



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKT202A Demonstrate ski touring skills in a patrolled environment to a basic standard

Release: 2

SISOSKT202A Demonstrate ski touring skills in a patrolled environment to a basic standard

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to demonstrate basic ski touring skills in patrolled areas.

Application of the Unit

This unit applies to those working as assistant ski touring leaders under supervision, in a variety of patrolled conditions which may include untracked and ungroomed areas and slopes angled up to and including 10 degrees.

This unit 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 ski touring 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 environment information***.
- 1.5. Identify an activity site and route 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.
- 2.4. Pack a day pack which includes clothing and ***minimum supplies*** for a backcountry day trip to meet safety requirements for minimising hazards and or dealing with emergencies.

3. Apply skiing skills whilst ski touring.

- 3.1. Select and execute ***skiing skills*** taking into account terrain, weather and ***snow conditions***.
- 3.2. Modify ***technique*** to account for changes in terrain.
- 3.3. Apply rhythm and smooth transfers between strides, steps and turns.
- 3.4. Execute ***single turns*** through the fall-line under good snow conditions.
- 3.5. Choose the angle of climb and selection of slope, and complete climbs taking into account the terrain,

ELEMENT

PERFORMANCE CRITERIA

- weather and snow conditions.
- 3.6. Select the ***method of climbing and turning*** for the terrain, snow conditions and ***skier needs***.
- 3.7. Adhere to safe backcountry ski touring practices and approach hazards in a safe manner, minimising ***risks*** to self and group where possible.
- 3.8. Take measures to guard personal safety and ***safety of others*** while skiing.
4. Evaluate skiing activity.
- 4.1. Evaluate ***relevant aspects*** of the activity.
- 4.2. Identify improvements for future ski touring experiences.

Required Skills and Knowledge

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

Required skills

- literacy skills to analyse and interpret 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
- numeracy to follow maps and or trails
- 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 of all cross ski touring activities
- equipment types, characteristics and technology used for ski touring, the advantages and disadvantages, and factors affecting appropriate selection of equipment
- characteristics of skiing equipment that affects performance, such as length, width and weight of skis, grip and glide zones of skis, edges, free-heel, longitudinal rigidity, boots, poles
- 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 under supervision
- 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 according to the conditions and duration of the ski touring activity
- applies the full range of skiing skills to a basic level of technique
- 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 ski touring activities on patrolled, 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 ski touring activity
- a suitable outdoor location for basic patrolled ski touring
- a qualified leader or supervisor
- ski touring, 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 ski touring strategies and techniques
- observation of safe participation and demonstration of ski touring skills, such as using the correct safe falling method 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 Demonstrate navigation skills in a controlled environment.

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
- event warnings
- river levels
- 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

- occupational health and safety

procedures may include:

- use and maintenance of equipment
- communication protocols
- emergency procedures
- alpine responsibility code
- code of ethics.

Equipment may include:

- touring skis
- poles
- ski boots
- ski bindings
- navigation equipment
- sunglasses or goggles
- safety and first aid equipment.

Comfort and safety may include:

- length, weight and width of ski
- grip and glide zones of skis
- flex and shape of ski
- edges tuned
- free-heel
- longitudinal rigidity
- surfaces waxed and or cleaned
- length of poles and basket type
- bindings and boots in good working order.

Minimum supplies may include:

- waterproof clothing
- whistle
- food and water
- first aid kit
- map and compass
- stove and fuel
- torch
- space blanket
- repair kit
- small shelter
- sleeping bag
- sleeping mat
- snow shovel
- mobile phone or EPIRB or PLB.

Skiing skills must include:

- basic diagonal stride
- snow 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.

Snow conditions may include:

- surface snow
- snow stability
- steepness of slope
- run-out
- terrain features
- visibility
- wind
- sun
- human alteration
- vegetation.

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.

Single turns may include:

- snow plough
- step-turns.

Method of climbing and turning may include:

- kick-turns
- traverse
- side-step
- herringbone
- diagonal stride.

Skier needs may include:

- physical
- psychological
- energy.

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