



Australian Government

SISOYSA404A Use long boards in difficult conditions

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 long board with a centreboard and fully battened sail, in planning conditions on open water.

Application of the Unit

This unit applies to those working as long board instructors in a range of conditions, including planning conditions on open waters with winds of at least 15 knots and wave heights of 30-50cm.

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

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 long board activity.

- 1.1. Identify **food and water requirements** to maintain physiological well being during activity.
- 1.2. Select an activity site or open water location with **difficult conditions** according to **relevant legislation** and **organisational policies and procedures**.
- 1.3. Access **relevant sources** to interpret **weather and environmental information**, and determine potential beach conditions.
- 1.4. Identify potential **hazards** within the windsurfing environment and minimise **risks**.
- 1.5. Determine emergency action to be taken in the event of broken fins, universal, mast and boom according to organisational policies and procedures.

2. Select equipment.

- 2.1. Identify features of **board** construction and design, and select the most appropriate long board for specified requirements.
- 2.2. Determine the advantages and disadvantages of various **types of sails** and select a suitable sail for the conditions.
- 2.3. Select **equipment** according to design and construction features and check working condition.
- 2.4. Select clothing suitable for the prevailing and anticipated conditions.
- 2.5. Fit and adjust equipment to ensure comfort, safety and suitability.

3. Rig long board.

- 3.1. Rig rotational camber-induced and other high-tech sails.
- 3.2. Adjust harness line where required, and ensure rig selection is suitable to the conditions.
- 3.3. Adjust the rig for all points of sail and different wind strengths and conditions.

4. Launch and land long

- 4.1. Launch long board from a beach start, through a

ELEMENT	PERFORMANCE CRITERIA
board.	shore break in a controlled manner. 4.2.Sail out through small breaking waves efficiently. 4.3.Carry out a water start in varied conditions. 4.4.Demonstrate controlled landings with board and rig held aloft, while applying carrying technique.
5. Manoeuvre the long board.	5.1.Apply a refined stance, incorporating hands, feet and body position, on all points of sail. 5.2.Luff up and bear away with mast track and centre-board adjustments to improve steering. 5.3.Close the slot, reducing wet area, and use footstraps, mast track and harness to optimise speed. 5.4.Tack in strong winds and rough seas. 5.5.Use the carve gybe and non-planning gybe in strong winds and rough seas. 5.6.Plan and demonstrate a routine of freestyle tricks . 5.7.Sail backwards and manoeuvre board around a triangular course, in rough conditions. 5.8.Apply strategies to assist others in difficulty according to organisational policies and procedures. 5.9.Demonstrate jury rigging for different breakages.
6. Maintain and repair equipment.	6.1.Maintain high tech equipment according to manufacturer's guidelines and organisational policies and procedures. 6.2.Refer repairs beyond the limit of personal ability to relevant specialists.
7. Evaluate windsurfing activity.	7.1.Evaluate relevant aspects of the activity. 7.2.Identify improvements for future long board windsurfing experiences in difficult conditions.

Required Skills and Knowledge

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

Required skills

- problem-solving skills to:
 - rig long boards according to prevailing weather conditions
 - launch, land and manoeuvre boards while maintaining control and stability
 - perform a routine of freestyle tricks
 - sail backwards around a triangular course
 - use tacking, carve gybe and non-planning gybe in strong winds and rough seas
 - apply strategies to assist others in difficulty
- planning and organising skills to:
 - select suitable open water windsurfing site or location with difficult conditions
 - source long board, equipment, food and water
 - conduct routine inspection and maintenance of equipment
- communication skills to refer repairs to relevant specialists where required and to discuss possible solutions
- numeracy skills to:
 - select correct sized long board and sail
 - 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 long boards, sails and equipment, characteristics and technology used for windsurfing in difficult conditions, and factors affecting appropriate selection
- open water locations for windsurfing, with winds of at least 15 knots and wave heights of 30-50 cm
- construction, maintenance and repair techniques of boards and high tech equipment to ensure it remains undamaged
- specialists in the local area to refer repair and maintenance tasks beyond personal ability
- windsurfing manoeuvres and techniques, including sailing backwards, carve and non-planning gybes, and tacking in strong winds and rough seas
- hazards and risks associated with windsurfing, and the effects of strong winds, tides, currents and rips on launching, landing and manoeuvring long board

- 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 long board and equipment suitable for difficult, open water conditions, and conducts *repairs* and maintenance of board and equipment where required
- rigs high-tech sails, launches and lands long board from a beach start through a shore break using controlled techniques, and applies a refined stance on all points of sail
- sails backwards and manoeuvres board around a triangular course in difficult, open water conditions
- assists and rescues other windsurfers in a safe and efficient manner
- 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 long board windsurfing activities in difficult 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 open water location with winds of at least 15 knots and wave heights of 30-50cm
- a long board greater than 320cm with a suitable rig
- 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 open water windsurfing environments and the use of high performance equipment
- observation of safe participation and demonstration

of long board windsurfing techniques and manoeuvres in difficult conditions

- 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*** may include:
- range of foods
 - perishability
 - storage
 - hydration.
- Difficult conditions*** may include:
- wind strength of 15 knots plus
 - wave height of 30 - 50 cm
 - open waters
 - planning conditions.
- 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.
- Board** may include:
- long board, greater than 320cm, with centreboard and fully battened sail.
- Types of sails** may include:
- fully battened
 - camber induced.
- 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.
- Freestyle tricks** may include:
- spin tack
 - duck tack
 - railrides
 - pirouettes
 - spin gybes
 - sail spins.
- Jury rigging** may include:
- broken universal joint
 - broken outhaul line
 - broken boom camlock.
- 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