



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKT303A Day ski tour away from a patrolled area

Release: 2

SISOSKT303A Day ski tour away from a patrolled area

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to ski tour away from a patrolled environment. This unit focuses on the demonstration of ski touring skills in non patrolled areas which are untracked and un-groomed.

Application of the Unit

This unit applies to those working as ski touring leaders in a variety of non patrolled conditions which are untracked and un-groomed on slopes angled up to and including 15 degrees. This unit also applies to 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 ski touring away from patrolled areas
- 1.4. Access ***relevant sources*** to interpret ***weather and environmental information*** and determine activity plans.
- 1.5. Identify an appropriate activity site and route according to ***contextual issues, relevant legislation and organisational policies and procedures***.

2. Select equipment.

- 2.1. Select suitable ***equipment*** after consideration of design and or construction features and contextual issues, and check serviceability.
- 2.2. Adjust and fit equipment according to manufacturer's specifications 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 while ski touring.

- 3.1. Select and execute ***skiing skills*** according to 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. Link together ***turns*** through the fall-line under good

ELEMENT	PERFORMANCE CRITERIA
	snow conditions, with speed and turn-shape adapted for conditions and terrain.
	3.5. Choose the angle of climb and selection of slope, and complete climbs taking into account the terrain, weather and snow conditions.
	3.6. Select the method of climbing and turning according to the terrain and snow conditions.
	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

- planning and organising skills to allocate and select relevant food, water, clothing and equipment for the activity
- communication skills to interact with other participants to maintain a positive and safe skiing environment
- problem-solving skills to:
 - respond to changing conditions
 - determine techniques to use according to the conditions
 - ski touring skills in various non patrolled conditions, including slopes angled up to and including 15 degrees.
- literacy skills to analyse, interpret and apply weather and environmental information, relevant legislation and organisational policies and procedures
- self management skills to:
 - review and reflect on own performance
 - 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 of all day ski touring activities
- Alpine Responsibility Code, safe mountain travelling, and minimal impact codes to ensure safety and protection of environment
- equipment types, characteristics and technology used for ski touring, 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
- 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 the conditions and duration of the ski touring activity
- applies the full range of skiing skills to an intermediate level of technique when moving up and downhill on slopes angled up to 15 degrees
- 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 in non patrolled areas with untracked and un-groomed snow to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a suitable non patrolled ski touring location with untracked and un-groomed slopes angled up to and including 15 degrees
- ski touring, safety, first aid and navigation equipment.
- resources and information to plan and prepare for the ski touring activity.

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 side steps to move up and down hills, downhill runs and turns and safe falling methods 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:

- SISOSKT202A Demonstrate ski touring skills in a patrolled environment to a basic standard
- SISOSKT305A Demonstrate snowcraft skills for day touring
- SISONAV302A Apply navigation skills in an intermediate 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:

- Bureau of Meteorology
- ski patrol
- land managers or agencies
- local knowledge.

Weather and environmental information may include:

- satellite images
- daily and weekly forecasts
- maximum and minimum temperatures
- event warnings
- river level
- 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
- communication protocols

- emergency procedures
 - snowsport area signs and regulations
 - Alpine Responsibility Code
 - code of ethics.
- Equipment*** may include:
- touring skis
 - poles
 - ski boots
 - ski bindings
 - backpack, up to 12kg
 - navigation equipment
 - sunglasses or goggles
 - first aid equipment
 - safety and rescue equipment
 - communications 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 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:
- diagonal stride
 - snow plough, glide, brake and turn
 - side step
 - step turns
 - double pole

- herringbone
 - downhill run
 - kick turn
 - traverse
 - basic skate
 - side-slip
 - stopping
 - stem-turns and step turns
 - kick and tacking turns
 - telemark running
 - self arrest
- 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.
- Snow conditions*** may include:
- surface snow
 - snow stability
 - steepness of slope
 - run-out
 - terrain features
 - visibility
 - wind
 - sun
 - vegetation.
- Turns*** may include:
- snow plough
 - stem-turns
 - open stance telemark turns
 - step
 - kick and tacking turns.
- Turn-shape*** may include:
- long radius
 - medium radius.
- Method of climbing and turning*** may include:
- kick-turns
 - traverse
 - side-step
 - herringbone
 - diagonal stride

Risks may include:

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

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