

NZOIA™ Kayak Flatwater Instructor Syllabus

SCOPE

For those who introduce students to kayaking in swimming pools and on sheltered waters. This includes estuaries, river deltas, sheltered beaches, lakes and coastal inlets with no tidal speed. The minimally experienced Flatwater Instructor is not regarded as of sufficiently high standard to take groups of students on Class 1 water, or the open sea, or on crossings of large lakes where wind and weather could create adverse conditions.

1. SKILL AND EXPERIENCE

- 1.1.1 Instruction Experience: The NZOIA Kayak Flatwater Instructor will have no less than 20 days kayaking experience at a variety of venues, and 20 sessions instructing groups at or above the level described in the scope.
- 1.1.2 Personal Kayaking Standard: The NZOIA Kayak Flatwater Instructor must be able to competently manoeuvre a kayak in choppy water and/or Class 1 water and have an overview of all aspects of kayaking.
- 1.1.3 The NZOIA Kayak Flatwater Instructor will hold a current First Aid Certificate (Outdoor First Aid recommended) issued within the last three years.

Note: A kayaking day would normally be considered more than four hours on the water. A session would not be less than two hours. These are minimum requirements, extra days are advised so that a broad spectrum of variables are experienced.

In the following areas the NZOIA Kayak Flatwater Instructor will be expected to:

2. HISTORY AND ETHICS

Element – Enhance personal and group knowledge of the kayaking environment

- 2.1.1 Demonstrate a knowledge of local cultural considerations.
- 2.1.2 Demonstrate an understanding of how kayaking developed as a sport.
- 2.1.3 Demonstrate a knowledge of environmental ethics and model these.
- 2.1.4 Demonstrate an appreciation of relationships with other recreational water users such as anglers, jetboaters, rafters, etc.

3. EQUIPMENT

Element – Plan and prepare equipment for kayak activities

- 3.1.1 Demonstrate a knowledge of the use, care and characteristics of kayaking equipment available in New Zealand (range = sit on, closed deck and touring kayaks).
- 3.1.2 Demonstrate a knowledge of suitable personal flotation devices, spray decks, paddles and helmets available in New Zealand and how to check them for wear and damage.
- 3.1.3 Demonstrate a knowledge of safe kayak transportation on trailers and roof racks.
- 3.1.4 Demonstrate that given kayaks meet current safety standards.
- 3.1.5 Demonstrate a working knowledge of simple safety equipment (range = buoyancy bags, survival bags, tow-lines)
- 3.1.6 Demonstrate a working knowledge of knots (range = tension knot, locking or tie off knot, anchoring knot).

4. LEADERSHIP AND INSTRUCTING

Element – Provide an enjoyable and stimulating learning experience for a group

4.1 Leadership

- 4.1.1 Demonstrate an ability to provide an experiential kayaking adventure for a given group that is both safe and fun.
- 4.1.2 Demonstrate a working knowledge of the general effects of tide, current and wind, and an understanding of any local conditions that may prevail.
- 4.1.3 Demonstrate principles of party management on the water and effectively manage the party in changing situations (range = one or more capsized students, total group capsize including instructor, difference in abilities of party members, changes in weather conditions).
- 4.1.4 Demonstrate the ability to carry and use suitable equipment to deal effectively with a given emergency situation (range = minor injuries, hypothermia).
- 4.1.5 Describe a working knowledge of the hazards encountered on water described in this scope, and list suitable management techniques.
- 4.1.6 Describe the signs and treatment for near drowning, hypothermia, sunburn and shock.

4.2 Instructional Techniques

- 4.2.1 Demonstrate an ability to teach confidence activities.
- 4.2.2 Demonstrate an ability to teach strokes on given flat water to a beginner level (range = forward, reverse, sweep, draw, stopping).
- 4.2.3 Demonstrate an ability to teach given basic rescue techniques (range = self rescue with gear, T rescue).

5. PERSONAL KAYAK SKILLS

Element – Enhance ability to manage kayaking activities

5.1 Paddling Techniques

The following paddling techniques are to be performed on given choppy and/or Class 1 water.

- 5.1.1 Demonstrate the ability to launch and disembark
- 5.1.2 Demonstrate efficient paddling (range = forwards, reverse, sweep strokes forwards and reverse, low brace recovery both sides, draw strokes both sides).

5.2 Rescue Techniques

The following paddling techniques are to be performed on given choppy and/or Class 1 water.

- 5.2.1 Demonstrate the ability to wet exit, swim with kayak and paddle to shore.
- 5.2.2 Demonstrate the ability to perform Barrel roll-ups, Eskimo rescues and H assist.
- 5.2.3 Demonstrate a deep water rescue in sole charge, with the whole group capsized including instructor.
- 5.2.4 Demonstrate a working knowledge of effective towline systems (range = tow a kayak, with or without the occupant, a swimmer, a paddle and be able to release the kayak, swimmer or paddle immediately if required)
- 5.2.5 Demonstrate the rescue of an unconscious patient, with or without the aid of a kayak.
- 5.2.6 Demonstrate a sterndeck and front straddle carry.