

SIS40619 Certificate IV in Outdoor Leadership Alpine Bushwalking and Ski Touring

Version Feb 2021

DESCRIPTION

This course is for people working in or wanting to work in the Ski Guiding/Touring/Outdoor Education 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 Leadership 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 – 11 weeks and a 3 week practical block.)

COURSE DATES

Planning and theory session **1 May 2021**

For participants enrolling after 1 May 2021 there will be an individual zoom session to cover this content.

Preparation, planning & project **1 May – 17 July 2021 (project – no attendance required – more details will be given at planning session)**

Practical Instructional sessions – see TT below

Equipment & fitting
Alpine Bushwalking
Cross country Skiing
Alpine Touring
Wilderness First Aid

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

SIS40619 Certificate IV in Outdoor Leadership The qualification is taken from the SIS10 - Sport, Fitness and Recreation Training Package 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.

Do I need previous ski experience?

No

Program Content

27 units must be completed: (12 core units & 15 elective units)

Core units

Unit Number	Unit Name
HLTWHS003	Maintain work health and safety
PUAOPE013	Operate communications systems and equipment
SISOFLD002*	Minimise environmental impact
SISOPLN001	Finalise operation of outdoor recreation activities
SISOPLN002	Plan outdoor activity sessions
SISOPLN004*	Identify hazards, assess and control risks for outdoor recreation activities
SISOPLN005*	Interpret weather and environmental conditions for outdoor recreation activities
SISORSC001	Conduct search and rescue
SISXCAI006	Facilitate groups
SISXCCS003	Address client needs
SISXEMR002^^	Coordinate emergency responses
SISXFAC001	Maintain equipment for activities

Elective Units

SISOBWG003*	Bushwalk in extremely difficult tracked and untracked environments
SISOBWG004	Cross rivers during bushwalks
SISOBWG007*	Lead bushwalks in extremely difficult tracked and untracked environments
SISOFLD008*	Navigate in extremely difficult tracked and untracked environments
SISOSKT002*	Ski on intermediate cross country terrain
SISOSKT003	Use snow craft skills for alpine touring
SISOSKT005*	Lead skiing activities on intermediate cross country terrain
SISOSKT001	Ski on easy cross country terrain
SISOSKT003*	Use snow craft skills for alpine touring
SISOSKT004	Lead skiing activities on easy cross country terrain
HLTAID003^^	Provide first aid
SISOFLD003	Select, set up and operate a temporary or overnight site
SISOFLD004^^	Provide first aid in remote locations
SISXEMR001	Respond to emergency situations
SISXIND002	Maintain sport, fitness and recreation industry knowledge

* units will also achieve Skill Set

[SISSS00120 - Alpine Activities Leader](#)

Alpine Activities Leader

^^ units will also achieve Skill Set

[SISSS00126 - Wilderness First Aid](#)

Wilderness First Aid

COURSE FEES:

The fee will be determined by the Smart and Skilled Calculator approximately \$2750, however 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

We also have the following available for loan 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
- Own or shared transport to and from training sites
- Fees for late return or damage of rental gear

DEPOSIT

Yes we require a \$500 deposit upon enrolment

REFUNDS

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

<https://www.5startraining.com.au/student-pre-enrolment-information>

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 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](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

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)
- Mid wear pants (windstopper, fleece, nylon, lycra, kinetex)
- Mid wear top (polar fleece 100 weight) or wool shirt
- 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)
- 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

www.5startraining.com.au

RTO ID 91664

Certificate IV in Outdoor Leadership– Alpine Guide - Proposed Timetable – Version Feb 2021

****Very important** theory and planning session will be completed via zoom**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May – 17 July						
Personal preparation, theory assignments, menu and equipment planning, fitness program. ++Wilderness First Aid – book into any course running in this period. ++++ We will run a basic ski bridging course 14 – 16 July for those without a skiing background						
18 July	19 July	20 July	21 July	22 July	23 July	24 July
1pm Rhythm Sports Cooma – 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*
25 July	26 July	27 July	28 July	29 July	30 July	31 July
Prep day*	Alpine Touring Ski Skills**	Alpine Touring Ski Skills**	Alpine Touring Ski Skills**	Alpine Touring Ski Skills**	Alpine Touring**	Alpine Touring*
1 August	2 August	3 August	4 August	5 August	6 August	7 August
Prep day*	XC ski 1 skills day*	XC Ski Expedition	XC Ski Expedition	XC Ski Expedition	XC Ski Expedition	XC Ski Expedition

- **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
 - **Alpine Touring Ski Skills** – instruction sessions on piste to skiing and mobility on Alpine Touring gear
 - **Alpine Touring** – Day ski tours on Alpine Touring gear
 - **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. .
 - **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
- *indicates overnight camping at Kosciuszko Tourist Park Sawpit Creek
 ** indicates base camp near Charlette Pass
*****Subject to change*****

