



Australian Government

Department of Education, Employment and Workplace Relations

SISOSKT411A Instruct cross country skiing

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to instruct cross country skiing skills. This unit focuses on planning, instructing and evaluating an instructional cross country skiing session to enable participants to achieve the skills and knowledge required to participate independently, or with minimal supervision, in an intermediate or advanced cross country skiing activity.

Application of the Unit

This unit applies to those working as cross country ski instructors who are responsible for planning, implementing and evaluating instructional sessions for groups of participants on intermediate or advanced terrain at snowsport areas, lodges and or resorts.

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 ski camps and holiday 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 a cross country skiing session.

- 1.1. Establish participant's needs and *characteristics*.
- 1.2. Assess participant's current cross country skiing knowledge in order to determine the *session's aims and objectives*.
- 1.3. Determine an *instructional plan* according to participant's needs and characteristics.
- 1.4. Develop a *cross country skiing plan* according to participant's needs and characteristics, *relevant legislation* and *organisational policies and procedures*.
- 1.5. Identify potential *hazards* associated with cross country skiing on *intermediate or advanced terrain* and minimise *risks* according to organisational policies and procedures.
- 1.6. Access *relevant sources* to interpret detailed *weather and information* and determine *contingency plans*.

2. Select and organise equipment and resources.

- 2.1. Select and access *equipment* and *resources* according to *contextual issues* and organisational policies and procedures, and check serviceability.
- 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.

- 3.1. Communicate instructions and *relevant information* about the cross country skiing session in a manner appropriate to the participants.
- 3.2. Encourage participants to seek clarification, information and feedback as required during the session.

ELEMENT**PERFORMANCE CRITERIA**

- 3.3. Establish a suitable communication system for participants to use while cross country skiing.
 - 3.4. Inform participants of known and anticipated hazards, safety procedures and appropriate behaviour.
 - 3.5. Check and confirm participants are properly equipped for the session.
4. Instruct a cross country skiing session.
 - 4.1. Conduct introductory activities for participants, to reduce the risk of injury.
 - 4.2. Demonstrate procedures for dealing with emergency and non-routine situations according to organisational policies and procedures.
 - 4.3. Apply *instructional techniques* to impart *required knowledge, cross country skiing skills and safety and rescue procedures*.
 - 4.4. Monitor individual participant's performance during session and adjust or refine individual and or group technique as required.
 - 4.5. Inform participants of opportunities to further develop their cross country skiing skills and knowledge.
5. Complete post session responsibilities.
 - 5.1. Retrieve, inspect, repair and store equipment according to organisational policies and procedures.
 - 5.2. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
 - 5.3. Evaluate *relevant aspects* of the cross country skiing session, and determine the level of learning achieved.
 - 5.4. Identify potential areas of improvement for future cross country skiing instructional sessions.

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 cross country skiing session that meets their needs
 - convey information about the safety aspects of the session
 - interact with participants to create a safe and positive environment
- problem-solving skills to:
 - plan a cross country skiing session according to participant's needs and characteristics
 - address participant difficulties in developing cross country skiing techniques
 - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate progress
 - organise participants into manageable groups for the session
- language and literacy skills to:
 - produce cross country skiing and instructional plans for the session
 - complete post-session participant and self evaluations
- personal cross country skiing skills to a high level of technical correctness to demonstrate and explain techniques to participants
- first aid and emergency response skills appropriate to the location to enable initial response and or rescue in emergencies.

Required knowledge

- legislation and organisational policies and procedures to enable safe conduct of cross country skiing sessions
- site specific information to assist in the planning process and enable management of potential hazards and any special restrictions applying to the site
- equipment types, characteristics and technology used for cross country skiing, the advantages and disadvantages, and factors affecting appropriate selection of equipment
- clothing and footwear requirements, including care and maintenance, for cross country skiing activities to ensure comfort and safety
- instruction techniques and theories applicable to a range of ages and learning abilities
- cross country skiing techniques and common communication methods and calls used between skiers to reduce risk
- technical cross country skiing knowledge, such as techniques and procedures to suit the terrain

- weather and environmental information to ascertain possible conditions and their affect on the session
- hazards commonly experienced in intermediate and or advanced terrain
- emergency procedures, potential hazards and obstacles relevant to the location to ensure safety of self and others.

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 cross country skiing 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 performance as required
- evaluates and reflects on own instruction performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure instruction of cross country skiing activities at suitable locations appropriate to the needs and characteristics of a range of participants to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a suitable snowsport location with intermediate or advanced terrain
- participants to take part in the cross country skiing session
- cross country skiing, rescue, safety, first aid and teaching equipment
- resources and information regarding participants and location to plan, instruct and document cross country skiing sessions for a variety of participants.

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 and application of legislation and organisational policies and procedures to enable safe conduct of all cross country skiing activities during the session
- observation of safe cross country skiing instruction, monitoring and adjustment according to participant's needs and characteristics
- review of portfolio of cross country skiing and

instructional 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:

- SISOSKT406A Demonstrate advanced cross country skiing skills.

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.

Session's aims and objectives may include:

- developing cross country skiing skills
- education
- development
- therapy
- fitness targets
- recreation.

Instructional plan may include:

- cross country skiing activities and drills
- duration of activities and drills.

Cross country skiing plan may include:

- aims and objectives
- date, time and duration
- location, equipment and resources
- safety requirements.

Relevant legislation may include:

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

Organisational policies and procedures may include:

- occupational health and safety
- assessment procedures
- time and budget constraints
- communication protocols
- confidentiality of participant information
- code of ethics
- snowsport area signs and regulations
- Alpine Responsibility Code.

Hazards may include:

- temperature extremes
- slippery or unstable terrain
- dangerous animals and insects
- stinging trees and nettles
- dense vegetation
- group management hazards.

Intermediate or advanced terrain

- intermediate terrain:

may include:

- gentle and moderate slopes on groomed trails
- advanced terrain:
 - moderate to steep slopes
 - full range of snow conditions.

Risks may include:

- hypothermia
- heat exhaustion
- injuries
- exhaustion
- lost party or party member
- equipment and course 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
- event warnings
- river levels
- synoptic charts
- high and low tide predictions.

Contingency plans may include:

- change in weather or conditions
- equipment failure
- emergency situation.

Equipment may include:

- cross country skiing equipment
- rescue equipment
- safety and first aid equipment.

Resources may include:

- food and water
- clothing and footwear
- teaching aids
- lift pass
- map.

Contextual issues may include:

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

Relevant information may include:

- group size.
- safety procedures
- risk and hazard prevention and management
- cross country skiing techniques
- responsible and safe behaviour.

Instructional techniques may include:

- simple to complex
- part to whole
- chronological
- 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

Required knowledge may include:

- cross country skiing skills and techniques
- minimal impact practices
- risk and hazard management
- communication systems.

Cross country skiing skills may include:

- intermediate cross country skiing skills:
 - diagonal striding in open terrain
 - free skating
 - downhill traversing
 - step turns
 - basic stem turning
 - Telemark straight running
 - kick turns
 - side slipping

- advanced cross country skiing skills:
 - two skating
 - one skating
 - linked stem turning
 - linked Telemark turning
 - linked parallel turning
 - Telemark straight running
 - self arrest.

Safety and rescue procedures may include:

- emergency response procedures
- group management in emergency situations
- symptoms, treatment and prevention of common risks.

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

Skiing - Ski Touring