

## **Kayak 2 Upgrade**



Photo: Sam Dearlove

## **Scope and Syllabus**

With the support of:



# NZOIA™ Kayak Upgrade 2

## Scope

### Kayak 2 Profile

The NZOIA Kayak 2 is able to:

- Demonstrate kayak skills on class 4 white water
- Lead and manage groups on class 3 white water
- Apply effective safety management
- Teach intermediate/advanced kayak rolling
- Teach intermediate/advanced flat water kayak skills
- Teach intermediate/advanced moving water skills
- Teach intermediate/advanced river running skills
- Teach river rescue techniques
- Role model and promote accepted environmental practices

### Scope

The holder of this qualification can:

- Organise, instruct and guide kayaking on class 3 white water
- Teach intermediate/advanced kayak skills on flat to class 3 white water

### Prerequisites

Be a current Registered Member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

Hold a current NZOIA Kayak 1 and Class III River Management. Refer to NZOIA's policy for exemptions.

Hold a NZOIA/WWNZ River Rescue 2 certificate

Have the following experience as evidence in a logbook.

**Personal experience** – at least:

- 100 river trips on 10 different river sections
- 20 river trips on class 4 white water (or above)

**Instructional experience** – at least:

- 40 river trips including
- 20 river trips leading and managing groups on class 3 white water (or above)

Instructing intermediate/advanced kayak skills:

- Rolling 10 sessions
- Flat water 10 sessions
- Moving water 10 sessions
- River rescue techniques 10 sessions

A valid teaching session is an organised event with expected outcomes (not teaching friends informally).

A river trip is considered to be at least 2 hours duration from put in to get out on a recognised section of a river.

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**

This 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 questions/assignment
- Questioning and discussion
- Observation of practical tasks

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

The NZOIA Kayak 2 candidate is expected to demonstrate any of the competencies outlined in the NZOIA Class III – River Management and NZOIA Kayak 1 Scope and Syllabus, as well as the following competencies:

### **Technical Competence**

#### **2. Demonstrate knowledge of kayaking and the history of kayaking**

The candidate will understand and show awareness of:

- 2.1** The development of kayaking as a sport including current trends
- 2.2** The types of white water kayaking currently undertaken in New Zealand e.g. slalom, freestyle, extreme racing, multisport
- 2.3** The role and contribution of relevant associations to white water kayaking e.g. Whitewater NZ, Recreation Aotearoa, DOC

The candidate will be able to:

**2.4** Identify and critique learning resources for kayak instruction/techniques

**3. Demonstrate and/or describe the care and correct use of kayak equipment and clothing**

The candidate will:

**3.1** Role model equipment that is in good condition and well maintained for use up to and including class 4 white water environments

**3.2** Carry and use equipment appropriate for a class 4 river environment

**3.3** Demonstrate safe transportation of kayaks on trailers and/or roof racks

**3.4** Describe the use of, advantages and limitations of different methods of communication on the river e.g. PLB, satellite messenger, hand and paddle signals

**4. Personal intermediate/advanced kayak skills**

The candidate will demonstrate the following role model kayaking skills (i.e. making good visual images suitable for clients to learn from) on class 3:

**4.1** A kayak roll on both sides

The candidate will demonstrate a range of skills to enhance a client's river running skills and experience:

**4.2** Personal intermediate freestyle and river play moves for example:

- Waves; surfing, carving, flat spin
- Holes; maneuver, spin, blast
- Eddy line; stern squirt, screw up, stall, cartwheel

**4.3** Practical knowledge of slalom skills:

- Applying slalom techniques to enhance a client's river running skills
- Upstream gate techniques; 'S' turn, control maintaining speed, stroke placement and timing
- Downstream gate techniques; stagger sequence, maintaining speed, effective use of inside pole
- Posture; use of core, body rotation, upright body, head up

**The Environment**

**8. Role model and promote accepted environmental practices**

The candidate will:

**8.1** Role model and promote cultural awareness and respect of Māori, tāngata whenua and all international visitors

**8.2** Discuss concepts of Te Ao Māori specific to the river environment including kaitiakitanga

## **Instruction**

### **11. Prepare and deliver teaching sessions**

The candidate will:

- 11.1** Develop aims based on knowledge of clients and timeframes
- 11.2** Plan a logical and safe sequence of teaching progressions
- 11.3** Select and prepare a suitable location for client success
- 11.4** Brief the clients and outline the learning outcomes
- 11.5** Demonstrated a wide and in-depth knowledge of the topic
- 11.6** Use a variety of clear demonstrations and explanations
- 11.7** Be able to discuss the theory behind a particular technique
- 11.8** Use appropriate terminology
- 11.9** Use a range of teaching skills and methods
- 11.10** Provide opportunities for clients to practice
- 11.11** Deliver a variety of feedback methods that are timely and specific
- 11.12** Adapt the session to suit the client needs and progress
- 11.13** Maintain a positive learning environment

### **12. Teach intermediate/advanced kayak rolling**

The candidate will demonstrate:

- 12.1** The ability to critique and enhance an existing sweep roll
- 12.2** Teaching another rolling technique applicable to the clients e.g. C to C, back deck, hand roll

### **13. Teach intermediate/advanced flat water kayak skills**

The candidate will demonstrate:

- 13.1** The ability to teach a range of kayak strokes and techniques on flat water appropriate to the client's needs e.g.
  - Forward and reverse strokes
  - Sweep strokes
  - Bracing (low/high)
  - Turning techniques (carve, skid, pivot)
  - Draw strokes (to move a kayak sideways)
  - Gliding draw strokes (range of stern to bow) to maintain speed and control turning radius

## **14. Teach intermediate/advanced moving water kayak skills**

The candidate will demonstrate:

- 14.1** The ability to teach a range of kayak strokes and techniques on moving water appropriate to the client's needs e.g.
- Short to long radius eddy turns (carve, skid, pivot)
  - Eddy turn stroke combinations; forward paddling, gliding draw strokes (range of stern to bow) to maintain speed and control turning radius
  - Ferry gliding
  - River moves (S-turn/cross, use of river features),
- 14.2** Teaching kayak skills that prepare clients for a class 3 river trip

## **15. Teach river rescue techniques**

The candidate will demonstrate:

- 15.1** The ability to teach a range of river rescue techniques on moving water appropriate to the client's needs e.g.
- Bow rescue (T-rescue)
  - Assisted H Rescue
  - Barrel roll-ups
  - Assisted ferry gliding/river running
  - Use and limitations of swimmer carries (bow carry, stern carry, tow)
  - Deep water rescue/s
  - Use and limitations of effective towline systems
  - Rescue of an unconscious patient, with or without the aid of a kayak
  - Throw bag uses and limitations
  - White water swimming techniques
  - Use of pulley/mechanical advantage systems to recover a pinned kayak
  - Methods for dealing with a pinned/stranded kayaker or swimmer