

SCOPE

For those who take students Tandem Open Canoeing on placid or moving water to Grade 1. This includes lakes, tidal estuaries, river deltas, slow moving rivers, sheltered beaches and coastal inlets. The minimally experienced Instructor is not regarded as of sufficiently high standard to take groups of students on Grade 2 water or the open sea or of crossings of larger lakes where wind and weather can cause similar problems.

1. SKILL AND EXPERIENCE

1.1 Personal Experience

The NZOIA Canoe Instructor will have no less than 20 days canoeing experience at a variety of venues, and in addition, no less than 10 days experience instructing or assisting to instruct, groups on placid water.

1.2 Personal Canoeing Standard

The NZOIA Canoe Instructor should be able to competently manoeuvre an open canoe in Grade 2 water, in heavy swells with strong wind, and have an overview of all aspects of open canoeing. To be able to function in both the bow and stern positions.

1.3 The NZOIA Canoe Instructor will hold a current First Aid Certificate (Outdoor First Aid recommended) issued within the last three years.

Note: An open canoeing day would normally be considered not less than 4 hours on the water.

2. HISTORY AND ETHICS

2.1 Have an understanding of how open canoeing developed as a recreational pursuit.

2.2 Have an understanding of environmental ethics.

2.3 Have an appreciation of relationship with other river users such as anglers, jetboaters, etc.

3. EQUIPMENT

The NZOIA Open Canoe Instructor should present themselves suitably equipped to lead a group for a day trip.

3.1 Should be familiar with the use, care and characteristics of open canoe equipment available in New Zealand.

- 3.2 Should be able to check whether an open canoe meets accepted safety standards and has adequate flotation for the intended use.
- 3.3 Knows of suitable life jackets, buoyancy aids and helmets available in New Zealand and how to check them for wear and damage.
- 3.4 Have a knowledge of safe open canoe lifting methods and transportation on trailers and roof racks.
- 3.5 Have a knowledge of simple safety equipment:
 - Throw Bags
 - Knives
 - Buoyancy Bags
 - Survival Bags
 - Flares

4. MANAGEMENT ON WATER

- 4.1 Show a working knowledge of the effects of tide, current, and wind and an understanding of any local conditions including sea breezes and wind funnelling that may prevail.
- 4.2 Know how to use a map and compass for navigation on land or open water including plotting a position and paddling on a bearing.
- 4.3 Understand and demonstrate principles of party management on water as described in the scope and effectively manage the party in changing situations such as:
 - one or more capsized students
 - differences in abilities of party members
 - change in wind or weather
- 4.4 Have an understanding of hazards that can be encountered on water described in the scope, and know of suitable avoidance techniques.
- 4.5 Carry and be able to use suitable equipment to deal with situations which may arise such as:
 - hypothermia
 - small injuries
- 4.6 Be able to tie and understand the uses of the following knots:
 - fishermans
 - round turn and two half hitches
 - clove hitch
 - tensioning knot
 - double figure of eight
- 4.7 Be able to pack an open canoe for an overnight trip and know general camping techniques.
- 4.8 Have a knowledge of rafting up and improvised sailing methods.

5. PADDLING TECHNIQUES

The NZOIA Open Canoe Instructor should be able to provide confident progressions that will make a novice feel happy in their boat. They must be able to perform the following techniques in both flat water and Grade 2 water.

- 5.1 Launching and embarking
- 5.2 Basic body position, balance, trim, leaning, changing places in deep water.
- 5.3 Efficient paddling
 - Bow, draw, open and closed
 - Power forwards and backwards
 - Sweep forwards and backwards
 - High and low braces
 - Draw strokes and cross bow draw
 - Pry strokes
 - J strokes
 - Emergency stops
 - Stern rudder

To be demonstrated in both bow and stern positions in both sides.
- 5.4 Ferry glides facing up and downstream.
- 5.5 Eddy turns in and out of the current.
- 5.6 Able to paddle while swamped.

6. WATER RESCUE IN BOTH FLAT AND MOVING WATER

- 6.1 Should be confident and able to swim in moving water dressed in canoeing gear.
- 6.2 Able to present their open canoe to a swimming paddler and perform a rescue in Grade 1 water.
- 6.3 Able to perform efficient deep water rescues solo and with assistance.
- 6.4 Able to perform canoe over canoe rescue with one canoe swamped and both canoes swamped.
- 6.5 To be able to swap tired paddlers from canoe to canoe in deep water.
- 6.6 Have a safe and effective tow line system and be able to tow an open canoe with or without occupant and be able to release the canoe immediately if required.
- 6.7 Able to rescue an unconscious patient with or without the aid of an open canoe and administer CPR.
- 6.8 Able to rescue a pinned or broached canoe in Grade 1 water using appropriate techniques.
- 6.9 Able to perform self rescue in deep water and capistrano flip.
- 6.10 Recognise signs of and know treatment for hypothermia and shock.
- 6.11 Can demonstrate the use of a throw rope and know its limitations.