



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKT201A Demonstrate basic cross country 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 participate in cross country skiing. This unit focuses on the demonstration of basic cross country skiing skills through the participation in cross country skiing in a variety of controlled conditions. Other related competencies, such as navigation, are defined in other units.

Application of the Unit

This unit applies to those working as assistant cross country ski leaders under supervision, in a variety of controlled conditions, such as set ski trails at resorts. This unit also applies to outdoor recreation 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

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 the cross country skiing activity.

- 1.1. Identify and plan ***food and water requirements*** according to ***principles of nutrition*** and the conditions of the activity.
- 1.2. Address packaging and storage considerations when menu planning.
- 1.3. Identify possible ***hazards*** associated with the activity.
- 1.4. Access ***relevant sources*** to interpret ***weather and environmental information***.
- 1.5. Identify an appropriate activity site according to ***contextual issues, relevant legislation*** and ***organisational policies and procedures***.

2. Select equipment.

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

3. Apply cross country skiing skills.

- 3.1. Demonstrate a degree of balance and confidence.
- 3.2. Display efficiency of movement and ***skiing skills*** across ***terrain***.
- 3.3. Modify ***technique*** to account for changes in terrain.
- 3.4. Apply rhythm and smooth transfers between strides, steps and turns.
- 3.5. Approach hazards in a safe manner and minimise ***risks*** to self and group where possible.
- 3.6. Take measures to guard personal safety and ***safety of others*** while skiing.

ELEMENT	PERFORMANCE CRITERIA
4. Evaluate skiing activity.	4.1. Evaluate relevant aspects of the activity. 4.2. Identify improvements for future skiing experiences.

Required Skills and Knowledge

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

Required skills

- literacy and numeracy skills to read and interpret maps and weather and environmental information
- planning and organising skills to select food, water, clothing and equipment for the skiing activity
- communication skills to interact with group leader and other participants to maintain a positive and safe environment while skiing
- problem-solving skills to determine skiing skills to use according to conditions
- literacy and numeracy skills to follow maps and or trails.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all cross country skiing activities
- equipment types, characteristics and technology used for skiing, the advantages and disadvantages, and factors affecting appropriate selection of equipment
- clothing requirements for outdoor activities and factors affecting appropriate clothing selection, such as layering and protective clothing
- principles of nutrition to maintain health and energy during activity
- navigation techniques to determine location, direction and potential hazards
- 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:

- plans equipment and supply requirements appropriate to the conditions and duration of the cross country skiing activity
- applies to the full range of skiing skills to a basic level of technique as defined
- seeks advice and feedback from leader to improve skills and ensure safety of self and group
- evaluates and reflects on own skiing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple cross country skiing activities on controlled, groomed ski trails to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information to plan and prepare for the cross country skiing activity
- a suitable outdoor location for basic cross country skiing
- a qualified leader or supervisor
- cross country skiing, safety, first aid and navigation 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 cross country skiing strategies and techniques
- observation of safe participation and demonstration of cross country skiing skills, such as safe falling to minimise injuries
- 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:

- SISONAV201A Navigate in tracked or easy untracked areas.

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.

Principles of nutrition may include:

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

Hazards may include:

- poor visibility
- temperature extremes
- difficult snow conditions
- dense vegetation
- group management hazards.

Relevant sources may include:

- ski patrol
- 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
- river heights
- synoptic charts.

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

- Equipment** may include:
- communication protocols
 - emergency procedures
 - alpine responsibility code
 - code of ethics.
 - cross country skis
 - poles
 - ski boots
 - ski bindings
 - personal clothing
 - sunglasses or goggles
 - safety and first aid equipment
 - navigation equipment.
- Skiing skills** must include:
- basic diagonal stridesnow plough glide and brake
 - snow plough turn
 - side step
 - herringbone climbing
 - kick turn
 - downhill run
 - traverse downhill
 - safe falling and recovery
 - basic skate
 - basic double poling.
- Terrain** may include:
- gentle to moderate
 - controlled
 - groomed ski trails
 - near to resorts.
- Technique** may include:
- edging
 - degree of glide
 - pole position
 - hand and arm position
 - body position
 - knee flex
 - position of skis with respect to each other
 - weight transfer
 - synchronisation of movement.
- Risks** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment misuse.

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.

Unit Sector(s)

Outdoor Recreation

Competency Field

Skiing - Ski Touring