



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKI407A Telemark ski downhill on advanced 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 Telemark ski downhill on advanced terrain at a snowsport area. This includes execution of turns and speed control on black runs.

Application of the Unit

This unit applies to those working as a Telemark ski coach, guide or instructor in a variety of conditions, such as black runs at a snowsport area. This unit may also apply to those working at lodges and or resorts, those working for private outdoor adventure companies who run ski 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 Telemark 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 downhill Telemark skiing on advanced terrain.
- 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 Telemark skiing skills.

- 3.1. Execute Telemark skiing techniques and ***turns*** on advanced terrain, demonstrating ***efficient movement*** in relation to the ***planes of movement***.
- 3.2. Perform linked Telemark turns with speed through the fall line.
- 3.3. Apply ***speed control*** while turning and using the ***shape of the turn*** on all black runs.
- 3.4. Approach hazards in a safe manner and minimise ***risks*** to self and group where possible.
- 3.5. Take ***measures*** to guard personal safety and ***safety of others*** while skiing.

4. Evaluate Telemark

- 4.1. Evaluate ***relevant aspects*** of the activity.

ELEMENT

skiing activity.

PERFORMANCE CRITERIA

4.2. Identify improvements for future downhill Telemark 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
- planning and organisation skills to allocate and select relevant food, water, clothing and equipment for the downhill Telemark 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 Telemark skiing in different conditions
- 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 and skiing practices, snowsport area signs and regulations, and minimal impact codes to ensure safety and protection of environment
- equipment types, design, characteristics and technology used for Telemark 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
- downhill Telemark skiing techniques, such as Telemark turns with correct turn shape, edging and pressure
- 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:

- applies relevant process to plan equipment and supply requirements appropriate to the black run conditions and duration of the downhill Telemark skiing activity
- practices a range of safe Telemark skiing techniques such as small, medium and long radius turns while negotiating hazards, and maintaining speed, balance and control
- evaluates and reflects on own Telemark skiing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in downhill Telemark skiing on black runs that is of sufficient duration to demonstrate competency and consistency of performance

Assessment must also ensure access to:

- a suitable snowsport location with black runs which enable the demonstration of downhill Telemark skiing skills
- resources and information to accurately plan and prepare for the downhill Telemark skiing activity
- equipment such as Telemark 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:

- oral or written questioning to assess knowledge of downhill Telemark skiing strategies and techniques
- observation of safe participation and demonstration of Telemark skiing skills, such as execution of turns and speed control on black runs
- 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:

- SISOSKI408A Instruct alpine skiing skills.

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:

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

Conditions may include:

- surface snow conditions
- terrain
- weather.

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

Weather and environment information may include:

- land managers or agencies
- coastal patrol or coastguard
- volunteer marine rescue
- local knowledge.
- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- weather warnings
- river heights
- synoptic charts
- high and low tides.

Equipment may include:

- skis
- poles
- Telemark boots
- ski bindings
- backpack or bumbag
- appropriate clothing and footwear
- goggles
- safety and first aid equipment.

Design and or construction features may include:

- shape of ski
- length
- flex
- gliding surfaces
- edges
- free heel
- torsional rigidity
- poles, correct length.

Comfort and safety may include:

- maintenance of equipment
- the ski length appropriate to Telemarker's ability, height weight and terrain
- ski boot type appropriate for an advanced Telemark skier
- ski bindings matches the combination of ski and boot
- binding is appropriate for an advanced Telemarker's weight, strength and ability.

Turns may include:

- small radius
- medium radius
- long radius.

Efficient movement may include:

- centred and athletic skiing stance in relation to the planes of movement
- coordination of the rotational, lateral and

vertical planes of movement

- blending the movements of Telemark
- retraction and extension movements and turns
- diagonal movements
- arm and hand movements
- steering
- edging
- balance
- turning
- pressure
- flexion and extension
- body positions
- stance.

Planes of movement may include:

- the rotational plane of movement
- the lateral plane of movement
- the vertical plane of movement.

Speed control may include:

- stopping
- slowing down
- speeding up.

Shape of the turn may include:

- medium radius turns
- long radius turns
- short radius turns
- shallow turns
- deep turns
- in bumps and jumps.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment and course failure.

Measures may include:

- safe falling
- speed
- adequate clothing
- fluid and food intake
- snowsport area protocol and run status for the day
- snowsport area signs and regulations
- Alpine Responsibility 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