



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKI405A Alpine free ski on all terrain

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to safely alpine free ski at a high performance level on all terrain at a snowsport area.

Application of the Unit

This unit applies to those working as a ski coach, guide or instructor in a variety of conditions and terrain at a snowsport area. This unit may also apply to those working at lodges and or resorts, or 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

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 an alpine free skiing 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 free skiing 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 alpine free skiing skills.

- 3.1. Execute alpine free skiing techniques in dynamic parallel turns demonstrating ***high level ski performance*** and ***coordination of the planes of movement***.
- 3.2. Perform dynamic parallel turns while skiing with speed through the fall line in all terrain and snow conditions.
- 3.3. Apply ***speed control*** using ***turn-shape*** that is adapted for snow conditions, terrain and carriage of speed.
- 3.4. Approach hazards in a safe manner and minimise

ELEMENT**PERFORMANCE CRITERIA**

- risks* to self and group where possible.
- 3.5. Take *measures* to guard personal safety and *safety of others* while skiing.
4. Evaluate alpine free skiing activity.
- 4.1. Evaluate *relevant aspects* of the activity.
- 4.2. Identify improvements for future alpine skiing 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 to
- planning and organisation skills to allocate and select relevant food, water, clothing and equipment for the alpine skiing activity
- communication skills to interact with other participants to maintain a positive and safe skiing environment
- problem-solving skills to:
 - respond appropriately to changing conditions
 - determine techniques to use when alpine free skiing on all terrain
- self management skills to review and reflect on own performance and set goals to improve technique
- first aid and emergency response skills appropriate to the location to enable initial response to emergencies such as an avalanche, and personal health care.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct and legal access
- Alpine Responsibility Code, safe mountain travelling, and minimal impact codes to ensure safety and protection of environment
- equipment types, characteristics and technology used for alpine free skiing, 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
- alpine free skiing techniques, such as performing parallel turns in various conditions on all terrain
- 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, such as avalanches, 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:

- plans equipment and supply requirements appropriate to conditions of all terrain and the duration of the alpine free skiing activity
- practices a range of safe alpine free skiing techniques in dynamic parallel turns on all terrain while negotiating hazards, and maintaining balance, control, efficient movement and coordination across various planes of movement
- evaluates and reflects on own free skiing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in alpine free skiing on all terrain that reflects local conditions and is of a sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a suitable snowsport location with all terrain to enable demonstration of alpine free skiing skills
- resources and information, such as principles of nutrition and weather sources, to accurately plan and prepare for the alpine free skiing activity
- equipment such as alpine skis, poles and bindings.

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:

- observation of the planning and review process with evidence of reference to resources
- oral or written questioning to assess knowledge of alpine free skiing strategies and techniques
- observation of safe participation and demonstration of alpine free skiing skills, such as the execution of techniques in dynamic parallel turns on all terrain
- 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:

- SISOSKI403A Alpine ski downhill 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:

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

Principles of nutrition may include:

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

Conditions may include:

- weather
- 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
- code of ethics
- snowsport area signs and regulations
- Alpine Responsibility Code and skiing practices within the code.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards.

- 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:
- Bureau of Meteorology
 - media
 - land managers or agencies
 - coastal patrol or coastguard
 - volunteer marine rescue
 - local knowledge.
- Equipment** may include:
- alpine skis
 - poles
 - ski boots
 - ski bindings
 - appropriate clothing and footwear
 - goggles
 - safety and first aid equipment.
- Design and or construction features** may include:
- side-cut
 - longitudinal flex
 - ski length
 - binding risers
 - boot rigidity.
- Comfort and safety** may include:
- maintenance of equipment
 - the ski length appropriate to skier's ability, height and weight
 - ski boot type appropriate for an advanced skier
 - ski bindings chosen have a Deutsches Institute fur Normung (DIN) range suitable for an advanced skier
 - ski poles fit the body size of participant.
- High level performance** may include:
- skiing through changing snow conditions
 - skiing on all terrain
 - centred and athletic skiing stance in relation to the fore and aft planes of movement
 - efficient movement
 - coordination in the rotational, lateral and vertical planes of movement.
- Coordination** may include:
- timing
 - speed and precision to blend the planes of movement.

- Plane of movement*** may include:
- rotational plane of movement
 - lateral plane of movement
 - vertical plane of movement.
- Speed control*** may include:
- stopping
 - slowing down
 - speeding up.
- Turn-shape*** may include:
- medium radius turns
 - long radius turns
 - short radius turns
 - shallow turns
 - deep turns.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- Measures*** may include:
- safe falling
 - speed
 - 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 skiing practices within the code.
- Safety of others*** may include:
- speed
 - distance from other skiers.
- 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

Skiing