



Australian Government

Department of Education, Employment and Workplace Relations

SISOYSB403A Sail a small boat in moderate and variable conditions

Release: 2

SISOYSB403A Sail a small boat in moderate and variable conditions

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to use a variety of techniques to sail a small boat in moderate and variable conditions.

Application of the Unit

This unit applies to those working as small boat sailing instructors in a range of moderate and variable conditions. 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 sailing activity.

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

2. Select equipment.

- 2.1. Select ***small boat*** and ***equipment*** according to design and construction features and check working condition.
- 2.2. Identify and select suitable sails for boat.
- 2.3. Select clothing suitable for the prevailing and expected conditions.
- 2.4. Fit and adjust equipment to ensure comfort, safety and suitability.

ELEMENT	PERFORMANCE CRITERIA
3. Sail small boat in moderate and variable conditions.	3.1. Determine the likely effects of local water and sailing conditions on small boat handling. 3.2. Analyse wind indicators to anticipate gusts, lulls, lifts and knocks and use wind shifts when sailing upwind and downwind. 3.3. Heave to and back the mainsail to control the speed of the boat. 3.4. Reduce sail as required according to variations in conditions. 3.5. Apply roll tacking and roll gybing, techniques appropriate to changes in conditions. 3.6. Apply primary boat controls, balance, sail trim, stopping techniques and steering to sail the boat efficiently in variable conditions. 3.7. Maintain communication with other craft and crew members where required to maintain safety.
4. Handle a spinnaker in moderate and variable conditions.	4.1. Launch a spinnaker from both the leeward and windward positions. 4.2. Trim the spinnaker to cater for changes in wind strength and direction to maintain or enhance speed. 4.3. Steer the boat to maintain or enhance balance and speed according to the fluctuations in conditions.
5. Complete post activity responsibilities.	5.1. Maintain and stow sail and rig according to manufacturer's recommendations and organisational policies and procedures. 5.2. Maintain trailers and trolleys to minimise rust on frames and bearings. 5.3. Evaluate relevant aspects of the activity. 5.4. Identify improvements for future small boat sailing experiences in moderate and variable conditions.

Required Skills and Knowledge

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

Required skills

- problem-solving skills to:
 - determine possible effect of local weather and water conditions on sailing
 - anticipate and deal with gusts, lulls, lifts and knocks
 - adapt to variations in wind strength and direction to control speed of boat
 - launch, trim and sail with a spinnaker
- planning and organising skills to:
 - select an appropriate location with moderate and variable conditions
 - source small boat, equipment, and food and water
- numeracy skills to:
 - select correct sized sail and spinnaker for boat
 - determine wind direction and strength
- literacy skills to:
 - interpret and apply weather and environmental information
 - recognise and follow marine signage
- interpret and apply manufacturer's recommendations.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all activities including rules of the road to safely sail alongside other water craft
- types of small boats and equipment, characteristics and technology used for sailing
- maintenance and care of boat and equipment to ensure optimal condition is maintained
- knots and their application to a sailing setting, such as types used to rig sails
- sailing manoeuvres and techniques, including use of a spinnaker, in variable conditions
- sailing terminology, such as port or starboard, windward, leeward, to enable a common understanding between crew members
- the main points of sailing and sail positions to manoeuvre small boat safely and efficiently
- information on tide and wind to enable safe launching, landing and manoeuvring in variable conditions
- hazards and risks associated with small boat sailing and the effects of wind direction and speed
- food and water requirements to maintain health and energy during activities
- interrelationship between wind, tides and currents.

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:

- selects small boat and equipment suitable for moderate and variable conditions according to anticipated sailing conditions
- performs roll tacks and roll gybes and applies boat handling skills and the use of a spinnaker to maintain speed and direction in moderate and variable conditions
- maintains and stows equipment according to manufacturer's recommendations
- evaluates and reflects on own small boat sailing performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure participation in multiple sailing activities in moderate and variable conditions that are of sufficient duration to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information to plan and select equipment for the sailing activity
- a suitable location with ***moderate and variable sailing conditions*** with winds of 5-20 knots, varying in strength and direction, and waves up to 1.5m
- a small sailing boat, suitable sails, spinnaker and safety 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 small boat sailing environments, including wind direction and speed, and possible hazards and risks
- observation of s demonstration of small boat sailing techniques and manoeuvres in moderate and variable 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.

Moderate and variable conditions may include:

- winds of 5- 20 knots, variable in strength and direction
- waves up to 1.5m.

Relevant legislation may include:

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

Organisational policies and procedures may include:

- occupational health and safety
- use, maintenance and storage of equipment
- communication protocols
- ***sailing etiquette***
- minimal impact environmental codes
- 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.
- Food and water requirements** may include:
- range of foods
 - energy content
 - hydration.
- Small boat** may include:
- 18ft and under
 - single masted unballasted mono or multi hulled vessel
 - stayed or unstayed mast
 - one, two or three sails.
- Equipment** may include:
- safety and rescue equipment
 - personal protective equipment
 - spinnaker
 - sails.
- Wind indicators** may include:
- flags
 - smoke
 - ripples on the water
 - moored boats
 - wind on the face.
- 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 - Small Boat