



'Simplicity at its best'



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SISOFLD001

Assist in conducting recreation sessions

School Assessed Coursework – 65 Marks

Suggested Answer booklet

Information for teachers

VCAA Examinations can ask questions relating to ANY content within a Unit of Competency. It is important that students are across all elements. The best way to do this would be to create a checklist for all elements of the unit of competency which students can tick off as it is covered in their learning program.

About this assessment

This assessment has been created to be an integrated assessment piece that provides both the required marking scale for your school-based assessment and grading of your class along with the RTO requirements to be deemed satisfactory for each question.

Each question in this assessment has been mapped back to the unit of competency which has been indicated under the allocated marks for each question, by using the below key:

Where does it come from? – Knowledge Evidence

Where does it come from? – Performance Evidence

Where does it come from? – Performance Criteria 4.1



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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	Responsibilities
Activity Leader	Follows instructions and adheres to activity rules
Activity Assistant	Plans and leads the activity session
Participants	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	Responsibilities
Safety	Compliance with relevant safety standards
Functionality	Assessing overall condition for wear and tear
Durability	Checking inflation levels and moving parts
Regulatory compliance	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.

Benchmark answer:

Age, size and weight; current experience in the recreational activity and skill level; fitness level and physical capabilities.

Teacher discretion is required for this question, as student answers will vary.

School based result – 3 Marks

RTO Result - Satisfactory Not Satisfactory

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

Benchmark answer:

Communication protocols ensure clear, effective, and positive communication between participants, leaders, and assistants, which is essential for safety, coordination, and participant confidence.

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

Provide a demonstration, use clear and simple language, break down the steps, offer hands-on assistance if appropriate, and provide constructive feedback.

Teacher discretion is required for this question, as student answers will vary.

School based result - 2 Marks

RTO Result - Satisfactory Not Satisfactory

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

Benchmark answer:

Safety, functionality, durability, and regulatory compliance.

Teacher discretion is required for this question, as student answers will vary.

School based result - 4 Marks

RTO Result - Satisfactory Not Satisfactory



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

Benchmark answer:

Debriefing allows participants to provide feedback on their experience, helps identify areas for improvement, and ensures that participants' goals and expectations are met.

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

Lisa helps with the setup and maintenance of equipment, assists participants in understanding and adhering to safety procedures, and supports John by ensuring that participants follow the rules and guidelines of the session.

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

John is responsible for planning and leading the session, ensuring the safety of all participants, providing instruction on biking techniques, and managing any emergencies that may arise. He also assesses the skill level of participants and adapts the session accordingly.

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

Potential Hazard 1: **Rough terrain and obstacles**

Safety Procedure 1: **Conduct a pre-ride briefing to inform participants about the terrain and any obstacles. Use clear markers to highlight dangerous areas**

Potential Hazard 2: **Equipment failure**

Safety Procedure 2: **Perform regular maintenance checks on all bikes and equipment before each session.**

Potential Hazard 3: **Weather conditions**

Safety Procedure 3: **Monitor weather forecasts and adjust or cancel sessions if conditions become unsafe**

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

Recommended clothing includes breathable, moisture-wicking jerseys and padded cycling shorts to enhance comfort and prevent chafing. Suitable footwear includes sturdy, closed-toe cycling shoes that provide good grip on the pedals and protect the feet.

Teacher discretion is required for this question, as student answers will vary.

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.

Benchmark answer:

Factor 1: Age, size, and weight: Equipment must be appropriately sized for the rider's body dimensions to ensure safety and comfort.

Factor 2: Current experience in the recreational activity and skill level: Beginners may require more stable and easy-to-control bikes, while experienced riders may prefer high-performance models.

Factor 3: Fitness level and physical capabilities: Participants with higher fitness levels may be able to handle more challenging equipment and terrain.

Factor 4: Injuries and medical conditions: Participants with previous injuries may need additional protective gear or modifications to their equipment to ensure safety.

Teacher discretion is required for this question, as student answers will vary.

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

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

Benchmark answer:

Communication protocols include using hand signals to indicate stops and turns, verbal cues for immediate instructions, and pre-ride briefings to cover safety information and route details. Radios or mobile phones may also be used for communication in case of emergencies.

Teacher discretion is required for this question, as student answers will vary.

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