

SIS40313 Certificate IV in Outdoor Recreation Alpine Bushwalking and Ski Touring

DESCRIPTION

This course is for people working in or wanting to work in the Ski Guiding/Touring Industry.

It is designed to give the participants opportunities to develop their skiing, navigation, snow shoe, camp craft and survival skills in steep and difficult terrain,

The Certificate IV in Outdoor Recreation is designed to reflect the role of those who operate within a broad range of varied contexts that may be complex and non-routine. Leadership and guidance are involved when organising activities of self and others, as well as contributing to technical solutions of a non-routine or contingency nature.

LENGTH OF COURSE

The course is delivered over a period of 8 weeks on a full time basis.

COURSE DATES

Information and enrolment session Sunday 15 April 2018

Practical Instructional sessions

Alpine Bushwalking	29 June – 5 July
Cross country Skiing (choose 1 block)	7 July – 15 July or 17 July – 25 July
Intro AT day	27 July
Avalanche Awareness	28 – 29 July
Alpine Touring	1 – 13 August
Wilderness First Aid	Check www.5startraining.com.au

WHAT WILL YOU LEARN?

You will learn the skills and have the knowledge for:

Guiding outdoor recreation activities in an uncontrolled environment

It requires technical knowledge of the outdoor recreation activity to be transferred to allow individuals to safely participate in the outdoor activity. It does not provide the skills and knowledge to impart the required level of technical knowledge and expertise to allow participants to independently undertake outdoor recreation activities.

A guide operating in an uncontrolled environment has the skills, knowledge and experience that enable them to work independently within a variety of settings and contexts that may be complex and non-routine.

Instructing outdoor recreation skills

An instructor has the skills, knowledge and experience to facilitate skill transfer or development to clients in order that they may participate independently (or with minimal supervision) in outdoor activities. This requires the instructor to be able to:

- transfer required technical skills and knowledge to participants
- apply a variety of appropriate instructional strategies
- critique participants technique
- assess participants skill and knowledge acquisition during and at the end of a program

In all cases those with this qualification would be managing expected and unexpected situations with considerable autonomy. Leadership, guidance and supervision are involved when organising activities of self and others, as well as contributing to technical solutions of a non-routine or contingency nature.

ACCREDITATION

SIS40313 Certificate IV in Outdoor Recreation. The qualification is taken from the SIS10 - Sport, Fitness and Recreation Training Package (Release 3.0) and is recognized nationwide

Program Content

The training program covers 31 units of competency taken from the training package. There are 15 core units and 16 electives.

Core units

BSBWOR404B	Develop work priorities
HLTAID003	Provide first aid
SISOODR302A	Plan outdoor recreation activities
SISOODR404A	Manage risk in an outdoor activity
SISOODR405A	Develop and coordinate programs incorporating outdoor activities
SISOOPS306A	Interpret weather conditions in the field
SISOOPS407A	Apply search and rescue skills
SIXCCS404A	Address client needs
SIXEMR201A	Respond to emergency situations
SIXXIND404A	Promote compliance with laws and legal principles
SIXXIND405A	Conduct projects
SIXXOHS402A	Implement and monitor occupational health and safety policies
SIXXRES402A	Supplement implementation of environmental management practices
SIXXRES403A	Use resources efficiently
TAEDEL301A	Provide work skill instruction

Elective Units

Group AY - Skiing - Ski Touring - Guide - Overnight

SISONAV403A	Navigate in uncontrolled environments
SISOOPS202A	Use and maintain a temporary or overnight site
SISOSKT407A	Overnight ski tour in difficult terrain using advanced ski touring skills
SISOSKT408A	Apply snow craft skills for overnight touring
SISOSKT409A	Apply intermediate cross country skiing skills
SISOSKT410A	Guide overnight ski tours

Group AW - Skiing - Downhill - Instruct

SISOSKI402A	Alpine ski downhill on intermediate terrain
SISOSKI403A	Alpine ski downhill on advanced terrain
SISOSKI404A	Alpine ski downhill off-piste
SISOSKI405A	Alpine free ski on all terrain
SISOSKI408A	Instruct alpine skiing skills

General Electives

SISOBWG507A	Apply advanced bushwalking skills in alpine areas
SISOBWG406A	Apply bush walking skills in uncontrolled landscapes
SISOOPS305A	Provide first aid in a remote location
MEM50008B	Carry out trip preparation and planning
HLTAID001	Perform Cardio Pulmonary Resuscitation

ELIGIBILITY/ENTRY REQUIREMENTS

Please Note - this is **not** an entry level course. Candidates must have already completed a Certificate III in Outdoor Recreation or be able to demonstrate equivalent industry experience to be eligible to undertake the course.

In particular you **must have skiing ability as a minimum of intermediate level**.

Examples of sufficient relevant skills and knowledge for entry into the qualification must include:

- Previous qualification at the AQF level below or
- Previous experience in the outdoor recreation industry and interest in outdoor pursuits

Entry into this qualification and progression between qualification levels will be based on our professional judgement in consultation with the individual.

Physical requirements

You will also be exposed to cliff environments and be required to undertake a range of bushwalks and ski touring in difficult and advanced terrain. You will be required to carry backpacks with equipment weighing up to 25kg. You are required to camp and sleep outdoor in tents in cold environments for most of the course. It is desirable that participants have the physical attributes to participate in adventurous physical activities.

COURSE FEES:

The maximum fee will be \$2700 (your fee may be less depending on your individual circumstances for example if you receive recognition of prior learning your fee will be reduced – the amount depends on how much RPL you are granted or if you are in receipt of a Centrelink benefit your fee may be reduced to \$240)

You will be provided with an invoice and payment plan options after a commitment ID has been created through Smart and Skilled

Check your eligibility - Are you:

- 15 years old or over?
- no longer at school?
- living or working in NSW?
- an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand citizen?
- Previous CIII Outdoor Recreation or equivalent?

If you answered 'Yes' to all questions, then you're eligible to enrol in this government-subsidised course.

ADDITIONAL COSTS

- You will be required to arrange your own transport into the National Park (Annual Pass about \$240)
- Ski equipment (if renting about \$600)
- Food and snacks for duration of program

REFUNDS

Fee paying students are eligible for refunds in certain cases. For more details, refer to.

<http://5startraining.com.au/wp-content/uploads/2015/04/Preenrolinfo-April-2015.pdf>

WORKPLACEMENT

In order to gain this qualification you will be required to gain additional experience in an outdoor recreation setting. The volume of work experience will depend on your previous experience and qualifications.. We assist you find providers that are willing to accept students on work placement

WORKING WITH CHILDREN

Prior to assessments and/or work placement you will be required to apply for a working with children check. More information regarding this will be supplied at the information session.

HOW TO ENROL

Complete the enrolment form online which can be found at www.5startraining.com.au
For any questions about enrolment please contact the office on 02 47222471 or email info@5startraining.com.au for more information

PREVIOUS STUDIES RECOGNITION

Do you already have a qualification, statement of attainment for units completed at another registered training organization? National recognition is about recognizing them.

Any requests for recognition of prior learning will be considered by 5 Star Training & Consulting. Please contact the office on 02 47222471 or email info@5startraining.com.au or speak with your instructor for more information.

EXIT POINTS

There are no early exit points for this course of study.

RESOURCES

Students are issued with course learning materials, workbooks and handouts relevant to each unit.

CAREER PATHWAYS

The following are indicative job roles for this qualification:

- alpine guide
- outdoor instructor.

SUPPORT SERVICES

We can provide assistance for Language, Literacy and Numeracy. If feel as though you may need help with your studies please contact administration on 02 47222471 or info@5startraining.com.au prior to starting the course.

STUDENT RIGHTS AND RESPONSIBILITIES

Please refer to the pre enrolment information for new students for detailed information. This can be found at www.5startraining.com.au

COURSE VENUES

There are various venues for this course which is predominantly based in the Blue Mountains National Park and Kosciuszko National Park

RECOMMENDED

That students have NSW Ambulance Insurance (about \$50 per year through HCF)

EQUIPMENT REQUIREMENTS

You will be required to provide the following for your training

- Jacket with hood (wind & waterproof, Gortex or similar)
- Overpants (wind & waterproof, full side zips recommended)
- Underwear
- Ski/Hiking Socks (2 pairs)
- Polypropylene/woolen long johns
- Polypropylene/woolen Thermal top x 2 (long sleeved, zip neck recommended)
- Ski pants (mid wear fleece pants / ski trousers nylon, lycra, kinetex)
- Mid wear top (polar fleece 100 weight) or wool shirt
- Fleece jacket or light down jacket
- Sunhat /cap
- Fleece/wool hat and neck muff or balaclava
- Polypropylene liner gloves
- Gloves wool or synthetic
- Mountain / ski gloves or mitts (wind & waterproof)
- Bivi boots (optional)
- Pack (large internal frame model approx 60 -75 litres capacity)
- Sleeping bag (down or synthetic, 4 season/snow)
- Sleeping mat (closed cell foam and/or self inflating mat)
- Water Capacity minimum 2 litres
- Eating utensils (Bowl, mug and knife, fork and spoon)
- Headlamp (with spare batteries and bulb)
- Sunglasses (suitable for snow use)
- snow goggles
- Sunscreen and lip salve (high protection rating)
- Compass & map case
- Notebook and pen
- Whistle
- Multi tool or pocket knife
- Personal first aid kit include blister tape and any personal medication required
- Personal Toiletries (toothbrush, etc)
- Toileting system eg. Poo tube/bag, and paper bags to fit, toilet paper.
- Sit mat – small closed cell foam mat for sitting on snow.
- 3-4 Season tent and snow pegs

5 Star Training will provide for each group

- Satellite communications, EPIRBS, GPS, handheld radios, repair kit
- Snow shovel
- Repair kit (ski repair kit)
- Group First aid kit

Prior to purchasing any equipment please check with your instructor

FOR MORE INFORMATION CONTACT

T. 02 47222471

E. info@5startraining.com.au

W. www.5startraining.com.au

Certificate IV in Outdoor Recreation – Alpine Guide - Proposed Timetable – Version 7 March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 June	25 June	26 June	27 June	28 June	29 June	30 June
					Bushwalk Prep	Bushwalk Prep
1 July	2 July	3 July	4 July	5 July	6 July	7 July
Snow Shoe Walk	Snow Shoe Walk	Snow Shoe Walk	Snow Shoe Walk	Snow Shoe Walk		Intro XC Ski
8 July	9 July	10 July	11 July	12 July	13 July	14 July
XC Ski 1	XC Ski 1	XC Ski 1	XC Ski 1	XC Ski 1	XC Ski 1	XC Ski 1
15 July	16 July	17 July	18 July	19 July	20 July	21 July
XC Ski 1		Intro XC Ski 2	XC Ski 2	XC Ski 2	XC Ski 2	XC Ski 2
22 July	23 July	24 July	25 July	26 July	27 July	28 July
XC Ski 2	XC Ski 2	XC Ski 2	XC Ski 2		Intro AT day	Avalanche 1
29 July	30 July	31 July	1 August	2 August	3 August	4 August
Avalanche 2			AT Ski	AT Ski	AT Ski	AT Ski
5 August	6 August	7 August	8 August	9 August	10 August	11 August
AT Ski	AT Ski	AT Ski	AT Ski	AT Ski	AT Ski	AT Ski
12 August	13 August	14 August	15 August	16 August	17 August	18 August
AT Ski	AT Ski					

Bushwalk Prep – a two day planning session for Alpine Bushwalking – you will be making group decisions regarding, logistics, meal planning, weather interpretation, route planning

Snow Shoe Walk – a 5 day snowshoe bushwalk focusing on Navigation, Camp Craft and Self Management in Alpine conditions – Kosciuszko National Park

Intro XC Ski – a day focusing on correct use of equipment and mobility skills for cross country skiing – meeting at NPWS building Perisher at 9am

XC Ski 1 – an 8 day camp focusing skiing skills, snowcraft, camp management, leadership and decision making, ski touring, emergency rescue and repair.

XC Ski 2 – as above – note (you only need to do XC Ski 1 or 2)

Intro AT Ski – an orientation day to skiing and mobility on Alpine Touring gear.

Avalanche 1 & 2 – An avalanche awareness program focusing on safe back country travel, snow pack analysis, avalanche rescue techniques using beacons and probes.

AT Ski – A 14 day block focusing advanced skiing skills, planning ski tours, snowcraft, camp management, leadership and decision making, ski touring, emergency rescue and repair, risk management and group management.

WFA – a three day wilderness first aid course. – book your course contact info@5startraining.com.au