



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOSKB405A Snowboard freestyle on advanced terrain**

**Release: 2**

## **SISOSKB405A Snowboard freestyle on advanced terrain**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to snowboard freestyle on advanced terrain. This unit focuses on the application of safe freestyle snowboarding techniques, including snowboarding freestyle on manmade terrain features on advanced terrain at a snowsport area.

### **Application of the Unit**

This unit applies to those working as a freestyle snowboarding guide, leader or instructor in a variety of conditions on advanced terrain at a snowsport area. This unit may also apply to those working at lodges and or resorts, or those working for private outdoor adventure companies who run snowboarding camps and holiday programs or for volunteer organisations, not for profit organisations, government agencies, or group instructors in outdoor education programs.

### **Licensing/Regulatory Information**

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

### **Pre-Requisites**

Nil

### **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

1. Plan for a freestyle snowboarding activity.

- 1.1. Identify and plan ***food and water requirements*** according to ***principles of nutrition*** and the ***conditions*** of the activity.
- 1.2. Identify an appropriate activity site or location according to ***contextual issues, relevant legislation*** and ***organisational policies and procedures***.
- 1.3. Determine possible ***hazards*** associated with ***freestyle snowboarding*** in a variety of snow, terrain and weather conditions.
- 1.4. Access ***relevant sources*** to interpret ***weather and environmental information*** and determine activity plans.

2. Select appropriate equipment.

- 2.1. Select suitable ***equipment*** after consideration of ***design and or construction features*** and contextual issues, and check that it is in good working order.
- 2.2. Adjust and fit equipment, according to manufacturer's specification, to ensure ***comfort and safety***.
- 2.3. Select personal clothing for activity according to the design and or construction features appropriate for the conditions.

3. Apply freestyle snowboarding skills.

- 3.1. Participate in pre-snowboarding warm ups and stretching exercises.
- 3.2. Apply ***principles of form*** to adapt the ***movements*** of snowboarding to suit the terrain and snow conditions.
- 3.3. Link together ***turns*** of varying ***radius*** through the fall line and control speed with the ***shape of the turn*** and or by using sideslipping.
- 3.4. Execute ***airs*** showing extensions on take-off, flexion on landing, with stability throughout.
- 3.5. Demonstrate fakie turns on all groomed terrain

**ELEMENT****PERFORMANCE CRITERIA**

- through the fall line.
- 3.6. Approach hazards in a safe manner and minimise **risks** to self and group where possible.
- 3.7. Take **measures** to guard personal safety and **safety of others whilst** freestyle snowboarding.
4. Demonstrate freestyle snowboarding on manmade terrain features.
- 4.1. Execute airs, including a **grab**, while utilising various **manmade terrain features**, and show extension on take-off, flexion on landing and stability throughout.
- 4.2. Undertake half pipe riding utilising **board performance** and the **shape of the pipe**.
- 4.3. Demonstrate air turns either above or below the lip of the half pipe throughout a run.
- 4.4. Execute snowboarding techniques through a boarder cross course, demonstrating adaptation and utilisation of terrain features.
5. Evaluate freestyle snowboarding activity.
- 5.1. Evaluate **relevant aspects of** the activity.
- 5.2. Identify improvements for future freestyle snowboarding experiences.

## Required Skills and Knowledge

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

### Required skills

- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- planning and organising skills to allocate and select relevant food, water, clothing and equipment for the freestyle snowboarding activity
- communication skills to interact with other participants to maintain a positive and safe environment
- problem-solving skills to:
  - respond appropriately to changing conditions
  - determine techniques to use when snowboarding freestyle
- self management skills to:
  - review and reflect on own performance
  - set goals to improve technique
- 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 and legal access
- Alpine Responsibility Code and snowboarding practices, snowsport area signs and regulations, and minimal impact codes to ensure safety and protection of environment
- equipment types, characteristics and technology used for freestyle snowboarding, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- freestyle snowboarding techniques, such as the execution of airs and the negotiation of manmade terrain features to demonstrate efficient riding
- principles of nutrition to maintain health and energy during activity
- sources of weather and environmental information to ascertain possible conditions and their affect on the activity
- 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 process to plan equipment and supply requirements appropriate to the advanced terrain and duration of the freestyle snowboarding activity
- demonstrate freestyle snowboarding techniques, such as airs and fakie turns and a range of safe freestyle snowboarding manoeuvres on manmade terrain features such as half pipe riding and air turns
- evaluates and reflects on own freestyle snowboarding performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure participation in multiple freestyle snowboarding activities on advanced terrain to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a suitable snowsport location with advanced terrain for freestyle snowboarding skills to be demonstrated
- resources and information, such as principles of nutrition and weather sources to accurately plan and prepare for the freestyle snowboarding activity
- equipment such as freestyle snowboards, bindings, boots, suitable clothing, goggles, helmet, manmade terrain features, lift pass, backpack or bumbag, and food and water.

#### 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 freestyle snowboarding strategies and techniques
- observation of safe participation and demonstration of freestyle snowboarding skills, such as the execution of airs and half pipes
- 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:

- SISOSKB403A Snowboard on advanced terrain.

## 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:

- range of foods:
  - perishability
  - packaging
  - storage.

***Principles of nutrition*** may include:

- food groups
- dietary guidelines.

***Conditions*** may include:

- snow:
  - surface snow conditions
- weather:
  - visibility
- terrain.

***Contextual issues*** may include:

- weather conditions, including times
- season
- transport
- location
- trip distance and duration
- group objectives
- group size.

***Relevant legislation*** may include:

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

***Organisational policies and procedures*** may include:

- occupational health and safety
- use and maintenance of equipment
- communication protocols
- safety and emergency procedures
- code of ethics
- snowsport area signs and regulations
- Alpine Responsibility Code and snowboarding practices within the code.

***Hazards*** may include:

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

- Freestyle snowboarding*** may include:
- dense vegetation
  - group management hazards.
  - man-made terrain features to perform tricks and jumps
  - soft boots
  - twin tipped board
  - soft binding.
- Relevant sources*** may include:
- Bureau of Meteorology
  - media
  - land managers or agencies
  - coastal patrol or coastguard
  - volunteer marine rescue
  - local knowledge.
- Weather and environmental information*** may include:
- satellite images
  - daily and weekly forecasts
  - maximum and minimum temperatures
  - weather warnings
  - river heights
  - synoptic charts
  - high and low tides.
- Equipment*** may include:
- beanie
  - freestyle snowboard
  - freestyle boots
  - freestyle bindings
  - wrist guards
  - gloves
  - sun glasses or goggles.
- Design and or construction features*** may include:
- side-cut
  - overall length
  - effective edge
  - forward lean
  - stance angle.
- Comfort and safety*** may include:
- height and weight
  - boot type
  - side-cut
  - overall length
  - effective edge.
- Principles of form*** may include:
- speed
  - timing
  - power
  - range

- Movements*** may include:
- co-ordination.
  - ollies
  - nose rolls
  - airs
  - all terrain riding
  - steering
  - edging
  - pressure control
  - sideslipping.
- Turns*** may include:
- up un-weighting
  - down un-waiting
  - skidded
  - edged
  - carved
  - turn size.
- Radius*** may include:
- small radius
  - medium radius
  - large radius.
- Shape of the turn*** may include:
- open
  - unfinished incomplete and or closed
  - finished
  - complete.
- Airs*** may include:
- 180 rotation
  - 360 rotation
  - 540 rotation
  - front side or backside.
- Risks*** may include:
- hypothermia
  - heat exhaustion
  - injuries
  - exhaustion
  - lost party or party member
  - equipment failure.
- Measures*** may include:
- surfaces waxed
  - edges sharpened
  - bindings securely attached
  - safe falling
  - observation of winter weather conditions and terrain
  - adequate clothing
  - fluid and food intake
  - complying with all snowsport area signs and

- regulations
  - complying with Alpine Responsibility Code and snowboarding practices within the code.
- Safety of others*** may include:
- speed
  - distance from other snow users.
- Grab*** may include:
- indy
  - mute
  - method
  - lien
  - nose and tail.
- Man-made terrain features*** may include:
- berms
  - rollers
  - table tops
  - whoop-de-doo's
  - step ups.
- Board performance*** may include:
- side cut
  - camber
  - effective edge
  - torsional flex.
- Shape of the pipe*** may include:
- frontside wall
  - backside wall
  - transition
  - flat bottom.
- 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

Snowboarding