



Australian Government

Department of Education, Employment and Workplace Relations

SISOWWR404A Instruct white water rescue

Release: 2

SISOWWR404A Instruct white water rescue

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct white water rescue activities. This unit focuses on planning, instructing and evaluating instructional white water rescue sessions to enable participants to achieve the skills and knowledge required to participate independently in white water rescue activities up to grade 4 water.

Application of the Unit

This unit applies to those working as outdoor instructors in a range of activities performed on graded water. This may include those responsible for planning, implementing and evaluating white water rescue instructional sessions for groups of participants in activity-related contexts, such as rafting, canoeing or kayaking 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

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 white water rescue 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 ***activity plan*** according to participant's needs and characteristics, ***relevant legislation*** and ***organisational policies and procedures***.
- 1.4. Select a suitable site for the session according to participant's needs, session's aims, relevant legislation and organisational policies and procedures.
- 1.5. Identify potential ***hazards*** associated with performing white water rescues and minimise ***risks*** according to organisational policies and procedures.
- 1.6. 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.
- 2.4. Arrange, where required, protective and or safety clothing for each participant.

3. Brief participants.

- 3.1. Communicate instructions and ***relevant information*** about the session in a manner appropriate to the participants.
- 3.2. Encourage participants to seek clarification,

ELEMENT	PERFORMANCE CRITERIA
	information and feedback as required during the session. 3.3. Establish a suitable communication system for participants to use while participating in white water rescue activities. 3.4. Inform participants of known and anticipated hazards, safety procedures 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 white water rescue session.	4.1. Conduct introductory activities for participants to reduce the risk of injury. 4.2. Apply instructional techniques to impart required white water rescue knowledge, white water rescue skills, and safety procedures. 4.3. Monitor individual participant performance during white water rescue session. 4.4. Monitor and assess instructional activities and associated risks, and modify where required according to organisational policies and procedures. 4.5. Apply procedures for dealing with emergency and non-routine situations according to organisational policies and procedures. 4.6. Inform participants of opportunities to further develop their white water 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 relevant aspects of the white water rescue session and determine the level of learning achieved. 5.4. Identify potential areas of improvement for future white water rescue instructional sessions.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
 - provide clear and accurate instructions
 - encourage participants
- problem-solving skills to:
 - plan white water rescue sessions according to participant's needs and characteristics
 - address participant difficulties in developing techniques
 - anticipate and respond to non routine situations
 - read direction and speed of flow, currents, eddies and other hydrological features
- self-management to review and reflect on own work performance in effectively planning and instructing a session according to client expectations
- conflict resolution skills to identify and respond to inappropriate behaviour to enable effective management of group cohesion
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and a suitable white water rescue location
 - monitor and evaluate progress
 - organise participants into manageable groups for white water rescue
 - select appropriate instructional techniques
 - make modifications to the session appropriate to location and environmental conditions
- language and literacy skills to:
 - produce rafting and instructional plans for the session
 - complete post session participant and self evaluations
- first aid and emergency response skills appropriate to the location to enable initial response and or rescue in emergencies whilst instructing white water rescue
- throwing skills to throw rope and throw bags to reach swimmer in white water
- strong swimming skills in moving water to locate, access, rescue and tow a victim
- paddling skills in either a raft, canoe or kayak to control craft in Grade 4 water
- effective knot-tying skills to enable the construction of anchors and mechanical advantage system.

Required knowledge

- legislation and organisational policies and procedures to ensure safe conduct of all activities performed during white water rescue sessions
- 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 white water rescue activities, the advantages and disadvantages of the range of equipment, and factors affecting selection
- use and maintenance of equipment to enable safe conduct of all 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
- white water 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 relevant to the site to ensure safety of self and others
- rescue team roles and incident command system
- low to high-risk rescue options.

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:

- plan, instructs and monitors participant performance and response appropriately to participant behaviour to maintain an effective learning environment
- activities are conducted safely according to participant's needs, characteristics and teaching location
- applies effective contingency management techniques to deal with a range of problems and issues that may arise during the session, such as equipment failure and makes adjustments in response to changing situations
- instructs sequential sessions that meet participant expectations, comply with legislative and organisation requirement, and are of sufficient duration to allow the participant to demonstrate white water rescue skills
- evaluates participant and own performance and identifies improvements for future sessions
- uses appropriate delivery technique to enhance client learning and performance
- demonstrate correct rescue and recovery methods and techniques when transferring skills to participants.

Context of and specific resources for assessment

Assessment must ensure instruction of white water rescue activities at suitable locations appropriate to the needs and characteristics of a range of participants to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a white water location for the conduct of white water rescue instructional sessions
- a group of participants to take part in rescue sessions
- rescue, safety, first aid and activity-specific equipment and teaching resources
- resources and information regarding participants and location to plan 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 white water rescue activities
- observation of safe white water rescue instruction, monitoring and adjustment according to participant's needs and characteristics
- portfolio of white water 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 white water rescue skills and techniques
- education
- development
- therapy
- fitness targets
- recreation.

Instructional plan may include:

- white water rescue activities
- duration of activities.

Activity plan may include:

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

Relevant legislation may include:

- occupational health and safety
- permits or permission for access
- environmental regulations
- marine regulations.

Organisational policies and procedures may include:

- occupational health and safety
- use, maintenance and storage of equipment
- risk management procedures
- time and budget constraints
- communication protocols
- confidentiality of participant information
- code of ethics
- minimal impact codes.

Hazards may include:

- temperature extremes
- stoppers or holes
- waterfalls

- strainers
 - waves
 - rocks
 - sieves
 - group-management hazards
 - other river uses.
- Risks** may include:
- hypothermia
 - hyperthermia
 - injuries
 - drowning
 - entrapment
 - 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 river conditions
 - equipment failure.
- Equipment** may include:
- rescue equipment
 - safety and first aid equipment
 - activity-specific equipment.
- Resources** may include:
- teaching aids
 - instructional tools
 - transport.
- Contextual issues** may include:
- weather conditions, including tide times
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.

Relevant information may include:

- risk and hazard prevention and management
- minimal environmental impact practices
- techniques
- logistical details
- responsible and safe behaviour.

Safety procedures may include:

- boundaries clearly identified
- symptoms, treatment and prevention of common risks
- use of safety and rescue 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

Required white water rescue knowledge may include:

- orientate, enhance, synthesise
- simple to complex white water rescue techniques
- incident command system
- river features and conditions
- risk and hazard management.

White water rescue skills may include:

- river reading
- throwing
- swimming defensive and aggressive

Relevant aspects may include:

- towing
- craft handling
- self rescue
- shallow water crossing
- mechanical advantage methods
- entrapment extraction
- craft tethers
- high line tyrolean (telfer lower).
- 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

White Water Rescue