



'Simplicity at its best'

SISOFLD001

Assist in conducting recreation sessions

SCHOOL ASSESSED COURSEWORK
Question and answer booklet - 65 Marks

Materials supplied

- Question and answer booklet

Instructions

- All written responses must be in English
- Ensure you complete the student agreement prior to beginning this task with your name
- Attempt all questions, if question asks for more than one response select the most appropriate options
- Students are permitted to bring into the SAC room: pens, pencils, highlighters, erasers, sharpeners, and rulers.
- Students are NOT permitted to bring into the SAC room: blank sheets of paper and/or white-out liquid/tape.
- No calculator is allowed in this SAC
- Clear water bottle is allowed
- Students are not permitted to bring mobile phones and/or any other unauthorised electronic devices into the SAC room.

Recommended time allowance – Teacher Discretion (70 minutes plus 5 minutes reading time advised)

Student Name: _____

Student Signature: _____

How to achieve a satisfactory result: Fully address the task or questions provided. Demonstrate clear understanding and include relevant details or examples. Use any feedback to improve future tasks.

In the following task, the student was assessed as;

Satisfactory Not Yet Satisfactory

In the above unit, the student was assessed as;

Competent Not Yet Competent

Assessor Name: _____

Assessor Signature: _____

Date: _____

Any Assessor Comment



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Instructions

Answer all questions in the spaces provided. If you require more paper, please ask your teacher.

1. What should an assistant confirm with the supervising leader before the activity? Select the correct response.

- a) The weather forecast
- b) Activity logistics, objectives, and participant characteristics
- c) The time of the next activity
- d) The cost of the equipment

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

2. Which of the following is a key factor when selecting equipment for participants? Select the correct response.

- a) The participant's favorite color
- b) Age, size, and weight of the participant
- c) The cost of the equipment
- d) The brand of the equipment

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

3. What is the primary role of an activity assistant during a recreation session? Select the correct response.

- a) To lead the session independently
- b) To supervise the activity leader
- c) To assist with equipment and participant preparation, and support the activity leader
- d) To handle all emergency situations

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

4. What should an activity assistant do if they notice a participant not adhering to safety procedures? Select the correct response.

- a) Ignore the behavior
- b) Report the behavior to the supervising leader
- c) Remove the participant from the session immediately
- d) Discipline the participant personally

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**



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5. What is an important aspect of communication between participants, leaders, and assistants during activities? Select the correct response.

- a) Speaking loudly
- b) Using jargon
- c) Using clear and positive communication
- d) Avoiding eye contact

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

6. What should you do if a piece of equipment becomes faulty during an activity session? Select the correct response.

- a) Ignore the fault
- b) Fix it yourself immediately
- c) Refer the fault to the supervising leader
- d) Continue using it until the end of the session

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

7. Which of the following is a potential hazard in a recreational activity? Select the correct response.

- a) Uneven surfaces
- b) Color of the equipment
- c) Participant's preference
- d) Time of the session

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

8. Why is it important to check the suitability of participants' clothing and footwear? Select the correct response.

- a) To ensure they look fashionable
- b) To ensure safety and comfort during the activity
- c) To match the color theme of the session
- d) To comply with organizational uniform policies

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**

9. Which communication technique is used to encourage participant confidence? Select the correct response.

- a) Providing participant information to improve activity technique
- b) Using complex language
- c) Ignoring participant questions
- d) Speaking in a monotone voice

School based result - 1 Mark

RTO Result - Satisfactory **Not Satisfactory**



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10. Select two reasons why people participate in recreational activities.

- a) Improving physical fitness
- b) Watching television
- c) Developing or enhancing skills
- d) Shopping

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

11. Select two key responsibilities of an activity assistant:

- a) Setting up equipment
- b) Planning the entire session independently
- c) Handling all financial transactions
- d) Assisting participants with technique

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

12. Select two safety procedures used to manage risks in recreational activities:

- a) Ignoring potential hazards
- b) Conducting equipment checks
- c) Removing all rules
- d) Implementing safety rules

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

13. True or False: An activity assistant should always work independently without any supervision?

True or False

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**



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14. Match the following roles with their responsibilities:

Role
Activity Leader
Activity Assistant
Participants

Responsibilities
Follows instructions and adheres to activity rules
Plans and leads the activity session
Assists with equipment preparation and participant support

School based result - 3 Marks
RTO Result - Satisfactory Not Satisfactory

15. . Match the following equipment checks with their descriptions:

Role
Safety
Functionality
Durability
Regulatory compliance

Responsibilities
Compliance with relevant safety standards
Assessing overall condition for wear and tear
Checking inflation levels and moving parts
Ensuring no structural damage or sharp edges

School based result - 4 Marks
RTO Result - Satisfactory Not Satisfactory



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16. List three factors that affect the selection of equipment for participants in recreational activities.

- 1 _____
- 2 _____
- 3 _____

School based result – 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

17. Explain the importance of communication protocols during recreation activities.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

18. Describe the steps you would take to assist a participant struggling with activity technique.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

19. What are the four serviceability elements that equipment should be checked for?

- 1 _____
- 2 _____
- 3 _____
- 4 _____

School based result - 4 Marks
RTO Result - Satisfactory **Not Satisfactory**



20. Why is it important to debrief participants after an activity session:

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

21. Green Trails Adventure Park is known for its scenic mountain biking trails, offering a range of courses suitable for beginners to advanced riders. The park is committed to ensuring a safe and enjoyable experience for all participants.

John, an experienced mountain biking guide at Green Trails, is preparing for a session with a group of participants who have varying levels of experience. He is assisted by Lisa, a new activity assistant, who is eager to learn and support the session. The group includes teenagers, adults, and a few older participants, some of whom have medical conditions such as asthma and previous knee injuries. Green Trails Adventure Park has put together a brief overview for the pair to look over before they begin their mountain bike ride.

Roles and Responsibilities:

John (Guide): John is responsible for planning the session, leading the group, ensuring safety, and providing instructions on biking techniques. He assesses the skill level of participants and adjusts the session accordingly. John also manages any emergencies that may arise during the ride.

Lisa (Activity Assistant): Lisa helps set up and maintain the bikes, assists participants in understanding and adhering to safety procedures, and supports John by ensuring that participants follow the rules and guidelines of the session.

Suitable Clothing and Footwear:

Green Trails Adventure Park advises participants to wear breathable, moisture-wicking jerseys and padded cycling shorts for comfort and to prevent chafing. We also recommend sturdy, closed-toe cycling shoes that provide good grip on the pedals and protect the feet.

Communication Protocols:

Our instructors and guides use several communication methods to ensure clear and effective interactions with participants throughout their session. These are listed below:

Hand Signals: Used to indicate stops and turns.

Verbal Cues: For immediate instructions during the ride.

Pre-Ride Briefings: Cover safety information and route details.

Emergency Communication: Radios or mobile phones are used in case of emergencies.



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a) Describe the role boundaries and responsibilities of Lisa, the activity assistant, in the mountain biking session.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

b) Outline the roles and responsibilities of John, the guide, in the mountain biking session.

School based result - 3 Marks
RTO Result - Satisfactory **Not Satisfactory**

c) Identify three potential hazards associated with mountain biking and describe the safety procedures used to manage these risks.

Potential Hazard 1: _____

Safety Procedure 1: _____

Potential Hazard 2: _____

Safety Procedure 2: _____

Potential Hazard 3: _____

Safety Procedure 3: _____

School based result - 9 Marks
RTO Result - Satisfactory **Not Satisfactory**



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- d) What are the recommended types of clothing and footwear for a mountain biking session? Explain why they are suitable.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

- e) List and explain four factors that affect the selection of mountain biking equipment, including personal protective equipment, to suit individual participants.

Factor 1:

Factor 2:

Factor 3:

Factor 4:

School based result - 9 Marks
RTO Result - Satisfactory **Not Satisfactory**



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f) Explain the communication protocols used between participants, leaders, and assistants during a mountain biking session.

School based result - 2 Marks
RTO Result - Satisfactory Not Satisfactory

**SAC ENDS HERE
WELL DONE**

PLEASE ENSURE ALL PAGES ARE SIGNED AND DATED ACCORDINGLY

FEEDBACK	
Score	/ 65