



Maroon Outdoor Education Centre



RTO No. 32122

Basic Outdoor Recreation Activity Skills: Units from Sport, Fitness and Recreation Training Package (SIS)

Context

These short 1 day courses are designed for people to gain experience in an activity or for those who are unsure of the level of skill they have. One day skill building courses are available in:

- **Bushwalking Skills** – basic bushwalking skills plus intro to minimal impact (1 unit)
- **Camping Skills** – intro to basic camping skills plus communication systems (1 unit)
- **Navigation Skills**- basic navigation skills in controlled environments (1 unit)
- **Canoeing Skills** – basic canoeing skills plus deep water rescues (1 unit)
- **Kayaking Skills** – basic kayaking skills plus deep water rescues (1 unit)
- **Climbing Skills (Natural)** – demonstrate top rope rock-climbing skills on natural surfaces (1 unit)
- **Climbing Skills (Artificial)** – demonstrate top rope rock-climbing skills on artificial surfaces (1 unit)
- **Abseiling Skills (Natural)** – demonstrate abseiling skills on natural surfaces plus safeguard an abseiler using a single rope belay system (2 units)
- **Abseiling Skills (Artificial)** – demonstrate abseiling skills on artificial surfaces plus safeguard an abseiler using a single rope belay system (2 units)
- **High Ropes** – natural climbing and abseiling units as above (3 units – 2 days minimum)

Details

Full training will be provided at each training day through participation in the activity at a MOEC venue. Participants will need to:

- Be fit enough to engage actively in the day
- Provide own transport to and from the MOEC venue
- bring all personal gear needed as advised by the trainer
- bring all food and water for the day
- complete all tasks during the day demonstrating application of knowledge gained

Upon successful completion of tasks and application of acquired knowledge during the day, participants will be eligible for a Statement of Attainment for the units mentioned against the named activity above.

This statement can be used to assist with enrolment in the next level of training with MOEC – Activity Area Outdoor Leadership Skills.

Whilst not a prerequisite, it is recommended that you have completed the Basic Skills Units for an area before you undertake training and /or assessment at Leadership Level.

Further Information

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