



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKI408A Instruct alpine skiing skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct alpine skiing skills. This unit focuses on planning, instructing and evaluating an instructional alpine skiing session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in an alpine skiing activity.

Application of the Unit

This unit applies to those working as ski instructors in a variety of conditions, such as blue and or black runs at a snowsport area. This may include those instructing downhill alpine skiing, off-piste skiing, free skiing or Telemark skiing on intermediate or advanced terrain. This unit may also apply to those working at lodges and or resorts, or 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 an alpine skiing session.

- 1.1. Establish ***participant's needs and characteristics*** to determine the ***session's aims and objectives***.
- 1.2. Determine an appropriate ***instructional plan*** according to participant's needs and characteristics.
- 1.3. Develop an ***alpine skiing plan*** according to participant's needs and characteristics, ***relevant legislation*** and ***organisational policies and procedures***.
- 1.4. Identify potential ***hazards*** associated with alpine skiing on ***intermediate or advanced terrain*** and minimise ***risks***, according to organisational policies and procedures.
- 1.5. Access ***relevant sources*** to interpret detailed ***weather and environmental information*** and determine ***contingency plans***.

2. Select and organise equipment and resources.

- 2.1. Select and access ***equipment*** and ***resources*** according to ***contextual issues*** and organisational policies and procedures, and check serviceability.
- 2.2. Check equipment for safety and suitability, according to relevant legislation and manufacturer's recommendations, and adjust and fit to ensure personal comfort.
- 2.3. Check contents of first aid and repair kits to ensure suitability to the location and activity.

3. Brief participants.

- 3.1. Communicate instructions and ***relevant information*** about the alpine skiing session in a manner appropriate to the participants.
- 3.2. Encourage participants to seek clarification, information and feedback as required during the session.
- 3.3. Establish a suitable communication system for participants to use while alpine skiing.

ELEMENT	PERFORMANCE CRITERIA
	3.4. Inform participants of known and anticipated hazards, safety procedures and appropriate behaviour.
	3.5. Check and confirm participants are properly equipped for the session.
4. Instruct an alpine skiing session.	4.1. Conduct introductory activities for participants, to reduce the risk of injury.
	4.2. Demonstrate how emergency and non-routine situations are to be dealt with in accordance with organisational policies and procedures.
	4.3. Apply clear and accurate instructional techniques to impart activity specific knowledge, alpine skiing skills and safety and rescue procedures .
	4.4. Monitor individual participant's performance during session and adjust or refine individual and or group technique as required.
	4.5. Inform participants of opportunities to further develop their alpine skiing skills and knowledge.
5. Complete post session responsibilities.	5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.
	5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
	5.3. Evaluate relevant aspects of the alpine skiing session, and determine the level of learning achieved.
	5.4. Identify potential areas of improvement for future alpine skiing instructional sessions.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan an alpine skiing session
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan a suitable alpine skiing session
 - address participant difficulties in developing alpine skiing techniques
 - anticipate and respond appropriately to non routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate progress
 - organise participants into manageable groups for the session
- language and literacy skills to:
- produce alpine skiing and instructional plans
- complete post session participant and self evaluations
- instructional techniques to suit a range of participant's needs and characteristics
- personal downhill alpine, off-piste, free and or Telemark skiing skills to a high level of technical correctness to demonstrate and explain techniques to participants
- first aid and emergency response skills appropriate to the location to enable initial response and or rescue in emergencies.

Required knowledge

- relevant legislation and organisational policies and procedures to enable safe conduct of sessions
- information about the location to assist in the planning process and enable management of potential hazards, and any special restrictions applying to the site
- equipment types, characteristics and technology used for alpine skiing, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection and maintenance of equipment
- clothing and footwear requirements for alpine skiing activities to ensure comfort and safety
- instruction techniques and theories applicable to a range of ages and learning abilities
- downhill alpine, off-piste, free and or Telemark skiing techniques and common communication methods and calls used between skiers to reduce risk
- technical alpine skiing knowledge, including techniques and procedures to suit the terrain
- sources of weather and environmental information to ascertain possible conditions

and their affect on the session

- hazards commonly experienced in intermediate and or advanced terrain
- emergency procedures, potential hazards and obstacles relevant to the location to ensure safety of self and others.

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 and delivers precise relevant information, explanations and demonstrations for alpine skiing session to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention and modifies instructional techniques and or activities to improve performance as required
- evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure instruction of alpine skiing activities for participants with different needs and characteristics to demonstrate competency and consistency of performance.

Assessment must ensure access to:

- a suitable snowsport location with intermediate terrain, such as blue runs, and or advanced terrain, such as black runs
- resources and information regarding participants and location to
- suitable participants to take part in the alpine skiing session
- equipment such as alpine skis, poles, bindings and boots.

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 planning processes, such as consulting with participants to determine their needs and characteristics
- oral or written questioning to assess knowledge of legislation and organisational policies and procedures as they apply to safe conduct of all alpine skiing activities during the session
- observation of safe alpine skiing instruction,

monitoring and adjustment according to participant's needs and characteristics

- review of portfolio of alpine skiing and instructional session plans
- 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:

- SISOSKI407A Telemark 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.

Participant's needs and characteristics may include:

- age
- cultural factors
- situational factors
- previous experience
- fitness level
- physical capabilities
- injuries and illnesses.

Session's aims and objectives may include:

- developing alpine skiing skills
- education
- development
- therapy
- fitness targets
- recreation

Instructional plan may include:

- alpine skiing activities and drills
- duration of activities and drills.

Alpine skiing plan may include:

- session's aims and objectives
- date, time and duration
- location or site
- instructor and participant ratios
- resources
- equipment
- weather details
- safety requirements.

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
- time and budget constraints
- use and maintenance of equipment
- communication protocols
- confidentiality of participant information
- instructor and participant ratios
- code of ethics
- snowsport area signs and regulations

- Hazards** may include:
- Alpine Responsibility Code.
 - temperature extremes
 - slippery or unstable terrain
 - dangerous animals and insects
 - stinging trees and nettles
 - dense vegetation
 - group management hazards
- Intermediate or advanced terrain** includes:
- blue runs at a snowsport area
 - black runs at a snowsport area.
- Risks** may include
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment and course failure.
- 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.
- Contingency plans** may include:
- change in weather or conditions
 - equipment failure
 - emergency situation
 - unavailability of location.
- Equipment** may include:
- alpine or Telemark skis
 - poles
 - ski boots
 - ski bindings
 - goggles
 - safety and first aid equipment
 - rescue equipment.
- Resources** may include:
- food and water
 - clothing and footwear

- Contextual issues** may include:
- teaching aids
 - map
 - backpack or bumbag.
 - weather conditions, including times
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.
- Relevant information** may include:
- equipment requirements, selection and use
 - safety practices and procedures
 - alpine skiing techniques
 - type of skiing
 - activity boundaries
 - objectives
 - rules and codes
 - responsible and safe behaviour.
- Safety procedures** may include:
- use of communication
 - boundaries clearly identified
 - undamaged equipment
 - use of safety and rescue equipment.
- Participant's performance** may include:
- use of appropriate communication system
 - alpine skiing technique
 - attitude and behaviour
 - negotiation of hazards
 - use of equipment.
- Instructional techniques** may include:
- simple to complex
 - part to whole
 - chronological
 - known to unknown
 - D.E.D.I.C.T:
 - demonstrate
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - E.D.I.C.T:
 - explain
 - demonstrate

- instruct
- critique
- test
- I.D.E.A:
 - introduce
 - demonstrate
 - explain
 - apply
- orientate, enhance, synthesise

Required knowledge may include:

- alpine skiing skills and techniques
- minimal impact practices
- risk and hazard management
- equipment selection, use and maintenance
- communication systems used when alpine skiing.

Alpine skiing skills may include:

- turns
- stance in relation to fore and aft planes of movement
- coordination in the rotational, lateral and vertical planes of movement
- timing
- speed and precision to blend the planes of movement
- speed control
- use of turn shapes:
- sequencing of skill acquisition and progression
- negotiation of hazards and or risks
- use and maintenance of equipment.

Safety and rescue procedures may include:

- emergency response procedures
- group management in emergency situations
- emergency response equipment
- understanding of safety practices.

Opportunities may include:

- locations suitable to skill level
- range of alpine skiing equipment and clothing available
- alpine skiing clubs or groups in the vicinity.

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