



Australian Government

SISOSUP003 Paddle a stand up board in sheltered coastal waters

Release: 1

SISOSUP003 Paddle a stand up board in sheltered coastal waters

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to paddle a stand up board as part of a group in sheltered coastal waters and according to planned downwinding courses. It requires the ability to self-rescue from a dismount and to rescue others in deep water.

This unit provides skills to paddle in sheltered coastal waters defined as estuaries, embayments, areas enclosed or partly enclosed by islands or a fringing reef; or areas of exposed coastline with surf but without overfalls and tidal races present.

Water would feature small waves up to 0.5 metre with no difficult landings. Paddlers at this level can paddle in moderate winds of 11 - 16 knots (Beaufort Scale).

It applies to leaders, guides or instructors, who use these skills when leading participants during stand up paddle boarding activities. Leadership skills are provided in complementary units.

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

PERFORMANCE CRITERIA

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

1. Prepare for the paddle.
 - 1.1. Select stand up paddle board and other equipment suitable for conditions, and check for safe working condition.
 - 1.2. Select lifejacket, as required, exposure protection swim wear or exposure suit suitable for conditions, and check for safe working condition.
 - 1.3. Interpret planned course from activity plans and maps to assist in following the course.
 - 1.4. Select suitable area for paddle boarding activities according to current conditions
 - 1.5. Confirm activity safety and emergency response procedures to ensure compliance during activities.
 - 1.6. Confirm protocols for communications between paddlers.
 - 1.7. Fit and adjust exposure protection wear and lifejacket, as required, to ensure comfort and safety.
2. Paddle and manoeuvre stand up paddle board in sheltered coastal waters.
 - 2.1. Select a safe location to enter the water, propel and mount board while maintaining balance and stability.
 - 2.2. Control direction of paddle board forward, in reverse and when turning, using a range of appropriate strokes, leans and combinations.
 - 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.
 - 2.5. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
 - 2.6. Maintain visual contact and effective communication with party members throughout all activities.
 - 2.7. Monitor party formation, paddling pace and space between boards and make required adjustments.
 - 2.8. Land and dismount paddle board at the shore while maintaining stability.
3. Rescue self in deep water.
 - 3.1. Use techniques to maintain safety of self and others in the event of a dismount.
 - 3.2. Flip paddle board when in deep water and remount.
 - 3.3. Manoeuvre the paddle and board to shore or to rescue craft when unable to remount.
 - 3.4. Maintain stability in water when separated from paddle board and return to shore.
4. Perform deep water rescues in sheltered coastal waters.
 - 4.1. Identify immediate hazards, assess risks and negotiate to avoid injury to self and others.
 - 4.2. Select and use other leaders or party members,

- equipment and rescue techniques appropriate to situation.
- 4.3. Manoeuvre own board to rescuee, form a raft up as required, and assume a position that enables the rescue.
- 4.4. Provide clear and concise instructions to rescuee and others assisting.
- 4.5. Assist rescuee to flip and remount their board.
- 4.6. Assess ability of rescuee to continue and tow to nearest safe landing, as required.

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.
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 distances, times and speed of currents.
Teamwork skills to:	• pro-actively and cooperatively work within teams of operational personnel to solve arising problems and effect efficient rescues.
Planning and organising skills to:	• manage own timing to complete activities within planned timeframes.
Self-management skills to:	• critically analyse all circumstances and implications to provide a prompt and considered response to rescue requirements.

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 SISOSUP003 Paddle a stand up board in sheltered coastal waters

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
 - consistently 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
 - cross bow draw
 - emergency stop
 - effectively manoeuvre the stand up paddle board by combining strokes
- 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

- features and functions of lifejackets suitable for sheltered coastal water conditions and how to fit and adjust these for comfort and safety
- types of stand up paddle boards suitable for use in sheltered coastal water conditions and:
 - 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 sheltered coastal water 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 sheltered coastal waters including currents, waves and tides sufficient to understand the impacts on stand up paddle boarding activities
- typical hazards associated with paddling and swimming in sheltered coastal water conditions, and techniques used to safely negotiate these:
 - currents
 - built objects – piers, navigation markers
 - steep, slippery or rocky shores
 - sections of dark, deep or cold water
 - marine animals
 - boating traffic
- techniques used in sheltered coastal waters to launch, mount, land and dismount stand up paddle boards from shore
- a range of strokes used in sheltered coastal water conditions to direct paddle board forward, in reverse and when turning:
 - forward and reverse paddle
 - forward and reverse sweeps
 - cross bow draw strokes
 - 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

- how to effectively manoeuvre paddle boards by combining strokes and which combinations are effective
- for self rescues:
 - techniques used to flip paddle board and remount in deep water
 - 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 sheltered coastal water conditions and stand up paddle boards:
 - raft up techniques
 - 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 in sheltered coastal waters which can be:

- estuaries
- embayments
- areas enclosed or partly enclosed by islands or a fringing reef
- areas of exposed coastline with surf but without overfalls and tidal races present.

The environment must feature the following:

- water with small waves up to 0.5 metre with no difficult landings
- ideally moderate winds of 11-16 knots (Beaufort Scale); winds could vary but warnings should not exceed moderate wind conditions.

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
- when required by local regulations, Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements for the location
- pea-less whistles not affected by water

- stand up paddle boards and leashes
- paddles
- rescue equipment:
 - towlines
 - knives
- activity plans to include details of planned route
- template safety checklists
- 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

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