



Australian Government

Department of Education, Employment and Workplace Relations

SISSCNO201A Perform the intermediate skills and tactics of canoeing

Release: 2

SISSCNO201A Perform the intermediate skills and tactics of canoeing

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform the intermediate skills and tactics of flat water, white water or canoe polo during drills, activities, games and or competitions.

Application of the Unit

This unit applies to current, junior or aspiring athletes who are competing in canoeing at a local, state and or national level. This may include flat water canoeing, white water canoeing or canoe polo. It may also apply to those in sports development programs.

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.

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| <p>1. Prepare for canoeing drills, activities, games and competitions</p> | <p>1.1. Access and interpret canoeing <i>rules, regulations and policies.</i></p> <p>1.2. Determine <i>biomechanical principles</i> that apply to <i>canoeing.</i></p> <p>1.3. Identify the <i>intermediate skills and tactics of canoeing</i> and their purpose.</p> <p>1.4. Determine observable body movements and techniques for each stage of the intermediate skills and tactics in priority of performance importance.</p> <p>1.5. Select <i>equipment</i> and participate in <i>setting up and trimming</i> canoe.</p> |
| <p>2. Participate in canoeing drills, activities, games and competitions</p> | <p>2.1. Undertake <i>drills, activities, games and competitions</i> in a safe manner, according to canoeing rules, regulations and policies, <i>relevant legislation</i> and <i>organisational policies and procedures.</i></p> <p>2.2. Participate in intermediate level rescue drills and activities, showing effective technique.</p> <p>2.3. Link and perform the intermediate skills and tactics of canoeing to form a sequence of movements in competition conditions.</p> <p>2.4. Maintain <i>effective communication</i> with other participants, team members, coach and referees during drills, activities, games and competitions.</p> |
| <p>3. Review intermediate skills performance</p> | <p>3.1. <i>Review</i> performance and identify strengths and areas requiring improvement.</p> <p>3.2. Identify <i>conditions and external influences</i> affecting conduct of activities and identify contingency strategies to improve future sessions.</p> |

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - discuss and clarify canoeing rules, regulations and policies,
 - determine other participant's intentions and movements
 - follow instructions and directions
 - seek feedback
- teamwork skills to:
 - encourage and support team members
 - participate effectively in drills, activities, games and competitions with other participants
- language and literacy skills to access, interpret and apply information about the rules, regulations and policies of canoeing games and competitions
- problem-solving skills to respond appropriately to changing conditions
- self management skills to:
 - review and reflect on own performance
 - organise time and priorities effectively
 - set short, medium and long term goals
- planning and organising skills to assist in selecting equipment and setting up and trimming canoes
- swimming skills and the ability to maintain canoe stability in water
- first aid and rescue skills appropriate to the location to enable initial response to emergencies.

Required knowledge

- legislation and organisational policies and procedures to enable safe participation in all activities
- rules, regulations and policies of flat water canoeing, white water canoeing or canoe polo
- biomechanics related to acquisition of intermediate canoeing skills and tactics
- equipment and technological aids used in canoeing drills, activities, games and competitions to enhance development of intermediate skills and tactics
- reflection and review principles to enable effective self evaluation for future improvement
- communication systems used between participants, team members and coaches during canoeing drills, activities, games and competitions
- water and weather features and how these might impact on the canoeing experience
- safety and rescue procedures appropriate for the canoe and 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:

- utilises knowledge and interpretation of intermediate skills and tactics of canoeing and relevant rules, regulations and policies to perform these skills and tactics relevant to the canoeing discipline
- determines observable body movements for each stage of the intermediate skills and tactics of the relevant canoeing discipline and links together and practices these during drills, activities, games and competitions
- communicates appropriately with team members, coach and referees throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's canoeing performance to identify strengths and areas requiring improvement and or modifications.

Context of and specific resources for assessment

Assessment must ensure performance of intermediate skills and tactics relevant to canoeing requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- canoeing training and competition facilities and a suitable body of water
- groups or teams of canoeists to participate in intermediate flat water canoeing, white water canoeing or canoe polo
- support personnel such as coaches and referees
- equipment such as canoes or kayaks, paddles, and safety equipment
- resources and information outlining the intermediate skills and tactics of flat, white water canoeing or canoe polo
- rules, regulations and policies, legislation and organisational policies and procedures that impact on the conduct of drills, activities, games and competitions.

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:

- observation of performance of intermediate skills and tactics during drills, activities, games and competitions
- oral or written questioning to assess knowledge of the relevant biomechanical principles
- third-party reports from coaches or referees 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.

Rules, regulations and policies may include:

- national and international rules of flat water canoeing
- national and international rules of white water canoeing
- national and international rules of canoe polo
- Australian Canoeing coaches code of conduct policy
- Australian Sports Commission Harassment free Sport policy.

Biomechanical principles may include:

- balance
- motion
- force
- momentum
- power.

Canoeing may include:

- flat water canoeing
- white water canoeing
- canoe polo.

Intermediate skills and tactics of canoeing may include:

- paddling skills
- balance and steering
- launching and exiting from bank, bench, pontoon
- propulsion
- capsize
- forward, reverse, stopping and support strokes
- rotation, and leg drive
- entry and exit of canoe
- strokes and on and offside edging
- control strategies
- hand roll, rolling and rolling with the ball
- ball skills-passing, receiving, shooting, dribbling, blocking
- stroke mobility and boat control strategies
- stroke economy, correct lines of approach and exit
- boat control and paddle placement

- Equipment** may include:
- river reading.
 - personal flotation devices (PFD)
 - paddles
 - spray deck or spray skirt
 - wet suit or wet weather gear.
- Setting up and trimming** may include:
- construction and characteristics of boat and paddler
 - rig and steering mechanism
 - position for team boat.
- Drills, activities** may include:
- those described in:
 - Level 1 Flat water Canoeing Manual
 - Level 1 White water Canoeing Manual
 - Level 1 Canoe Polo Manual
 - practicing tactics and strategies used in games and competitions
 - individualised drills and activities
 - concentration drills
 - paddling drills.
- Games and competitions** may include:
- modified games or races
 - practice games or races:
 - competition games or races.
- Relevant legislation** may include:
- occupational health and safety
 - permits from authorities
 - environmental regulations.
- Organisational policies and procedures** may include:
- occupational health and safety:
 - conflict resolution
 - communication protocols
 - use, care and maintenance of equipment
 - training and scheduling commitments
 - code of ethics.
- Effective communication** may include:
- calls
 - signals
 - codes.
- Conditions and external influences** may include:
- environmental and weather conditions
 - water conditions and features
 - other participants
 - support staff
 - spectators
 - parents
 - referees and administrators
 - coaches.

Unit Sector(s)

Sport

Competency Field

Competitive Canoeing