



Australian Government

Department of Education, Employment and Workplace Relations

SISOYSA302A Apply enhanced windsurfing skills in moderate conditions

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to apply enhanced windsurfing skills in moderate conditions. This includes launching, landing and sailing a sailboard in moderate winds and improving efficiency and response to wind gusts and other variables. This unit also focuses on steering on all points of sail, tacking and gybing as required, and executing rescues in moderate conditions.

Application of the Unit

This unit applies to those working as windsurfing guides in a range of controlled, moderate conditions, including winds of 8-15 knots.

This unit may also apply 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 windsurfing activity. | 1.1. Identify <i>food and water requirements</i> to maintain physiological well being during activity.
1.2. Select an activity site in <i>moderate conditions</i> according to <i>relevant legislation</i> and <i>organisational policies and procedures</i> .
1.3. Access <i>relevant sources</i> to interpret <i>weather and environmental information</i> , and determine potential conditions.
1.4. Identify potential <i>hazards</i> within the sailboarding environment and minimise <i>risks</i> . |
| 2. Select equipment. | 2.1. Identify the relationship between volume and body weight and the limitations of different boards and select a suitable <i>sailboard</i> hull.
2.2. Select <i>equipment</i> and <i>spares</i> according to design and construction features and check working condition.
2.3. Identify and select sail size appropriate for personal use.
2.4. Select clothing suitable for the prevailing and expected moderate conditions.
2.5. Fit and adjust equipment to ensure comfort, safety and suitability.
2.6. Load and attach, where relevant, rig and board to vehicle for transport. |
| 3. Rig sailboard. | 3.1. Rig the sailboard and adjust boom and head extensions for personal use in the prevailing conditions.
3.2. Fine tune the rig using downhaul, outhaul and battens.
3.3. Tie <i>knots</i> suitable to the windsurfing equipment, and describe their advantages, disadvantages and applications. |
| 4. Launch and land sailboard. | 4.1. Launch and land the sailboard to and from the beach, with rig and board connected, by lifting stern.
4.2. Uphaul in shallow water and put centreboard down and up while sailing.
4.3. Leave and return to shore on the most advantageous tack, |

ELEMENT	PERFORMANCE CRITERIA
	according to prevailing conditions.
5. Manoeuvre the sailboard.	5.1. Use sailboard within designated and defined areas according to relevant legislation and organisational policies and procedures. 5.2. Steer the sailboard efficiently, using body weight and rig. 5.3. Apply enhanced skills on all points of sail and during manoeuvres, and respond appropriately to wind gusts. 5.4. Adjust centre-board position as required, to improve stability. 5.5. Improve speed through sail and board trim. 5.6. Apply and improve on gybing, freestyle tricks and tacking from close haul by using body weight and rig. 5.7. Manoeuvre around a triangular course and apply the rules of the road. 5.8. Perform turning and emergency stops in restricted areas according to organisational policies and procedures.
6. Perform rescues.	6.1. Complete a competent self rescue in 10 knots or more. 6.2. Undertake rescue and towing of another sailor and board upwind. 6.3. Prepare self, rig and sailboard to allow towing by another sailboard and by a boat. 6.4. Apply alternative strategies if self rescue fails according to organisational policies and procedures.
7. Maintain and repair equipment.	7.1. Return sailboard to storage area or vehicle and stow in a manner to minimise damage according to organisational policies and procedures. 7.2. Identify and conduct routine inspection and maintenance tasks according to organisational policies and procedures.
8. Evaluate windsurfing activity.	8.1. Evaluate relevant aspects of the activity. 8.2. Identify improvements for future windsurfing experiences in moderate conditions.

Required Skills and Knowledge

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

Required skills

- problem-solving skills to:
 - rig sailboard according to the prevailing weather conditions
 - determine wind direction
 - manoeuvre board in moderate conditions
 - perform freestyle tricks
 - use body weight, rig and centreboard to improve on gybing and tacking
 - apply rescuing and towing strategies according to the situation
- planning and organising skills to:
 - allocate and select suitable windsurfing site with moderate winds
 - source sailboard, equipment, food and water
 - conduct routine inspection and maintenance checks of equipment
- numeracy skills to:
 - select correct sized sail for board
 - determine points of sail in relation to course, wind direction and angles
- 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
- rescue and emergency response skills to enable initial response to emergencies.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all windsurfing activities
- types of sailboards and equipment, characteristics and technology used for windsurfing, and factors affecting appropriate selection
- variations between parts of a sailboard from one model and or brand to another
- locations for sailboarding, with moderate winds of 8-15 knots in enclosed waters
- maintenance and transportation of equipment to ensure it remains safe and undamaged
- windsurfing manoeuvres and techniques, and methods to improve tacking and gybing
- centre-board and sail positioning on all points of sail to manoeuvre sailboard efficiently
- names of parts of the sail and how a sail works, using sail shape and wind strength, to improve on windsurfing technique
- sailing terminology, such as upwind, downwind, across the wind, to enable a

common understanding

- differences between sea breezes and land breezes and their affect on windsurfing and the affect of tides, currents and rips on launching, landing and manoeuvring sailboard
- hazards and risks associated with sailboarding and the effects of moving water, tides, currents, rips and rivers on sailboarding
- food and water requirements to maintain health and energy during activities
- basic weather and environmental information to ascertain possible conditions and their affect on the activity
- emergency and rescue procedures appropriate for 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:

- applies relevant process to plan and select sailboard and equipment suitable for moderate winds and conditions, and conducts routine inspection and maintenance of equipment
- rigs, launches and lands sailboard and applies ***enhanced windsurfing skills on all points of sail to improve speed and efficiency*** around a triangular course in moderate conditions
- applies self rescue, rescue and towing of another sailor and board, and allows towing by another sailboard or boat, ensuring safety of self and others
- evaluates and reflects on own windsurfing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple windsurfing activities in moderate conditions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information, such as weather sources, to plan and select equipment for the windsurfing activity
- a suitable location with moderate winds of 8-15 knots
- sailboarding, rescue and safety and first aid 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 windsurfing environments, including wind direction and speed, and possible hazards
- observation of safe participation and demonstration of enhanced windsurfing techniques and manoeuvres
- 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.

Food and water requirements may include:

- range of foods
- energy content
- hydration.

Moderate conditions may include

- moderate winds, 8-15 knots
- enclosed waters
- wave height, with small chop only, max 25 cm.

Relevant legislation may include:

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

Organisational policies and procedures may include:

- occupational health and safety
- use, maintenance and storage of equipment
- emergency procedures
- communication protocols
- ***windsurfing etiquette***
- code of ethics.

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.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects

- stinging trees and nettles
 - dense vegetation
 - group management hazards
 - slippery or unstable shore
 - poor posture, poor technique
 - poor carrying techniques
 - loose or insecure craft when being transported
 - other craft.
- Risks** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- Sailboard** may include:
- boards that are greater than 320cm long with a battened sail.
- Equipment** may include:
- wetsuits
 - drysuits
 - boots
 - gloves
 - Personal Flotation Devices, types 1, 2 and 3
 - different types and sizes of boards and sails
 - buoys to mark out a course
 - harness system
 - safety and first aid equipment
 - rescue equipment.
- Spares** may include:
- rigging ropes
 - flares.
- Knots** may include:
- half hitches
 - bowline.
- Freestyle tricks** may include:
- pirouettes
 - tail sinks
 - sailing inside the boom.
- Rules of the road** may include
- avoiding collisions
 - right of way.
- 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

Yachting - Windsurfing