



Australian Government

SISOSUP002 Paddle a stand up board in small waves

Release: 1

SISOSUP002 Paddle a stand up board in small waves

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to surf small waves up to 0.5 metre using fundamental paddle boarding manoeuvres.

It applies to leaders, guides or instructors, who use these skills when leading participants during stand up paddle board activities. Leadership skills are provided in complementary units. The unit can also apply to assistants or 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

Stand up paddle boarding

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Prepare to ride stand up paddle board in surf.

PERFORMANCE CRITERIA

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

- 1.1. Select paddle board and other equipment suitable for conditions and check for safe working condition.
- 1.2. Select exposure protection surf wear or exposure suit suitable for conditions; fit and adjust to ensure comfort and safety.
- 1.3. Select a suitable area for paddle boarding activities according to current conditions.
- 1.4. Confirm activity safety and emergency response

- procedures to ensure compliance during activities.
- 1.5. Confirm protocols for communications between party members and with others.
 2. Manoeuvre the paddle board through small waves.
 - 2.1. Select a safe location to enter the water, propel and mount board while maintaining balance and stability.
 - 2.2. Paddle the board in trim to propel and control it through flat water, broken and unbroken waves.
 - 2.3. Maintain appropriate posture, stance and stroke technique to efficiently paddle the board.
 - 2.4. Establish and maintain an appropriate paddling rhythm and pace to minimise fatigue, strain and injury.
 3. Catch and ride small waves using basic manoeuvres.
 - 3.1. Observe surfing etiquette when catching and riding waves.
 - 3.2. Catch broken waves under control without wiping out.
 - 3.3. Catch and ride green waves on an angle, executing basic turns, and trim board during manoeuvres.
 - 3.4. Dismount board, safely, from standing position.
 4. Maintain own safety, and self rescue in small surf conditions.
 - 4.1. Safely approach, avoid or negotiate hazards to minimise risk of injury while paddling and surfing.
 - 4.2. Use techniques to maintain safety of self and others in the event of a wipe out.
 - 4.3. Maintain stability in water when separated from stand up paddle board and return to shore.
 - 4.4. Recognise situations when assistance is required and implement required actions.

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.
Oral communications skills to:	use clear and unambiguous verbal and non-verbal communications to make intent known.
Problem-solving skills to:	identify and quickly respond to situations where risk of injury is likely.

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 SISOSUP002 Paddle a stand up board in small waves

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 as follows:
 - complete one session in surf with broken waves
 - complete two sessions on green waves
- during these sessions consistently:
 - follow safety procedures and safely negotiate hazards
 - comply with surfing etiquette
 - utilise fundamental techniques to effectively:
 - manoeuvre stand up paddle board through small waves under control
 - catch and ride small waves under control
 - trim along green waves
 - execute small basic turns
- participate in simulations to:
 - wipe out on three occasions and use wipe out techniques appropriate for the circumstance
 - return to shore when separated from paddle board on three occasions
 - take actions to seek assistance when self rescue cannot be achieved, on two occasions.

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
- etiquette applicable to surfing including generally accepted rules for right of way, giving way, dropping in and avoiding other surf users
- exposure protection surf wear suitable for paddle boarding activities:
 - types of surf 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 board suitable for use in small surf conditions and for basic manoeuvres and:
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, manoeuvrability characteristics and limitations
 - features and use of leashes
- types of paddles suitable for use with paddle boards in small surf conditions, different construction materials and designs, effects on performance, advantages and disadvantages
- communication protocols for group stand up paddle boarding activities to include:
 - calls
 - hand and paddle signals, including distress signals
 - whistles
- features of surf environments:
 - characteristics of different types of waves
 - types of waves suitable for stand up paddle boarding and how to select waves suitable for own ability
 - winds, currents, tides, swell and ocean floor sufficient to understand effects on surf conditions, impacts on paddle boarding activities and appropriate responses
 - distinguishing signs of rips
 - beach zones and signs used at patrolled beaches
- fundamental techniques for surfing a stand up paddle board:
 - correct use of body weight and balance to mount board and to stand
 - paddling the board in trim
 - paddling techniques and correct use of body weight, and stance for:
 - catching waves
 - turning the board
 - basic trimming
 - small basic turns
- typical hazards associated with paddle boarding in surf, and techniques used to safely negotiate these:
 - temperature extremes
 - rips
 - lateral currents
 - marine animals
 - rocks
 - sandbars
 - other water users: surfers, swimmers, other small craft
 - large waves
 - shore breaks
 - dumping waves

- techniques used in the event of a wipe out:
 - covering head with arms
 - wrestling or holding board tight when in prone position
 - pushing board clear with feet when in the water and when standing
 - waiting for turbulence to subside
 - floating to the surface in a horizontal position
- techniques used to return to shore without paddle board:
 - appropriate surf swimming strokes - defensive and aggressive
 - taking breaks when tired, floating and treading water
 - swimming or paddling diagonally across rips, when present
- actions that can be taken when unable to self rescue:
 - using recognised signals for assistance to contact others in water and lifeguards
 - remaining with paddle board and using as flotation device
 - floating and treading water.

Assessment Conditions

Skills must be demonstrated in a surfing environment which features the following:

- small breaking waves up to 0.5 metre
- beach breaks with sand bottom
- areas free from rips
- water depth of chest height or less.

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

- first aid equipment
- communication equipment for emergency response
- rescue equipment.

Assessment must ensure use of:

- a group of participants with whom the individual interacts during stand up paddle boarding activities
- exposure protection surf wear suitable for conditions, and exposure suits as required
- stand up paddle boards and leashes
- paddles
- organisational safety and emergency response procedures for paddle boarding 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 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>