

# SIS40313 Certificate IV in Outdoor Recreation Alpine Bushwalking and Ski Touring

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Version 25 March 2019.

## 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 14 weeks (which includes preparation and theory – 10 weeks and a 4 week practical block.)

## COURSE DATES

**Information, enrolment and theory session Monday 22 April 2019 (attendance required)**

**Preparation, planning & project 18 – 23 June 2019 (project – no attendance required)**

### Practical Instructional sessions

Equipment & fitting	30 June (Rhythm Sports Cooma)
Alpine Bushwalking	1 – 6 July
Cross country Skiing	8 July – 11 July,
Alpine Touring	13 – 26 July
Wilderness First Aid	Check <a href="http://www.5startraining.com.au">www.5startraining.com.au</a>

## WHAT WILL YOU LEARN?

You will learn the skills and have the knowledge for:

### Guiding outdoor recreation activities in an uncontrolled environment

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

## **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.

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.

## 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

Unit Number	Unit Name (nominal hours)
BSBWOR404B	Develop work priorities (40)
HLTAID003	Provide first aid (18)
SISOODR302A	Plan outdoor recreation activities (35)
SISOODR404A	Manage risk in an outdoor activity (25)
SISOODR405A	Develop and coordinate programs incorporating outdoor activities (15)
SISOOPS306A	Interpret weather conditions in the field (20)
SISOOPS407A	Apply search and rescue skills (25)
SISXCCS404A	Address client needs (10)
SISXEMR201A	Respond to emergency situations (18)
SISXIND404A	Promote compliance with laws and legal principles (15)
SISXIND405A	Conduct projects (15)
SISXOHS402A	Implement and monitor occupational health and safety policies (12)
SISXRES402A	Supplement implementation of environmental management practice (10)
SISXRES403A	Use resources efficiently (12)
TAEDEL301A	Provide work skill instruction (40)

### Elective Units

#### Group AY - Skiing - Ski Touring - Guide - Overnight

SISONAV403A	Navigate in uncontrolled environments (25)
SISOOPS202A	Use and maintain a temporary or overnight site (10)
SISOSKT407A	Overnight ski tour in difficult terrain using advanced ski touring skills (30)
SISOSKT408A	Apply snow craft skills for overnight touring (20)
SISOSKT409A	Apply intermediate cross country skiing skills (20)
SISOSKT410A	Guide overnight ski tours (30)

#### Group AW - Skiing - Downhill - Instruct

SISOSKI402A	Alpine ski downhill on intermediate terrain (20)
SISOSKI403A	Alpine ski downhill on advanced terrain (20)
SISOSKI404A	Alpine ski downhill off-piste (20)
SISOSKI405A	Alpine free ski on all terrain (20)
SISOSKI408A	Instruct alpine skiing skills (20)

#### 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

## **COURSE FEES:**

The fee will be \$2750, your fee may be less depending on your individual circumstances. (if you are on a Centrelink benefit – please contact us on 02 47222471)

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.

**Whats included in your course fees. (Provision of the following for duration of course)**

- All training and instruction in Alpine Guiding
- Camp fees (as per timetable)
- 4 Day ski lift pass
- Snowshoes
- Cross country Ski's, Boots and Poles
- Alpine Touring Ski's, Boots, Poles and helmet
- Satellite communications; PLB, GPS, handheld radios
- Snow shovels
- Repair kit (ski repair kit)
- Group First aid kit
- Avalanche probes and Beacon

## **ADDITIONAL COSTS**

- You will be required to arrange your own transport into the National Park (Annual Pass about \$240)
- Ski clothing and related camping equipment (see attached list)
- 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 may be required to gain additional experience in an outdoor recreation setting. The volume of work experience will depend on your previous experience and qualifications.. If work experience is required we will 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](http://www.5startraining.com.au)  
For any questions about enrolment please contact the office on 02 47222471 or email [info@5startraining.com.au](mailto: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](mailto: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](mailto: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](http://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
- ☐ Stove and pots
- ☐ 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 repair kit; tent and sleeping mat repair
- ☐ 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

Prior to purchasing any equipment please check with your instructor

### FOR MORE INFORMATION CONTACT

T. 02 47222471

[info@5startraining.com.au](mailto:info@5startraining.com.au)

[www.5startraining.com.au](http://www.5startraining.com.au)

Certificate IV in Outdoor Recreation – Alpine Guide - Proposed Timetable – Version 2019 Draft 19/02/19						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 April	22 April	23 April – 28 June				
Easter Sunday	Theory Session at 3/18 Abel St Jamisontown	Personal preparation, theory, menu and equipment planning, fitness program. Wilderness First Aid – book into any course running in this period.				
30 June	1 July	2 July	3 July	4 July	5 July	6 July
Rhythm Sports – Equipment fitting session	Bushwalk Prep - Education Centre Sawpit Creek	Bushwalk Prep - Education Centre Sawpit Creek	Snow Shoe Walk – Main Range	Snow Shoe Walk	Snow Shoe Walk	Snow Shoe Walk
7 July	8 July	9 July	10 July	11 July	12 July	13 July
Prep day	XC Ski 1 (Intro skills)	XC Ski 1 (Intro tour)	XC Ski 1 (day tour 1)	XC Ski 1 (Day tour 2)	Prep day	Alpine Touring Ski Skills
14 July	16 July	17 July	18 July	19 July	20 July	21 July
Alpine Touring Ski Skills	Alpine Touring Ski Skills	Alpine Touring Ski Skills	Alpine Touring Ski Skills	Alpine Touring Ski Skills/ Expedition planning	Alpine Touring Ski Skills/ Expedition planning	Expedition
22 July	23 July	24 July	25 July	26 July	27 July	28 July
Expedition	Expedition	Expedition	Expedition	Final Assessment	Spare	Spare

- **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 4 day snowshoe bushwalk focusing on Navigation, Camp Craft and Self Management in Alpine conditions – Kosciuszko National Park
- **XC Ski 1** - focusing on correct use of equipment and mobility skills for cross country skiing and progressing to skiing skills, snowcraft, personal management, leadership and decision making, ski touring, emergency rescue and repair.
- **Alpine Touring Ski Skills** – instruction sessions on piste to skiing and mobility on Alpine Touring gear.
- **Expedition A** 5 day block focusing advanced skiing skills, planning ski tours, snowcraft, camp management, leadership and decision making, ski touring, emergency rescue and repair, risk management, avalanche awareness and group management.
- **WFA** – a three day upgrade/recert or five day first timer wilderness first aid course– book your course contact

[info@5startraining.com.au](mailto:info@5startraining.com.au)

\*indicates overnight camping at Kosciuszko Tourist Park Sawpit Creek

++ indicates overnight accommodation at Micks Lodge

\*\*\***Subject to change**\*\*\*