



Australian Government

Assessment Requirements for SISOSUP001 Paddle a stand up board on inland flatwater

Release: 1

Assessment Requirements for SISOSUP001 Paddle a stand up board on inland flatwater

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 stand up paddle boarding sessions
- during each session consistently:
 - follow safety procedures and safely negotiate hazards
 - control direction of stand up paddle board forward, in reverse and when turning using appropriate stance, and this range of strokes:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw stroke
 - emergency stop
- participate in simulations to:
 - re-establish a flipped paddle board and remount in deep water on two occasions
 - return to shore, swimming a maximum distance of 50 metres, when separated from paddle board on two occasions
 - complete two deep water rescues to assist a single paddler re-establish a flipped paddle board and remount
 - provide two tows 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 stand up paddle boarding activities
 - exposure protection swim wear suitable for paddle boarding activities:
 - types of swim wear and fabrics that protect against the effects of weather and water conditions including sun, temperatures and winds of different levels and extremes
 - features and uses of exposure suits of different styles and grades suited to different conditions
 - types of footwear suitable for paddle boarding including specialist footwear and when it might be required in preference to bare feet
 - types of stand up paddle boards suitable for use in flatwater conditions and:
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- location and function of different parts of the board
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
 - features and use of leashes
 - types of paddles suitable for use with paddle boards in flatwater conditions, different construction materials and designs, effects on performance, advantages and disadvantages
 - communication protocols for group paddle boarding activities to include:
 - calls
 - hand and paddle signals, including distress signals
 - whistles
 - hydrological features of flatwater areas such as lakes, dams and slow moving rivers sufficient to understand the impacts on stand up paddle boarding activities
 - typical hazards associated with paddling and swimming in flatwater conditions, and techniques used to safely negotiate these:
 - currents
 - 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
 - boating traffic
 - techniques used on flatwater to launch, mount, land and dismount stand up paddle boards from shore
 - a range of strokes used in flatwater conditions to direct paddle board forward, in reverse and when turning:
 - forward and reverse paddle
 - forward and reverse sweeps
 - bow draw stroke
 - emergency stop
 - for each of the above strokes:
 - correct posture and feet position
 - correct hand placement on paddle and movement of top and bottom hand through the stroke
 - arm and body movement required to enable correct blade placement in water
 - correct paddle entry and exit points in relation to board and body position
 - appropriate paddle depth in water to achieve effective stroke
 - correct paddle blade angle throughout stroke
 - for self rescues:
 - techniques used to flip paddle board and remount in deep water
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- methods used to control and manoeuvre the paddle and board to rescue craft and shore
- appropriate swimming strokes and techniques - defensive and aggressive
- techniques for taking breaks when tired from swimming - floating and treading water
- for deep water rescues, the specific application of the following to flatwater conditions and stand up paddle boards:
 - approach and flip technique
 - techniques for using a towline with a quick release system including appropriate knots and how to tie them
 - roles and responsibilities that can be allocated to team members and participants to effectively complete a rescue.

Assessment Conditions

Skills must be demonstrated on inland flatwater areas which can be lakes, dams or slow moving rivers. The environment must feature the following:

- less than moderate wind conditions
- current flow is consistently documented as less than 1 knot.

An area for assessment should not be classified as flatwater if any of the following conditions are present:

- rapids of any grade
- surf of any size
- fetch greater than 1 nautical mile.

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 stand up paddle boarding activities
 - exposure protection swim wear suitable for conditions, and exposure suits as required
 - pea-less whistles not affected by water
 - stand up paddle boards and leashes
 - paddles
 - rescue equipment:
 - towlines
 - knives
 - template safety checklists
 - organisational safety and emergency response procedures for paddle boarding activities.
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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 stand up paddle boarding instructor or guide, 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>