

Canoe 1



Photo: NOLS NZ

Scope and Syllabus

With the support of:



NZOIA™ Canoe 1

Scope

Canoe 1 Profile

The NZOIA Canoe 1 is able to:

- Demonstrate role model canoe skills on class 2+ white water, using a single bladed paddle
- Demonstrate and teach river rescue skills on class 2 white water
- Apply weather and river interpretation and forecasting skills
- Role model and promote accepted environmental practices and cultural respect
- Plan and prepare for a multi-day canoe trip
- Apply effective safety management
- Prepare and deliver teaching sessions
- Teach flat water and moving water canoe skills
- Instruct canoe river running skills on class 2 white water
- Extend clients' technical canoe skills on class 2 white water

Scope

The holder of this qualification can organise, guide and instruct multi-day canoe trips on river trips with up to class 2 white water. They can also manage and teach canoe river rescue skills on class 2 white water.

Prerequisites

Be a current Registered Member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

Hold a NZOIA/WWNZ River Rescue 1 certificate (canoe based recommended)

Have the following experience as evidence in a logbook:

Total experience – at least 40 days canoe experience (a day is considered to be at least 4 hours on the water, sessions can be accumulated to make a day) in a variety of locations and conditions including 5 multi-day trips (one being greater than 2 nights). These 40 days must also include:

Personal experience – at least 20 days personal canoe experience, on class 2+ whitewater, on at least 3 different rivers

Instructional experience – at least 10 days instructing, leading or guiding groups in canoes (including 5 days on class 2, and 15 instructional sessions of at least one hour duration)

The prerequisite experience requirements are minimums, extra days are recommended so that a broad range of experience is gained. Experience will include co-instructing/guiding or working as an assistant instructor/guide.

Registration and Revalidation

Registration and revalidation with NZOIA provide proof of currency for NZOIA qualification holders.

Syllabus

Assessment Notes

The syllabus outlines what the content of the assessment will include and gives an idea of what assessment tasks the candidate will be asked to complete. All judgements on how the candidate meets the syllabus must be based on current good practice and industry standards.

Assessors use three types of direct evidence to judge a candidate's competency:

- Written assignment and/or written test
- Questioning and discussion
- Observation of practical tasks

Depending on location and conditions Assessors may use scenarios for candidates to demonstrate knowledge and skills.

Candidates are expected to be able to teach every rescue skill listed in the Canoe Guide Syllabus and will demonstrate teaching a selection of them.

As this qualification is for multi-day trips, some of the assessment tasks will be required to be demonstrated with loaded canoes.

Technical Competence

1. Demonstrate general knowledge relevant to canoeing

The candidate will be able to describe and discuss:

- 1.1** The development of canoeing internationally and in NZ as a recreation, sport and industry
- 1.2** Current threats to New Zealand's rivers and the effect these have on recreational and commercial river use
- 1.3** Organisations and their input and influence on NZ rivers and canoeing e.g. local iwi, Whitewater NZ, Water Safety NZ, Fish and Game NZ, DOC, Regional Councils, and groups with interest in specific rivers e.g. Ngā Tāngata Tiaki o Whanganui

2. Demonstrate the care and correct use of canoes, equipment and clothing

The candidate will:

- 2.1 Use equipment that is in good condition and well maintained and used in accordance with the manufacturer's recommendations and current good practice
- 2.2 Carry and use the appropriate clothing for the environmental conditions
- 2.3 Carry, demonstrate and/or describe the use and care of safety equipment appropriate to the conditions for a safe and successful multi-day trip e.g. boat to boat releasable tow system, satellite phone, PLB, throw bag, buoyancy, slings, karabiners, prusiks, pulleys, knife, saw, spare paddle, bailer, painters
- 2.4 Describe the characteristics and limitations of equipment e.g. canoe design, PFDs, clothing
- 2.5 The pros and cons of different communication devices commonly used on NZ rivers
- 2.6 Complete a pre-activity check of equipment and describe how to identify worn or damaged equipment
- 2.7 Be able to carry out basic field repairs and provide the means to do so e.g. replacing a thwart, patching soft spot/crease on hull to provide rigidity following a pin
- 2.8 Demonstrate effective manual handling of canoes on land
- 2.9 Demonstrate the ability to safely transport canoes

3. Demonstrate personal canoe skills

The candidate will demonstrate dry lines that make good visual images suitable for clients to learn from on class 2+ white water including:

- 3.1 A range of efficient and effective paddle techniques both tandem and solo from all four quadrants of the canoe e.g. forward, reverse, J-stroke, sweep strokes, cross-bow draw, draw and pry strokes, low bracing, static and dynamic strokes
- 3.2 Controlled eddy turns holding tilt
- 3.3 Forward and reverse ferry gliding
- 3.4 Safe and efficient river running including choosing dry lines/routes down rapids
- 3.5 Lining (walking a canoe up and down stream with bow/stern lines)
- 3.6 Portaging

The candidate will demonstrate or describe:

- 3.7 Pros and cons of different methods of securing gear into canoes, depending on the character of the river e.g. leashed gear, attachment points
- 3.8 Canoe loading for windy conditions and paddlers of unequal weight
- 3.9 Importance of water displacement e.g. hull shape, buoyancy
- 3.10 Pros and cons of different methods of propulsion (e.g. sailing, poling) and lashing canoes together

4. Demonstrate river rescue skills

The candidate will demonstrate the following river rescue skills at a given location on a class 2 river:

Self-rescue:

- 4.1 Right a capsized solo canoe (with buoyancy fitted, or leashed gear that floats free), re-enter in deep water without assistance, bail sufficient water then paddle 100 metres in control (to simulate being in a gorge with no shore access)
- 4.2 Swim, then pendulum loaded canoe to shore, using a swim line (throw bag or painter attached to canoe)

Boat based rescues:

- 4.3 Use a releasable boat-to-boat tow system to tow a canoe across current, and release (length of tow should be appropriate to the situation)
- 4.4 Return swimmer to canoe with or without equipment – swimmer can assist
- 4.5 Return injured swimmer to canoe – swimmer can assist
- 4.6 Demonstrate an X rescue (canoe over canoe)
- 4.7 Demonstrate a curl rescue (canoes parallel)
- 4.8 Effectively manage the group while dealing with a capsized canoe (multiple swimmers)
- 4.9 Rescue an unconscious swimmer – get them to shore without worsening their condition.

Bank based rescues:

- 4.10 Rescue a swimmer using a throw bag e.g. attention gained, accurate throw, stable belay, safe pendulum
- 4.11 Set up a simple hauling system (Z-drag / 3:1 system) with a pin kit, with bomber anchors
- 4.12 Demonstrate understanding of good attachment points, direction of pull, and river flow to unpin a wrapped canoe
- 4.13 Using a rope and appropriate attachment points, demonstrate unpinning a canoe which is pinned with openside upstream (e.g. water must be dumped before the canoe can move, the 'Steve Thomas Rope Trick')
- 4.14 Demonstrate and/or discuss methods for dealing with a foot entrapped person

5. Demonstrate location awareness

- 5.1 Determine present location on a topographical map using natural features and compass
- 5.2 Identify location of access points and potential camping on a topographical map
- 5.3 Use GPS or other electronic navigation aid to pinpoint location

6. Demonstrate campcraft skills

The candidate will:

- 6.1 Select a campsite, choose shelter sites and identify hazards at that site
- 6.2 Describe the pros and cons of different types of camping shelters
- 6.3 Demonstrate safe, hygienic camp cooking
- 6.4 Describe the pros and cons, and safe use of different stove types e.g. solid fuel, gas, methylated spirits, white spirits
- 6.5 Discuss the use and ethics of fires on multi-day canoe trips

Environment

7. Apply weather and river interpretation and forecasting skills

The candidate will:

- 7.1 Use weather maps and forecasts to make a general prediction of wind direction, speed, temperature and precipitation
- 7.2 Analyse river data, upstream and downstream catchment area, and predicted rainfall to predict river conditions
- 7.3 Observe and analyse weather and river signs when in the field e.g. cloud types, wind speed, wind direction, temperature, flow and water colour, and anticipate weather and river conditions

8. Role model and promote environmental and cultural respect

The candidate will:

- 8.1 Demonstrate and/or describe the responsibilities to land owners and other users, including access protocols
- 8.2 Role model and promote the principles of the Leave No Trace, the NZ Water Care Code and the WWNZ Code of Conduct
- 8.3 Demonstrate an awareness of practices to stop the spread of freshwater pests and weeds
- 8.4 Role model and promote cultural awareness of and respect for all people
- 8.5 Role model and promote respectful and professional interactions with others

9. Demonstrate and/or describe cultural and environmental knowledge and interpretation of sites visited

The candidate will be able to provide interpretive information about:

- 9.1 The natural and human history of the area
- 9.2 The geology of the area
- 9.3 Local flora and fauna (aquatic and land)
- 9.4 Water Conservation Orders and the protection of NZ rivers
- 9.5 Concepts of Te Ao Māori specific to the river environment including kaitiakitanga

Group Management and Leadership

10. Plan and prepare for a multi-day instructional and guided trip

The candidate will prepare a written activity management plan for a multi-day class 2 canoe trip, camping, which includes:

- 10.1** Map showing proposed route, estimated travel times and distances, points of interest, hazards
- 10.2** Hazard identification and risk management strategies
- 10.3** Two relevant weather maps and one river flow graph, and explanation of how the forecasted conditions will affect the planned trip
- 10.4** Contingency plan and alternate routes
- 10.5** Access details and contact phone numbers for emergency and weather forecast e.g. DOC, local iwi, Regional Council, landowners, Metphone
- 10.6** Clothing and equipment list for both individuals and the group
- 10.7** A menu plan which includes balanced, nutritious, and varied food, fuel requirements and emergency food

11. Lead and manage a group up to and including class 2 white water

The candidate will demonstrate competent leadership and management of a group on flat water and moving water environments, up to and including class 2 white water which includes:

- 11.1** Organising and motivating clients on land, on flat water and on whitewater using leadership styles appropriate to the group
- 11.2** An efficient safety briefing
- 11.3** Awareness of relevant hazards encountered
- 11.4** A range of on the water group management strategies
- 11.5** Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of party members, protecting rapids
- 11.6** An effective communication system for managing the group

12. Apply effective safety management

The candidate will demonstrate:

- 12.1** The ability to access and apply weather and river flow information to the trip
- 12.2** Having a first aid kit and being able to deal with first aid situations as required
- 12.3** Awareness of the risks and appropriate risk management strategies and the ability to adjust plans when required
- 12.4** Awareness of the prevention, symptoms, remedies, and treatment for common medical issues relevant to canoeing e.g. hypothermia, shock, sunburn, dehydration
- 12.5** Awareness of their own ability and that of their group, and make safe decisions accordingly
- 12.6** Take reasonably practicable steps to eliminate or minimise the effect of significant risks for self and others

Instruction

13. Prepare and deliver teaching sessions

For all the sessions (flat water, moving water, river rescue and river running), the candidate will:

- 13.1** Select suitable locations for clients' success
- 13.2** Develop aims based on knowledge of clients
- 13.3** Plan a logical sequence of teaching progressions
- 13.4** Use clear demonstrations and explanations
- 13.5** Use a range of teaching skills and methods
- 13.6** Provide opportunities for clients to practice
- 13.7** Deliver feedback that is timely and specific
- 13.8** Establish rapport with all clients in a manner that embraces diversity and inclusion
- 13.9** Create and maintain a positive learning environment

14. Teach flat water canoe skills

The candidate will teach a flat water session that prepares clients for a moving water session and/or river trip, which demonstrates:

- 14.1** The ability to teach a range of canoe strokes and techniques on flat water. The range may include but is not limited to; forward and reverse paddle, sweep strokes, draw, pry, stopping, eddy turn progression, side slip
- 14.2** The ability to use a variety of activities to progress clients' skills

15. Teach moving water skills

The candidate will teach skills on moving water, that prepare clients for a river trip on up to class 2 white water, including but not limited to:

- 15.1** Eddy turns
- 15.2** Ferry gliding
- 15.3** Side slipping
- 15.4** Techniques to minimise taking on water e.g., avoiding wave trains, reverse paddling in waves to slow down, reverse ferrying around corners to avoid outside of bend

16. Teach river rescue skills

The candidate will demonstrate the ability to teach a range of river rescue skills (that clients require to be independent on a river trip), on a class 2 section of river, that includes:

- 16.1** Any rescue listed in the NZOIA Canoe Guide Syllabus – Section 3
- 16.2** Demonstrating and coaching rescues
- 16.3** Identifying and managing hazards while teaching river rescue skills

17. Teach river running skills

The candidate will demonstrate the ability to teach river running skills on a class 2 river trip, including:

- 17.1** Identifying river features and hazards and how to use and/or avoid them
- 17.2** Effective communication including the use of paddle signals
- 17.3** Different group management strategies e.g. mother ducking, traffic lighting, setting safety
- 17.4** River running strategies, including scouting, reverse ferry gliding away from corners, side-slipping around hazards, lining, portaging
- 17.5** Identifying and running safe, dry lines appropriate for loaded canoes on multi-day river trips