



Australian Government

SISOYSA303A Use a sailboard in stronger winds

Release: 3

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Modification History

The release details of this unit are in the table below. The latest information is at the top.

Release	Comments
3	Editorial update.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to launch, land and sail a sailboard in strong winds, on enclosed or open waters. This unit introduces the use of high performance sails, footstraps and a harness.

Application of the Unit

This unit applies to those working as windsurfing guides in a range of conditions, including enclosed or open water with winds of at least 12 knots.

This may include those working for private outdoor adventure companies, volunteer organisations, not for profit organisations, government agencies, or group instructors in outdoor education programs where sailboard lessons or camps are run.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SISOYSA302A Apply enhanced windsurfing skills in moderate conditions

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 ***food and water requirements*** to maintain physiological well being during activity.
- 1.2. Select an activity site with ***stronger winds*** according to ***relevant legislation*** and ***organisational policies and procedures***.
- 1.3. Access ***relevant sources*** to interpret ***weather and environmental information***, and determine potential windsurfing conditions.
- 1.4. Identify potential ***hazards*** within the windsurfing environment and minimise ***risks*** according to relevant legislation and organisational policies and procedures.

2. Select equipment.

- 2.1. Identify features of ***sailboard*** construction and select the most appropriate board for specified requirements.
- 2.2. Analyse uses and limitations of shorter boards when selecting a board for use in stronger winds.
- 2.3. Select ***equipment*** according to design and construction features and check working condition.
- 2.4. Determine the advantages and disadvantages of various ***types of sails*** and select a suitable sail for the conditions.
- 2.5. Select a ***harness*** according to the conditions, ***type of board*** and personal ability.
- 2.6. Select clothing suitable for the prevailing and expected conditions.
- 2.7. Fit and adjust equipment to ensure comfort, safety and suitability.
- 2.8. Load and attach, where relevant, rig and board to vehicle for transport.

3. Rig sailboard.

- 3.1. Rig, de-rig and tune a fully battened sail.
- 3.2. Adjust harness lines and foot straps.

ELEMENT	PERFORMANCE CRITERIA
4. Launch and land sailboard.	3.3.Set up and wear harness according to organisational policies and procedures. 4.1.Carry the fully assembled sailboard and rig to and from the launch site. 4.2.Apply a beach start, in stronger winds, with control of the board in the shallows. 4.3.Up haul the rig, in stronger winds, while maintaining stability.
5. Apply sailboarding techniques and stance	5.1.Use and confine sailboard within designated and defined areas according to relevant legislation and organisational policies and procedures. 5.2.Hook in and out of a harness and adopt correct stance while hooked in. 5.3.Get in and out of foot straps, and apply correct stance when in use. 5.4.Adjust the mast track while sailing according to organisational policies and procedures. 5.5.Sail a triangular course in planning conditions, and apply the rules of the road. 5.6.Adopt stance and use of harness, foot straps and mast track, on different points of sail.
6. Manoeuvre the sailboard.	6.1.Maintain speed while tacking smoothly in stronger winds. 6.2.Gybe with centre board both down and up. 6.3.Maintain stationary position near a marker in moderate winds. 6.4.Maintain stability and sail efficiently in stronger winds according to apparent wind, mast track position, and board and rig position. 6.5.Identify and apply characteristics of freestyle tricks.
7. Perform rescues.	7.1.Apply assessment and emergency response procedures when required, according to organisational policies and procedures. 7.2.Prepare another sailor for towing upwind in stronger winds by de-rigging their sailboard. 7.3.Apply self rescue in stronger winds with a fully battened sail.
8. Maintain and repair equipment.	8.1.Return sailboard to storage area or vehicle and stow in a manner to minimise damage according to organisational policies and procedures. 8.2.Perform basic repairs and maintenance to board and

ELEMENT**PERFORMANCE CRITERIA**

- equipment** according to manufacturer's guidelines and organisational policies and procedures.
- 8.3.Refer repairs beyond the limit of personal ability to relevant specialists.
- 8.4.Clean and care for boards and sails according to organisational policies and procedures.
9. Evaluate windsurfing activity.
- 9.1.Evaluate **relevant aspects** of the activity.
- 9.2.Identify improvements for future windsurfing experiences in stronger winds.

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 prevailing weather conditions
 - launch, land and manoeuvre board while maintaining control and stability
 - perform freestyle tricks
 - use harness, footstraps and mast track on different points of sail
 - apply rescuing and towing strategies according to the situation
- planning and organising skills to:
 - select suitable windsurfing site with stronger winds on enclosed or open waters
 - source sailboard, equipment, food and water
 - conduct routine inspection and maintenance of equipment
- communication skills to refer repairs to relevant specialists and to discuss possible solutions
- 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 in stronger winds, and factors affecting appropriate selection
- variations between parts of a sailboard from one model and or brand to another
- characteristics of wave, slalom, race and speed boards, and uses and limitations of shorter boards
- locations for windsurfing, with stronger winds of 12 knots, on enclosed or open waters
- construction, maintenance and repair of board and equipment to ensure it remains safe and undamaged
- specialists in the local area to refer repair and maintenance tasks beyond personal ability
- windsurfing manoeuvres and techniques, including the use of high performance sails, foot straps and a harness

- positions of the mast track for different points of sail, and the concept of mast foot pressure
- affect of apparent wind, tides, currents and rips on launching, landing and manoeuvring sailboard
- hazards and risks associated with windsurfing, and the effects of moving water, tides, currents, rips and rivers
- 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 stronger winds, and conducts **basic repairs** and maintenance of board and equipment
- rigs fully battened sail, launches and lands sailboard in shallow water, and applies **enhanced windsurfing skills on all points of sail** to improve speed and efficiency in stronger winds
- manoeuvres around a triangular course in planning conditions, using harness, footstraps and mast track
- applies self rescue with fully battened sail and performs an upwind tow of another board in stronger winds
- 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 stronger winds 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 stronger winds of at least 12 knots, in open or enclosed water
- 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 and the use of high performance sails, footstraps and harness
- observation of safe participation and demonstration of windsurfing techniques and manoeuvres in

stronger winds

- 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
- perishability
- storage
- hydration.

Stronger winds may include

- planing conditions
- greater than 12 knots
- open or enclosed waters
- small waves up to 40 cm.

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, 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

- Risks** may include:
- stinging trees and nettles
 - dense vegetation
 - group management hazards.
 - hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- Sailboard** may include:
- boards greater than 320cm with footstraps and a fully battened sail.
- Equipment** may include:
- harness system
 - wetsuits
 - drysuits
 - boots
 - gloves
 - personal Flotation Devices, types 1, 2 and 3
 - buoys to mark out a course
 - safety and first aid equipment
 - rescue equipment.
- Types of sails** may include:
- race
 - slalom
 - wave
 - camber induced
 - fully battened.
- Harness** may include:
- chest
 - waist
 - seat.
- Type of board** may include:
- race
 - slalom
 - wave
 - speed
 - wave slalom.
- Rules of the road** may include
- avoiding collisions
 - right of way:
 - starboard tack over port tack
 - sailing craft over motored craft.
- Freestyle tricks** may include
- sail spins
 - back to sail leeward side
 - pirouette
 - railride.

Basic repairs may include:

- fibreglass
- epoxy
- sail repairs.

Relevant aspects may include:

- objectives
- planning process
- activity site
- weather
- equipment selection
- clothing selection
- food selection
- instructional content
- instructional technique
- directing techniques
- rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Yachting - Windsurfing