



Australian Government

Department of Education, Employment and Workplace Relations

SISOBWG302A Apply intermediate bushwalking skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to bushwalk in uncontrolled environments under minimal supervision. This unit focuses on the demonstration of various bushwalking skills through the participation in bushland, arid, alpine, or rainforest walks.

Application of the Unit

This unit applies to those who are working as bushwalking guides in uncontrolled environments where there are limited modifications to the natural surface and minimal clearance and signage along the track.

This unit may also apply to leaders working for outdoor education or adventure providers; volunteer groups; not-for-profit organisations or government agencies.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SISONAV302A Apply navigation skills in an intermediate environment

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

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|--------------------------|---|
| 1. Plan for a bushwalk. | 1.1. Identify and plan <i>food and water requirements</i> according to <i>principles of nutrition</i> and the <i>duration of the walk</i> to maintain physiological well being during activity.
1.2. Identify an appropriate activity location according to <i>relevant legislation</i> and <i>organisational policies and procedures</i> .
1.3. Obtain and become familiar with appropriate map for the intended walk.
1.4. Access <i>relevant sources</i> to interpret detailed <i>weather and environmental information</i> to determine activities.
1.5. Identify possible <i>hazards</i> and <i>changing conditions</i> associated with the activity. |
| 2. Select equipment. | 2.1. Select <i>equipment</i> according to <i>contextual issues</i> and check to ensure that it is in good working condition.
2.2. Adjust and fit equipment to ensure comfort and safety according to organisational policies and procedures.
2.3. Ensure pack weight is appropriate to body weight and level of fitness.
2.4. Select personal clothing and footwear, and identify the design and or construction features that make it appropriate. |
| 3. Apply walking skills. | 3.1. Adopt appropriate posture when lifting and carrying backpack.
3.2. Approach <i>obstacles</i> and hazards in a safe manner and minimise <i>risks</i> to self and group where possible.
3.3. Apply <i>ascending</i> and <i>descending techniques</i> on slopes.
3.4. Maintain an appropriate <i>walking rhythm</i> and pace according to conditions. |

ELEMENT**PERFORMANCE CRITERIA**

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|---------------------------|--|
| | 3.5. Follow a route in <i>difficult or trackless areas</i> , demonstrating use of <i>navigation aids</i> . |
| 4. Evaluate the bushwalk. | 4.1. Evaluate <i>relevant aspects</i> of the walk. |
| | 4.2. Identify improvements for future walks. |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- literacy skills to:
 - read and interpret maps
 - analyse weather and environmental information
- planning and organising skills to select an appropriate activity location and equipment
- communication skills to:
 - interact with other participants
 - follow instructions and procedures
- numeracy skills to navigate and follow a route using a map and compass
- problem-solving skills to deal with unforeseen circumstances such as changes in weather conditions
- survival skills to keep warm and sheltered in the case of extreme environmental conditions and or loss of equipment
- minimal impact camping skills to use lightweight, portable equipment
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies and personal health care.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all bushwalking activities
- minimal impact walking codes to ensure protection of environment
- equipment types, characteristics and technology used for bushwalking, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- packing and maintenance techniques before, during and after the activity to protect personal and group equipment and ensure prolonged life
- pack handling, packing and lifting techniques to prevent and avoid injury
- clothing and footwear requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- principles of nutrition to maintain health during activity
- navigation techniques in difficult or trackless areas to determine location, direction and potential hazards
- weather and environmental information to ascertain possible conditions and their effect on the activity
- selection of tie-off points and anchors when using handlines to assist on steep terrain
- relevant track signage standards, such as the current Australian Standard, to determine the suitability of the track to skill levels
- emergency procedures and potential hazards relevant to the location to ensure risk

minimisation to self and group.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- applies relevant processes to plan equipment and supply requirements according to the conditions and duration of the bushwalk
- demonstrates bushwalking techniques including ascending and descending techniques on slopes
- adapts to problems or issues that may arise during the walk, such as change in weather conditions, and makes appropriate adjustments in response to these contingencies to ensure safety of self and group
- evaluates and reflects on own bushwalking performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple bushwalking activities in difficult or trackless areas that reflect local conditions demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as maps and meteorological data, to plan for the bushwalk
- a suitable outdoor location with tracks that have limited modifications and indistinct alignment, minimal clearance and signage, and may have terrain and man-made hazards
- bushwalking, navigation and safety equipment.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- oral or written questioning to assess knowledge of relevant legislation and organisational policies and procedures to enable safe conduct of all bushwalking activities
- observation of safe participation and demonstration of bushwalking skills
- observation of dealing with contingencies, such as changing weather conditions

- written or verbal self evaluation
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISOOPS202A Use and maintain a temporary or overnight site.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Food and water requirements may include:

- menu planning and preparation
- range of foods
- emergency food and water.

Principles of nutrition may include:

- food groups
- dietary guidelines
- essential nutrients
- individual food requirements and allergies.

Duration of the walk may include:

- short walks of up to two hours
- day walks
- multiple day walks.

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations

Organisational procedures may include:

- occupational health and safety
- emergency procedures
- equipment use and maintenance
- communication protocols
- code of ethics.

Relevant sources may include:

- Bureau of Meteorology
- media
- land managers or agencies
- local knowledge.

Weather and environmental information may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings
- event warnings
- river levels
- synoptic charts
- high and low tide predictions.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles

- dense vegetation
 - group management hazards.
- Changing conditions*** may include:
- weather
 - equipment failure
 - injuries
 - group dynamics.
- Equipment*** may include:
- bushwalking equipment
 - navigation equipment
 - safety and first aid equipment
 - overnight equipment.
- Contextual issues*** may include:
- weather conditions, including times
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.
- Obstacles*** may include:
- rivers
 - logs
 - rocks
 - gullies
 - exposed areas.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- Ascending techniques*** may include:
- zig-zagging
 - placing feet down flat with a deliberate step
 - resting heels on any available projections.
- Descending techniques*** may include:
- placing toes against projections to avoid overstriding
 - avoiding placing feet down heavily
 - using flat-footed or stiff-heeled technique.
- Walking rhythm*** may include:
- maintaining same speed of pace
 - keeping hands free
 - allowing natural body swing
 - avoiding jerky movements or springing.
- Difficult or trackless areas*** may include:
- bushland
 - arid areas

- alpine areas
 - rainforest
 - those that align to Class 5 tracks within the Australian Standard for Walking Tracks.
- Navigation aids** may include:
- maps
 - compass.
- Relevant aspects** may include:
- objectives
 - planning process
 - activity site
 - weather
 - equipment selection
 - clothing selection
 - food selection
 - instructional content
 - instructional technique
 - assessment technique
 - group feedback
 - directing techniques
 - rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Bushwalking