



Australian Government

Department of Education, Employment and Workplace Relations

SISOKYS409A Instruct sea kayaking in moderate to 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 instruct sea kayaking in moderate to difficult conditions. This unit focuses on planning, instructing and evaluating an instructional sea kayaking session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in a sea kayaking activity in moderate to difficult conditions.

Application of the Unit

This unit applies to those working as sea kayaking instructors who are responsible for planning, implementing and evaluating instructional sessions for groups of participants in moderate to difficult sea conditions.

This may include those working for private outdoor adventure companies, volunteer organisations, 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.

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|---|--|
| 1. Plan a sea kayaking session. | <ul style="list-style-type: none"> 1.1. Establish participant's needs and <i>characteristics</i>. 1.2. Assess participant's current sea kayaking knowledge and skills in order to determine the <i>session's aims and objectives</i>. 1.3. Determine an appropriate <i>instructional plan</i> according to participant's needs and characteristics. 1.4. Develop a <i>sea kayaking plan</i> according to participant's needs and characteristics, <i>relevant legislation</i> and <i>organisational policies and procedures</i>. 1.5. Identify potential <i>hazards</i> associated with sea kayaking in <i>moderate to difficult conditions</i> and manage <i>risks</i>, according to organisational policies and procedures, to ensure safety of participants. 1.6. Access <i>relevant sources</i> to interpret detailed <i>weather and environmental information</i> and determine <i>contingency plans</i>. |
| 2. Select and organise equipment and resources. | <ul style="list-style-type: none"> 2.1. Select and access <i>equipment</i> and <i>resources</i>, according to <i>contextual issues</i> and organisational policies and procedures, and check working condition. 2.2. Check equipment for safety and suitability, according to relevant legislation and manufacturer's recommendations, and adjust and fit to ensure personal comfort. 2.3. Check contents of first aid and repair kits to ensure suitability to the location and activity. |
| 3. Brief participants. | <ul style="list-style-type: none"> 3.1. Communicate instructions and <i>relevant information</i> about the sea kayaking session in a manner appropriate to the participants. 3.2. Encourage participants to seek clarification, information and feedback as required during the |

ELEMENT	PERFORMANCE CRITERIA
4. Instruct a sea kayaking session.	<p>session.</p> <p>3.3. Establish a suitable communication system for participants to use while sea kayaking.</p> <p>3.4. Inform participants of known and anticipated hazards, <i>safety procedures</i> and appropriate behaviour.</p> <p>3.5. Check and confirm that all participant equipment is fitted and adjusted.</p> <p>4.1. Conduct introductory activities for participants to reduce the risk of injury.</p> <p>4.2. Apply clear and accurate <i>instructional techniques</i> to impart <i>activity specific knowledge, sea kayaking skills</i> and <i>safety and rescue procedures</i>.</p> <p>4.3. Inform participants of opportunities to further develop their sea kayaking skills and knowledge.</p>
5. Complete post session responsibilities.	<p>5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.</p> <p>5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.</p> <p>5.3. Evaluate <i>relevant aspects</i> of sea kayaking session and determine the level of learning achieved.</p> <p>5.4. Identify potential areas of improvement for future sea kayaking instructional sessions.</p>

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan a sea kayaking session that meets their needs
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive sea kayaking environment
- problem-solving skills to:
 - plan a sea kayaking session according to participant's needs and characteristics
 - observe and correct sea kayaking technique faults
 - anticipate and respond to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and suitable sea conditions
 - monitor and evaluate progress
 - organise participants into manageable groups for sea kayaking
- language and literacy skills to:
 - produce sea kayaking and instructional plans for the sea kayaking session
 - complete post session participant and self evaluations
- numeracy skills to:
 - read and interpret information on a sea chart
 - calculate times and distances for the legs of a sea kayaking trip
- effective and efficient personal sea kayaking skills in difficult conditions to demonstrate and explain canoeing techniques to participants
- first aid and emergency response skills appropriate to the location to enable initial response and or rescue in emergencies whilst instructing sea kayaking in moderate to difficult conditions.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of sea kayaking sessions
- information about location to assist in the planning process and enable management of potential sea kayaking hazards, and any special restrictions applying to the location
- sea and weather reading and assessment, including the effect of tide, current, wind and local conditions on the sea kayaking activity
- equipment types, characteristics and technology used for sea kayaking in moderate to difficult conditions, the advantages and disadvantages of the range of equipment, and factors affecting appropriate selection of equipment
- clothing and footwear requirements for sea kayaking to ensure comfort and safety
- care and maintenance of sea kayaking equipment to ensure prolonged life span and

safety requirements

- instruction techniques and theories applicable to a range of ages and learning abilities
- sea kayaking techniques and common communication systems used between sea craft to reduce risk during sea kayaking
- technical sea kayaking knowledge such as paddling, capsizing and rolling techniques used in moderate to difficult sea conditions
- reading and assessment of the weather and sea conditions to understand the dynamics and effect of the tide, current and wind conditions
- swimming techniques to swim out of trouble and manoeuvre sea kayak while in water
- communication systems and signals used in sea kayaking
- navigation techniques to determine location and direction
- weather and environmental information to ascertain possible conditions and their effect on the session
- risks commonly associated with sea kayaking in moderate to difficult conditions, and ways to manage them
- emergency response and rescue procedures appropriate for sea kayaking, 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:

- plans and delivers information, explanations and demonstrations for sea kayaking session to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve sea kayaking performance in moderate to difficult conditions
- applies and modifies instructional techniques and or activities to cater for a range of individual learning styles
- evaluates and reflects on own instructional performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure instruction of sea kayaking activities that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information regarding participants and location to plan, instruct and document sea kayaking sessions
- a location with moderate to difficult sea conditions suitable for the conduct of instructional sessions
- a group of participants to take part in the sea kayaking session
- sea kayaking, navigation, communication, safety, first aid and teaching 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:

- observation of planning processes, such as consulting with participants to determine their needs and characteristics
- oral or written questioning to assess knowledge and

application of relevant legislation and organisational policies and procedures to enable safe conduct of all sea kayaking activities during the session

- observation of safe sea kayaking instruction, monitoring and adjustment according to participant's needs and characteristics
- portfolio of sea kayaking session plans
- 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:

- SISOOPS303A Interpret weather for marine environments.

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.

Characteristics may include:

- age
- cultural and situational factors
- previous experience and knowledge
- physical development
- injuries and illnesses.

Session's aims and objectives may include:

- developing sea kayaking skills
- education
- development
- therapy
- fitness targets
- recreation.

Instructional plan may include:

- sea kayaking activities and drills
- duration of activities and drills.

Sea kayaking plan may include:

- aims and objectives
- date, time and duration
- location, equipment and resources
- instructor to participant ratios
- safety requirements
- risk management plan.

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
- time and budget constraints
- use and maintenance of equipment
- communication protocols
- confidentiality of participant information
- instructor to participant ratios
- code of ethics.

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.
- Moderate to difficult conditions*** may include:
- Areas of exposed coastline with currents, difficult landings, or open crossings
 - open crossings with wind speeds of 17-21 knots
 - wave heights of at least 1.0metre
 - surf up to 2.0metres
 - Distances beyond 4 nautical miles from the nearest shore.
- Risks*** may include:
- hypothermia
 - heat exhaustion
 - injuries
 - exhaustion
 - lost party or party member
 - equipment failure.
- 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.
- Contingency plans*** may include:
- alternate routes, exit points
 - spare equipment in case of delay, loss, illness, injury or damage.
- 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.
- Resources** may include:
- teaching aids
 - examples of equipment
 - navigation equipment and documentation.
- Contextual issues** may include:
- weather conditions, including tides
 - season
 - transport
 - location
 - trip distance and duration
 - group objectives
 - group size.
- Relevant information** may include:
- hazard identification and risk management
 - sea kayaking techniques
 - safety procedures
 - responsible and safe behaviour
 - local facilities.
- Safety procedures** may include:
- group launch and land
 - group movement and spacing
 - group signals (emergency actions)
 - capsize procedures
 - use of safety and rescue equipment
 - foreseeable hazards and their associated risks and management techniques
 - communication systems.
- Instructional techniques** may include:
- part to whole
 - sequential
 - known to unknown
 - D.E.D.I.C.T
 - demonstrate
 - explain
 - demonstrate
 - instruct
 - critique
 - test
 - E.D.I.C.T
 - explain
 - demonstrate

- instruct
 - critique
 - test
 - I.D.E.A
 - introduce
 - demonstrate
 - explain
 - apply
 - orientate, enhance, synthesise
- Activity specific knowledge*** may include:
- posture and injury prevention
 - sea kayaking equipment
 - sea kayaking skills and techniques
 - sea kayak navigation
 - sea kayak rescue
 - sea features and conditions
 - weather understanding
 - minimal impact practices
 - risk management
 - communication systems used in sea kayaking.
- Sea kayaking skills*** may include:
- stroke techniques
 - directing and manoeuvring a sea kayak in a controlled manner
 - capsizing and rolling procedures.
- Safety and rescue procedures*** may include:
- emergency response procedures
 - group management in emergency situations
- 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