



Australian Government

SISOWIN001 Windsurf in smooth water and light wind conditions

Release: 1

SISOWIN001 Windsurf in smooth water and light wind conditions

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to sail a sailboard in light wind conditions within smooth waters using fundamental manoeuvres. It requires the ability to launch, land and sail, steer on all points of sail, to tack and gybe and to self rescue.

This unit provides the skills to windsurf in smooth water conditions found within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays. Smooth water could feature small formed rippled wavelets which do not break but can include no more than small breaking white capping waves up to 0.5 metre. Riders at this level can sail boards in light winds up to 10 knots (Beaufort Scale).

It applies to leaders, guides or instructors, who use these skills when leading participants during windsurfing 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.

Recreational boating is regulated by specific laws in each Australian state and territory with variable rules. General and specific waterway rules apply to the operation of sailboards. All training and assessment activities must comply with the local state or territory requirements. No occupational licensing or certification requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Windsurfing

Unit Sector

Outdoor Recreation

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

- | | |
|-----------------------------|--|
| 1. Prepare for the sail. | 1.1. Select lifejacket, exposure protection swim wear or exposure suit suitable for conditions, and check for safe working condition.
1.2. Select a suitable site for windsurfing activities according to current conditions.
1.3. Confirm activity safety and emergency response procedures to ensure compliance during activities.
1.4. Confirm protocols for communications between party members and with other water users.
1.5. Fit and adjust exposure protection wear and lifejacket to ensure comfort and safety. |
| 2. Rig sailboard. | 2.1. Ensure sail size is appropriate for personal use.
2.2. Rig windsurf sail, using appropriate tension, boom heights and adjustments for self, and tie off loose ends.
2.3. Carry rigged sail and board to launch site separately, and attach to board for sailing. |
| 3. Launch sailboard. | 3.1. Determine wind direction to enable easy launching.
3.2. Launch sailboard from shore while maintaining stability.
3.3. Climb on board and position one foot on either side of mast, evenly spaced and on centre line.
3.4. Uphaul sailboard in shallow water using straight back and bent knees, and maintain a stable neutral position. |
| 4. Manoeuvre the sailboard. | 4.1. Comply with waterway rules throughout all activities, including use of sailboard within permitted areas.
4.2. Determine sailing direction and move off, on a beam reach, at right angles to wind, using crossover technique and appropriate stance.
4.3. Control power by easing the sheet hand.
4.4. Steer and turn sailboard by leaning rig forward over the bow and backward over stern.
4.5. Use tacking and close hauling to achieve upwind goals.
4.6. Manoeuvre sailboard around a triangular course and steer sailboard efficiently on all points of sail.
4.7. Safely approach, and negotiate obstacles and hazards to minimise risk of injury.
4.8. Perform emergency stops to avoid collision, and use techniques to avoid head injury when falling windward. |
| 5. Rescue self. | 5.1. Complete a full self rescue according to organisational safety procedures. |

6. Land and secure sailboards
- 5.2. Implement alternate rescue strategies if self rescue fails.
- 6.1. Land and climb off sailboard at shore while maintaining stability.
- 6.2. De-rig and pack all components.
- 6.3. Secure sailboard for road transport using suitable methods.

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.
Numeracy skills to:	- interpret and calculate numerical data involving: - direction and speed of wind and currents - angles that relate to points of sail and tacking manoeuvres.
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 SISOWIN001 Windsurf in smooth water and light wind conditions

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 windsurfing sessions
- during each session consistently:
 - follow safety procedures and safely negotiate hazards
 - follow waterway rules and use etiquette applicable to windsurfing
 - utilise effective techniques to:
 - rig sailboards to suit personal requirements
 - launch and land sailboards under control
 - power, steer and turn sailboards under control on a marked course
- participate in simulations to complete three self rescues.

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 windsurfing activities
- exposure protection swim wear suitable for windsurfing 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
 - features and uses of exposure suits, booties and gloves of different styles and grades suited to different conditions
- features and functions of lifejackets suitable for smooth water conditions and how to fit and adjust these for comfort and safety
- types of sailboards suitable for use in smooth water conditions and:
 - location and function of different parts of the sailboard
 - different construction materials, effects on performance, advantages and disadvantages
 - design features, handling characteristics and limitations: manoeuvrability, stability and speed
- communication protocols for windsurfing activities to include:
 - calls
 - hand signals
 - international distress signals

- the impact of the following on selection of windsurfing location, and on launching, landing and manoeuvring sailboards:
 - tides, currents, waves and rips
 - on, cross, and off shore winds
- the meaning of the following terminology used for windsurfing:
 - port
 - starboard
 - windward, upwind
 - leeward, downwind
 - cross wind
 - luffing up
 - bearing away
- safe manual handling techniques used to lift and carry sailboards
- equipment features and techniques used to secure sailboards for transportation
- techniques and knots used to rig windsurf sails, correct tensions, boom height and how to adjust to suit personal requirements
- techniques used to climb on, launch, land and climb off sailboards from shore
- fundamental windsurfing manoeuvres and techniques for tacking and gybing
- points of sail and all associated terminology
- the “no go zone” and how to get upwind
- principle of tacking upwind and gybing downwind
- typical hazards associated with windsurfing, and techniques used to safely negotiate these:
 - currents
 - rips
 - built objects – piers, navigation markers
 - steep, slippery or rocky shores
 - sections of dark, deep or cold water
 - marine animals
 - boating traffic
- for self rescues:
 - reasons why a self rescue may be required:
 - lack of wind or wind strength beyond personal limitations
 - equipment failure
 - injury
 - methods used to reboard sailboard in deep water
 - methods used to dismantle sail rig and secure to sailboard
 - methods used to paddle the board prone back to shore
- rules specific to the operation of sailboards and specific to the local state or territory:
 - give way rules – passing, crossing and overtaking powered and non-powered vessels

- distance limitations (“distance off”) – rules for swimmers, designated swimming zones, dive flags, unpowered and powered vessels stationary or underway, moored or anchored vessels, built structures (bridges, jetties, navigation markers)
- prohibited local areas – also called “exclusion” and “no go zones”
- incident reporting requirements including those for verbal and written reports
- life jacket requirements for the location
- etiquette applicable to windsurfing, that used between windsurfers and with other users.

Assessment Conditions

Skills must be demonstrated in smooth water conditions which can be within rivers, creeks, lakes, inlets, and waters within breakwaters, revetments or enclosed coastal bays.

The environment must feature the following:

- smooth water defined as water which features small formed rippled wavelets which do not break, or no more than small breaking white capping waves up to 0.5 metre
- ideally light winds up to 10 knots (Beaufort Scale); winds could vary but warnings should not exceed light wind conditions.

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 windsurfing activities
- exposure protection swim wear suitable for conditions, and exposure suits as required
- Australian Standard, or equivalent, compliant lifejackets of a grade that meets maritime regulator requirements
- sailboards suitable for use in smooth water and light wind conditions and for fundamental windsurfing
- ropes and tie down straps for transportation
- information on tides, depths, currents and other expected water conditions
- organisational safety and emergency response procedures for windsurfing 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 windsurfing 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>