



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISOVTR403A Instruct vertical rescue**

**Release: 2**

## **SISOVTR403A Instruct vertical rescue**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to instruct vertical rescue activities. This unit focuses on planning, instructing and evaluating an instructional vertical rescue session to enable participants to achieve the skills and knowledge required to participate independently in a vertical rescue activity.

### **Application of the Unit**

This unit applies to those working as outdoor instructors in a range of uncontrolled activity-specific contexts in the fields of roping. This may include those responsible for planning, implementing and evaluating vertical rescue instructional sessions for groups of participants in activity-related contexts, such as abseiling, canyoning, caving and climbing activities.

This unit may also apply 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**

SISOVTR301A Perform vertical rescues

SISOVTR402A Perform complex vertical rescues

### **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.

- |                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Plan a vertical rescue session.</p>              | <p>1.1. Establish participant's needs and <b><i>characteristics</i></b>.</p> <p>1.2. Assess participant's current knowledge of vertical rescue techniques and determine the <b><i>session's aims and objectives</i></b>.</p> <p>1.3. Determine an appropriate <b><i>instructional plan</i></b> according to participant's needs and characteristics.</p> <p>1.4. Develop an <b><i>activity plan</i></b> according to participant's needs and characteristics, <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures</i></b>.</p> <p>1.5. Identify potential <b><i>hazards</i></b> associated with performing vertical rescues and minimise <b><i>risks</i></b> according to organisational policies and procedures.</p> <p>1.6. Access <b><i>relevant sources</i></b> to interpret detailed <b><i>weather and environmental information</i></b> and determine <b><i>contingency plans</i></b>.</p> |
| <p>2. Select and organise equipment and resources.</p> | <p>2.1. Select and access <b><i>equipment</i></b> and <b><i>resources</i></b> according to <b><i>contextual issues</i></b> and organisational policies and procedures, and check serviceability.</p> <p>2.2. Check equipment for safety and suitability according to relevant legislation and manufacturer's recommendations, and adjust and fit to ensure personal comfort.</p> <p>2.3. Check contents of first aid and repair kits to ensure suitability to the location and activity.</p> <p>2.4. Arrange, where required, protective and or safety clothing for each participant.</p>                                                                                                                                                                                                                                                                                                                                        |
| <p>3. Brief participants.</p>                          | <p>3.1. Communicate instructions and <b><i>relevant information</i></b> about the session in a manner appropriate to the participants.</p> <p>3.2. Encourage participants to seek clarification, information and feedback as required during the session.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

| ELEMENT                                    | PERFORMANCE CRITERIA                                                                                                                                  |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                            | 3.3. Establish a suitable communication system for participants to use while participating in vertical rescue activities.                             |
|                                            | 3.4. Inform participants of known and anticipated hazards, <b>safety procedures</b> and appropriate behaviour.                                        |
|                                            | 3.5. Check and confirm that all participant equipment is fitted and adjusted and clothing and footwear is suitable.                                   |
| 4. Instruct a vertical rescue session.     | 4.1. Conduct introductory activities for participants to reduce the risk of injury.                                                                   |
|                                            | 4.2. Apply <b>instructional techniques</b> to impart required vertical rescue knowledge, vertical rescue skills, and safety procedures.               |
|                                            | 4.3. Monitor individual participant's performance during vertical rescue session.                                                                     |
|                                            | 4.4. Observe participants during vertical rescue activities and adjust or refine individual and or group technique as required.                       |
|                                            | 4.5. Monitor and assess instructional activities and associated risks, and modify where required according to organisational policies and procedures. |
|                                            | 4.6. Apply procedures for dealing with emergency and non-routine situations according to organisational policies and procedures.                      |
|                                            | 4.7. Inform participants of opportunities to further develop their vertical rescue 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 <b>relevant aspects</b> of the vertical rescue session and determine the level of learning achieved.                                    |
|                                            | 5.4. Identify potential areas of improvement for future vertical rescue 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 appropriate vertical rescue 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 vertical rescue session according to participant's needs and characteristics
  - address participant difficulties in developing techniques
  - anticipate and respond to non-routine situations
- planning and organising skills to:
  - source, allocate and coordinate resources, equipment and a suitable site
  - monitor and evaluate progress
  - organise participants into manageable groups for vertical rescue activities
- language and literacy skills to:
  - produce activity and instructional plans for the session
  - complete post-session participant and self evaluations
- emergency response skills appropriate to the site to enable initial response and or rescue in emergencies while instructing vertical rescue activities.

### Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of session
- site specific information to assist in the planning process and enable management of potential hazards, and any special restrictions applying to the area
- equipment types, characteristics and technology used for vertical rescue activities
- instruction techniques and theories applicable to a range of ages and learning abilities to enable the application of instructional techniques appropriate to participant needs
- vertical rescue techniques and common communication methods used between participants to reduce risk during activities
- weather and environmental information to ascertain possible conditions and their affect on the session
- safety and emergency procedures, and potential hazards and obstacles relevant to the site 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 information, explanations and demonstrations for vertical rescue sessions 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 to improve performance
- 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 vertical rescue activities that reflect the needs and characteristics of a range of participants to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- suitable pitches or sites or locations or structures for the conduct of vertical rescue instructional sessions
- participants to take part in vertical rescue sessions
- rescue, safety, roping, teaching and activity-specific equipment according to vertical rescue circumstances
- resources and information regarding participants and location to plan, instruct and document vertical rescue sessions for a variety of participants.

#### 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 application of relevant legislation and organisational policies and procedures to enable safe conduct of all vertical rescue activities
- observation of safe vertical rescue instruction, monitoring and adjustment according to participant's

needs and characteristics

- portfolio of vertical rescue 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.

## 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.

***Characteristics*** may include:

- age
- cultural and situational factors
- previous experience and knowledge
- physical development
- injuries and illnesses.

***Session's aims and objectives*** may include:

- developing vertical rescue skills
- education
- Development
- therapy
- fitness targets
- recreation.

***Instructional plan*** may include:

- vertical rescue activities
- duration of activities.

***Activity plan*** may include:

- aims and objectives
- date, time and duration
- site or location, equipment and resources
- safety requirements.

***Relevant legislation*** may include:

- occupational health and safety
- access and permit requirements
- environmental regulations.

***Organisational policies and procedures*** may include:

- occupational health and safety
- use and maintenance of equipment
- assessment procedures
- time and budget constraints
- communication protocols
- confidentiality of participant information
- environmental regulations
- code of ethics
- minimal impact codes.

***Hazards*** may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animal and insects
- stinging trees and nettles
- dense vegetation

- Risks** may include:
- group management
  - hypothermia
  - heat exhaustion
  - injuries
  - exhaustion
  - lost party or party member
  - equipment 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
  - event warnings
  - river levels
  - synoptic charts
  - high and low tide predictions.
- Contingency plans** may include:
- change in weather and or conditions
  - equipment failure
  - participant's needs.
- Equipment** may include:
- rescue equipment:
    - knife
    - rescue pulley
    - spare Prusik loops
    - foot loops
    - tape
    - mechanical ascenders
    - descending devices
    - karabiners
    - maillon rapids
  - safety equipment:
    - helmet
    - harness
    - belay devices
    - first aid kit.
- Resources** may include:
- clothing and footwear

- Contextual issues** may include:
- food and water
  - teaching aids.
  - weather conditions, including, times
  - season
  - transport
  - location
  - trip distance and duration
  - group objectives
  - group size.
- Relevant information** may include:
- risk and hazard prevention and management
  - techniques to negotiate various features, hazards and obstacles
  - responsible and safe behaviour.
- Safety procedures** may include:
- symptoms, treatment and prevention of common vertical rescue incidents or risks
  - safe areas and boundaries
  - group management in emergency situations
  - communication systems.
- 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

***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**

Vertical Rescues