SISOKYS302A Demonstrate sea kayaking skills

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to paddle a sea kayak in controlled conditions. This unit focuses on the demonstration of effective and efficient sea kayaking skills.

Application of the Unit

This unit applies to those working as assistant sea kayaking guides or support staff under supervision in a range of controlled conditions.

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.

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 a sea kayaking activity.	1.1. Identify *food and water requirements* according to *principles of nutrition* and the *conditions of the activity*.
	1.2. Identify an appropriate *activity site* and course to take according to *relevant legislation* and *organisational policies and procedures*.
	1.3. Access *relevant sources* to interpret *weather and environmental information*.
	1.4. Identify potential *hazards* associated with the activity and manage *risks* as advised by the supervisor.
2. Select equipment.	2.1. Select *craft* and *equipment* according to *contextual issues* and check to ensure that it is in good working condition.
	2.2. Fit and adjust equipment to ensure comfort, safety and suitability to the participant and sea kayak.
	2.3. Select personal clothing for the activity and identify the design and or construction features that make it appropriate.
	2.4. Waterproof and pack equipment that is not required on hand and stow or fasten in a suitable manner.
	2.5. Prepare equipment, where required, for safe transportation to activity location.
3. Apply control and manoeuvring techniques.	3.1. Embark and disembark the sea kayak while maintaining stability.
	3.2. Direct the sea kayak in a controlled manner.
	3.3. Apply efficient *stroke technique* to minimise injury while directing the sea kayak, using the rudder if fitted.
	3.4. Apply navigation skills to determine location and follow planned course during the activity.
4. Apply capsize	4.1. Exit the sea kayak in a controlled manner, and

ELEMENT	PERFORMANCE CRITERIA
procedures.	recover paddles and other equipment, following a capsize.
	4.2. Manoeuvre the upturned sea kayak to shore or to rescue craft and empty out water, with assistance if required.
	4.3. Apply deep water re-entry techniques.
5. Perform deep water rescue.	5.1. Determine most appropriate *rescue method* to use according to *situational variances*, *relevant legislation*, and *organisational policies and procedures*.
	5.2. Select *equipment* and human resources available to perform a rescue according to organisational policies and procedures.
	5.3. Deliver concise directions to the capsized person or persons and any others assisting in the rescue.
	5.4. Manoeuvre rescue *craft* into a suitable position to enable a safe rescue.
	5.5. Perform rescue in a safe manner according to situation, conditions and organisational policies and procedures.
	5.6. Assist the rescuee back into their craft as required.
	5.7. Determine most appropriate *rescue method* to use according to *situational variances*, *relevant legislation*, and *organisational policies and procedures*.
6. Secure sea kayak.	6.1. Apply suitable methods to secure the sea kayak to the bank, shore or jetty.
	6.2. Secure the sea kayak, where appropriate, for road transport using suitable methods.
7. Evaluate the sea kayaking activity	7.1. Evaluate *relevant aspects* of the sea kayaking activity.
	7.2. Identify improvements for future sea kayaking experiences.

Required Skills and Knowledge

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

Required skills

- teamwork skills to work with others to lift, carry and secure sea kayaks safely
- communication skills to interact with supervisor, other participants and rescue crew to maintain a positive and safe environment deliver clear, concise directions to the capsized person and any other assistants involved with the rescue
- listening skills to follow instructions and directions from the supervisor and rescue crew
- planning and organising skills to select and allocate relevant sea kayaking equipment
- swimming skills to swim 50 metres whilst clothed and wearing a personal flotation device that complies with State or Territory maritime regulations
- rescue skills to perform a deep water rescue
- paddling skills to safely manoeuvre craft close to capsized person or persons
- first aid and emergency response skills appropriate to the location to enable personal health care.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of all sea kayaking activities to enable safe conduct of all deep water rescue activities
- types of craft and equipment, characteristics and technology used for sea kayaking, the advantages and disadvantages of the range of craft and equipment, and factors affecting appropriate selection
- clothing requirements for sea kayaking, such as wet weather gear to maintain warmth and dryness or sun protection to minimise sunburn and heat stroke
- importance of a personal flotation device in keeping a person afloat and their head above water
- stroke and directing techniques to control and manoeuvre the sea kayak efficiently
- navigation techniques to determine location and direction
- principles of nutrition to maintain health during activity
- application of basic weather and environmental information to ascertain possible conditions and their affect on the activity
- common hazards and their risks associated with sea and river craft activities and how to negotiate these
- rescue procedures suitable to the deep water conditions and experience of the participant
- rescue equipment commonly used in deep water rescues
- sea features, such as currents, waves and tides, and how these might impact on the sea kayaking experience on the deep water rescue
- purpose and importance of safety features of craft
- emergency and rescue procedures appropriate for the craft 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: • applies relevant process to plan equipment and supply requirements according to the conditions and duration of the sea kayaking activity • paddles the sea kayak demonstrating efficient and clean strokes and manoeuvres while maintaining control of the sea kayak • demonstrates correct paddling techniques • applies capsize technique and follows rescue procedures • identifies hazards and risks associated with deep water rescues and select suitable rescue method • demonstrates suitable craft position and rescue techniques suitable to the conditions • adapts to situational variances or issues that may arise during deep water rescues • evaluates and reflects on own sea kayaking performance to identify strengths, weaknesses and areas that need improvement.
Context of and specific resources for assessment	Assessment must ensure participation in multiple sea kayaking activities in controlled 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 sea kayaking activity • a suitable body of water, such as beach with winds below 16 knots, seas less than one metre, and surf no higher than half a metre • sea kayaking, navigating, safety and rescue equipment • a suitable and safe method of transport, if required to transport sea kayak to and from activity location.
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 relevant legislation and organisational policies and procedures to enable safe conduct of all sea kayaking activities
- observation of safe participation and demonstration of all strokes and manoeuvres while maintaining control of the sea kayak at all times
- written and or verbal self evaluation.
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISONAV201A Demonstrate navigation skills in a controlled environment
- SISOOPS201A Minimise environmental impact

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:	• menu planning and preparation • range of foods.
Principles of nutrition may include:	• food groups • dietary guidelines • individual food requirements and allergies.
Controlled Conditions may include:	• sheltered areas • ease of access to the shore • winds to moderate (16knots, 29kph) • within 400m of the shore • seas less than 1.0 metre • surf no higher than 0.5 metre.
Activity site may include:	• sea • beach • harbour • estuary.
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 and maintenance of equipment • communication protocols • emergency procedures • 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
- rips.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment failure.

Craft may include:

- single sea kayaks
- double sea kayaks

Equipment may include:

- personal flotation device
- paddle with leash
- spray deck
- wet suit or wet weather gear
- ropes
- tie down straps
- safety and first aid equipment
- pumps
- sponges
- paddle float.

Contextual issues may include:

- weather conditions, including tide times
- season
- transport
- location
- trip distance and duration
- group objectives

Stroke technique may include:	- group size.
	- use of trunk rotation
	- correct posture
	- use of leg drive
	- hand placement on paddle
	- blade placement in water
	- blade depth in water
	- paddle blade angle throughout stroke
	- paddle entry and exit points
	- movement of top hand through the stroke
	- lean or edge of the craft
	- smooth transfer between different strokes
	- edging or leaning
Relevant aspects may include:	- objectives
	- planning process
	- activity site
	- weather
	- equipment selection
	- clothing selection
	- food selection
	- instructional content
	- instructional technique
	- assessment technique
	- group feedback
	- directing techniques
	- rescue techniques employed.

Unit Sector(s)

Outdoor Recreation

Competency Field

Sea Kayaking