



Australian Government

Department of Education, Employment and Workplace Relations

SISOYSA405A Use short boards in difficult conditions

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to launch, land and sail a wave or slalom board with a fully battened sail and no centreboard, in planing conditions on open water.

Application of the Unit

This unit applies to those working as short board instructors in a range of conditions, including planing conditions on open waters with winds of at least 15 knots and wave heights of at least 40cm.

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 who run short board lessons and or camps.

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 short 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 short 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 short board.

- 3.1. Rig rotational camber-induced and other high-tech ***sails***.
- 3.2. Outline the process for tuning specialist ***sails*** to achieve speed, control or manoeuvrability.
- 3.3. Adjust harness line where required, and ensure rig selection is suitable to the conditions.
- 3.4. Adjust the rig for all points of sail and different

ELEMENT	PERFORMANCE CRITERIA
	wind strengths and conditions.
4. Launch and land a short board.	4.1. Launch short board from a beach start, through waves and return ashore in a controlled manner. 4.2. Undertake alternative launch methods in strong winds. 4.3. Apply water starts from varying situations, including in waves, gusts and clew first. 4.4. Uphaul the short board and sail out through waves.
5. Sail short board in surf.	5.1. Adopt a comfortable stance while planing in foot straps. 5.2. Demonstrate efficient upwind sailing. 5.3. Apply a variety of techniques to perform wave jumps and landings. 5.4. Ride on a wave and follow the break, avoiding the close-out. 5.5. Develop speed while controlling excessive power. 5.6. Use waves, rips and currents to enhance sailing technique, speed and stability.
6. Manoeuvre the short board.	6.1. Tack efficiently on a short board in strong winds and rough seas. 6.2. Apply carve gybes effectively in strong winds and rough seas to enhance manoeuvrability. 6.3. Apply appropriate strategies to assist others in difficulty according to organisational policies and procedures. 6.4. Complete self rescue and rescue of others using a short board. 6.5. Demonstrate jury rigging for different breakages.
7. Maintain and repair equipment.	7.1. Maintain high tech equipment according to manufacturer's guidelines and organisational policies and procedures. 7.2. Refer repairs beyond the limit of personal ability, to relevant specialists.
8. Evaluate windsurfing activity.	8.1. Evaluate relevant aspects of the activity. 8.2. Identify improvements for future short 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 short boards according to prevailing weather conditions
 - launch, land and manoeuvre boards while maintaining control and stability
 - perform short board wave jumps and landings
 - use waves, rips and currents to enhance technique
 - apply strategies to rescue self and others in difficulty
- planning and organising skills to:
 - select suitable open water windsurfing sites or locations with difficult conditions
 - source short boards, 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 short boards and sails
 - determine points of sail in relation to course, wind direction, speed 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 short boards, sails and equipment, characteristics and technology used for windsurfing in difficult conditions, and factors affecting appropriate selection
- advantages of rotational and camber induced sails to achieve speed and control
- open water locations for windsurfing, with winds of at least 15 knots and wave heights of at least 40cm
- windsurfing manoeuvres and techniques, including various types of jumps and landings, and tacking and carve gybing 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 short board
- construction, maintenance and repair of board and high tech equipment to ensure it remains undamaged
- formation and use of waves, rips, undertows, channels and currents to enhance

sailing technique, speed and stability

- specialists in the local area to refer repair and maintenance tasks beyond personal ability
- 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 short board and equipment suitable for difficult, open water conditions, and conducts **repairs** and maintenance of board and equipment where required
- rigs high-tech sails, and launches and lands short board from a beach start through waves, demonstrating controlled techniques and a comfortable stance
- 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 short 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 at least 40cm
- a suitable short board with a fully battened sail
- 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 short 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 requirements may include:

- range of foods
- perishability
- storage
- hydration.

Difficult conditions may include:

- wind strength of 15 knots plus
- wave height of 40cm plus
- open waters with swell of at least half a metre
- planing conditions.

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
- 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:
- racing
 - slalom
 - wave
 - speed
 - custom designed.
- Sails** may include:
- wave
 - slalom
 - camber induced.
- Equipment** may include:
- harness system
 - wetsuits
 - dry suits
 - boots
 - gloves
 - Personal Flotation Devices, types 1, 2 and 3
 - buoys to mark out a course
 - safety and first aid equipment
 - rescue equipment.
- Wave jumps and landings** may include:
- loop and barrel roll
 - nose and tail landings
 - chop hopping.
- Carve gybes** may include:
- different arcs
 - timing the release of the rig
 - staying on the plane.
- 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