients, distances, times and speed of travel. |
| 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 SISOSKT001 Ski on easy cross country terrain

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

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