



## COURSE AND ASSESSMENT OUTLINE

### SIS20419 CERTIFICATE II IN OUTDOOR RECREATION

This qualification is delivered via a blended model that includes learning in a classroom-based environment by qualified trainer/assessors, Self-Study and Work Placement.

The course is delivered unit by unit in the order outlined below. The first session of the training program focuses on inducting the student into the RTO and training program. The trainer provides each student with a training plan and takes their time to explain each of the Blocks, the units of competency and the training to be conducted during the program. The training program is delivered with a blend of verbal instruction, Power Point presentation, demonstration, instructions and practical tasks.

| Year | Term | Week | Unit Code | Unit Title  | Topic   | Assessment & Activities                                 |
|------|------|------|-----------|---|---|---|
| 1    | 1    | 1-10 | HLTWHS001 | <b>Participate in workplace health and safety</b> | Occupation Health and Safety<br>Complete power points 1-23<br><br>Occupation Health and Safety<br>Complete power points 24-46<br><br>Occupation Health and Safety<br>Complete power points 47-67<br><br>Occupation Health and Safety<br>Exercise potential risks<br><br>Occ Health and safety assignment Written answers<br><br>Occ Health and safety assignment Generic smart move certificate<br><br>Occ Health and safety assignment Hazards checklist | Oral/written responses<br><br>Observation/demonstration |



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|   |     |      |            |   |   |   |
|---|-----|------|------------|---|---|---|
|   |     |      |            |   | Boatshed induction and safety brief   |   |
| 1 | 2/3 | 1-10 | SISOFLD001 | <b>Assist in conducting recreation sessions</b> | Assist in Conducting Coaching styles<br><br>Skill development practical lesson<br>Structure of coaching sessions<br><br>Warm ups<br>Practical lesson<br>Cool downs Practical lessons<br>Students to conduct drill with class<br><br>Styles of coaching<br><br>Attributes of a good coach<br><br>Code of conduct, discrimination, duty of care<br><br>Students to conduct drill with class | Oral/written responses<br><br>Observation/demonstration |



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|---|-----|------|------------|---|---|--|
|   |     |      |            |   | <p>Lesson planning- complete doc 1 and 2 in assignment</p> <p>Potential hazards, structure of coaching session, safety standards, motivational techniques</p> <p>Lesson planning- complete doc 1 and 2 in assignment<br/>         Conduct lesson 1 with lower school students</p> <p>Conduct lesson 2 with lower school students</p> <p>Revise and evaluate lessons</p> |  |
| 1 | 3/4 | 1-10 | SISOABS001 | <b>Abseil single pitches using fundamental skills</b> | <p>Roping<br/>         Knots</p> <p>Roping<br/>         Safety</p> <p>Roping<br/>         Equipment safety checks</p> <p>Roping<br/>         Safety equipment<br/>         Prusiking</p> <p>Roping</p>  | <p>Oral/written responses</p> <p>Observation/demonstration</p> |



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|  |  |  |  |  | <p>Z-pulleys</p> <p>Roping<br/>         Abseil technique. Stairs activity</p> <p>Roping<br/>         Abseil Technique<br/>         Abseiling<br/>         Bottom belay</p> <p>Roping<br/>         Anchors</p> <p>Roping Theory assignment</p> <p>Roping<br/>         Week 3 continued</p> <p>Roping<br/>         Top belay</p> <p>Roping Theory assignment</p> <p>Roping<br/>         Climbing<br/>         Gri Gri Belay</p> |  |
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|   |     |      |            |   | <p>Roping<br/> Climbing Gri Gri<br/> Belay</p> <p>Roping Theory assignment</p> <p>Roping Practical<br/> Assessment</p> |  |
| 1 | 1/2 | 1-10 | SISOSNK001 | <p><b>Snorkel</b></p> <p>Snorkelling<br/> Maintenance and selection of snorkelling equipment<br/> Buddy system checks<br/> Hypothermia, hyperthermia, hyperventilation,<br/> effects of pressure and temp</p> <p>Snorkelling<br/> Selection of snorkelling sites and hazard<br/> identification<br/> Exits and entries Underwater and surface swimming<br/> First Aid scenarios</p> <p>Snorkelling Partner Tows and rescues<br/> Duck dives<br/> Clearing mask<br/> First Aid scenarios</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p>   |  |



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|   |   |      |           | <p>Snorkelling<br/>Cramp release Equalising ears<br/>First Aid scenarios</p> <p>Snorkelling<br/>Site exploration and skills revision<br/>First Aid scenarios</p> <p>Snorkelling<br/>Theory Assignment</p> <p>Snorkelling<br/>Skills testing</p> <p>Snorkelling Camp 3 day camp at Rottnest<br/>Assessment on Camp</p>  |  |
| 1 | 1 | 1-10 | HLTAID003 | <p><b>Provide first aid</b></p> <p>First Aid- scene assessment, barrier use, chain of survival, Good Samaritan principles</p> <p>First Aid- Documentation, signed and explained, primary care, DRSABCD</p> <p>First Aid- CPR, rescue breathing, compressions etc, heart attacks, cardiac arrest strokes</p> <p>First Aid- Defibrillation, choke management</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p> |



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|  |  |  |  | <p>First Aid- serious bleeding, shock management First Aid- spinal injury management, emergency oxygen use</p> <p>First Aid- asthma, anaphylaxis, eye wounds</p> <p>First Aid- illness assessment, broken bones, fractures</p> <p>First Aid- stings, bites</p> <p>First Aid- hypothermia, epilepsy, heat stroke,</p> <p>First Aid - scenario collapsed family member, down in public</p> <p>First Aid- scenario recreational accident, multi person accident, secondary care- fallen friend</p> <p>First Aid – injury report and AQTF questionnaire First Aid- theory assessment</p> <p>First Aid Practical Assessment First Aid Practical Assessment</p> |  |
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| 2 | 3 | 1-10 | SISOFLD002 | <p><b>Minimise environmental impact</b></p> | <p>Minimal impact plans, practices and codes for the specific outdoor recreation activity.</p> <p>Excursion plans/policy to Identify potential environmental impacts caused by activity and identify specific causes. Potential impacts.<br/>           Methods to minimize impact<br/>           Cultural and heritage sites</p> <p>Swan/Canning river<br/>           Evaluation sheet to be completed of environmental impact of activity</p> <p>Environmental checklist<br/>           Use of equipment for activity<br/>           Permits/permissions<br/>           Reporting inappropriate practices</p> <p>Behaviour toward the environment flora and fauna when interacting with participants.</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p> |
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|---|---|------|------------|---|--|--|
| 2 | 3 | 1-10 | SISXIND002 | <p><b>Maintain sport, fitness and recreation industry knowledge</b></p> | <p>Update and apply structural and operational knowledge<br/> Sources of information<br/> Accessing industry information<br/> Economic and social significance of industry</p> <p>Update and apply structural and operational knowledge<br/> Role of volunteers<br/> Using information in day to day work activities</p> <p>Update and apply legal and ethical information<br/> Legal issues that impact work role<br/> Conducting work tasks legally and ethically.<br/> Client focussed approach according to community development philosophies and principles</p> <p>Update and apply information on technology<br/> Source current technologies and their effect<br/> Use technologies in day to day work activities</p> <p>Update and apply knowledge<br/> Identify how to update industry knowledge<br/> Share information with colleagues</p> <p>AIS Coaching Qualification online</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p> |
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|---|---|------|------------|---|--|--|
|   |   |      |            |   | <p>Task 1 Theory assignment</p> <p>Web Search</p> <p>Scenarios</p> <p>Updating your currency</p>                     |  |
| 2 | 1 | 1-10 | SISOCNE001 | <p><b>Paddle a craft using fundamental skills</b></p> <p>Champion Lakes<br/>           How to launch canoe<br/>           How to get in/out of canoe<br/>           Basic Canoe strokes</p> <p>Champion Lakes<br/>           Practice Basic and Advanced strokes. Review Launching and disembarking canoe.<br/>           Canoeing Games</p> <p>Champion Lakes<br/>           Demonstration of canoeing strokes,<br/>           Controlling and manoeuvring canoe<br/>           Canoeing Games</p> | <p>How to attach canoe trailer.<br/>           How to lift canoe on/off trailer.<br/>           Anatomy of canoe</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p> |



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|   |   |      |            |   | <p>Champion Lakes<br/>         Capsize Drills<br/>         Canning River<br/>         Students to assist and conduct a canoeing session.</p> <p>Swan River<br/>         Planning for canoeing, weather &amp; hazards</p> <p>Swan River<br/>         Review loading/unloading canoes,<br/>         embarking/d disembarking, launching canoes and all strokes</p> |  |
| 2 | 2 | 1-10 | SISOCYT001 | <b>Set up, maintain and repair bicycles</b> | <p>Anatomy of a Mountain Bike</p> <p>Bike Set-Up</p> <p>Brakes, Gears</p> <p>Bike Maintenance<br/>         Changing tube</p> <p>cleaning bike</p> <p>cleaning/degreasing chain</p>   | <p>Oral/written responses</p> <p>Observation/demonstration</p> |



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| 2 | 2 | 1-10 | SISOCYT002 | <b>Ride bicycles on roads and pathways, easy conditions</b> | <p>Ride Local Bike Paths</p> <p>Ride Roe Hwy Cycle Path</p> <p>Review Bike set up, and maintenance</p> <p>Ride Roe Hwy Cycle Paths</p> <p>Riding control, cornering, emergency braking</p> <p>Attack position or Neutral Body position</p>  | <p>Oral/written responses</p> <p>Observation/demonstration</p> |
| 2 | 2 | 1-10 | SISOCYT004 | <b>Ride off road bicycles on easy trails</b>                | <p>Bull Creek BMX Track</p> <p>Downhill/Uphill Riding techniques</p> <p>Pumping technique</p> <p>Camel Farm Kalamunda</p> <p>Cornering techniques</p> <p>Bunny hopping logs</p> <p>Camel Farm Kalamunda</p> <p>Assessment of Students MTB skills</p> <p>Kalamunda MTB trails</p> <p>Review downhill/uphill riding techniques, balancing &amp; cornering.</p> <p>MTB Camp Dwellingup</p> | <p>Oral/written responses</p> <p>Observation/demonstration</p> |



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|  |  |  |  | Marrinup Camp Site |  |
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