

NZOIA™ Kayak Instructor Stage 1 Syllabus

SCOPE

For those who instruct and lead kayaking on class II whitewater. The minimally experienced stage one instructor will have been assessed as competent to **lead** and **instruct** on flat-water through to class II whitewater.

As the minimally experienced instructor gains further personal and river leadership/management experience they should be capable of **leading/guiding** clients on class III. (Recommended minimum days: 25 days of personal experience on class III whitewater and 25 days of leadership/river management experience on Class II)

This syllabus should be read in conjunction with NZOIA Core Generic Skills and NZOIA Flat-water as all relevant elements will be assessed when sitting a NZOIA award.

NB: Check out recommended training resources on the NZOIA website

1. SKILL AND EXPERIENCE

- 1.1.1 Must hold NZOIA Kayak Instructor Flatwater Award or have logged experience equivalent to that Award
- 1.1.2 Minimum Instructional Experience(above and beyond 1.1.1)
 - 20 sessions teaching rolling
 - 10 flat-water teaching sessions
 - 10 moving water teaching sessions
 - 20 river trip sessions
 - A further 10 skills teaching sessions on either flat-water or moving water
- 1.1.3 Personal Kayaking Standard
 - Kayak class III whitewater efficiently and effectively.
 - Role model on class II. Make good visual images for clients to learn from.
 - Perform river rescue techniques and risk management strategies on class II water.
- 1.1.4 The Kayak Stage One Instructor will have passed a First Aid Certificate (Outdoor First Aid recommended) within the last three years.

Note: A valid teaching session is an organised event with expected outcomes (not teaching friends informally). Personal/instructional time may be logged from training courses to the value of 50%. These are minimum requirements; extra days are advised so that a broad spectrum of variables are experienced.

- ** Assessors are encouraged to bring any whitewater kayak/s in which they feel competent to **perform/role-model** the syllabus. Remember this includes creating clear images for a beginner to learn from and performing any rescue tasks at a given site.

2. HISTORY AND ETHICS

“Enhance personal and group knowledge of the kayaking environment”

- 2.1.1 Demonstrate knowledge of local cultural considerations.
- 2.1.2 Demonstrate an understanding of how kayaking developed as a sport.
- 2.1.3 Demonstrate knowledge of environmental ethics and role model these.
- 2.1.4 Demonstrate an appreciation of relationships with other recreational water users.
- 2.1.5 Demonstrate awareness and consideration of relevant access issues at a given site.
- 2.1.6 Demonstrate knowledge of legislation relevant to kayaking.

3. EQUIPMENT

“Plan and prepare equipment for kayak activities”

- 3.1.1 Demonstrate knowledge of the use, care and characteristics of kayaking equipment available in New Zealand.
- 3.1.2 Demonstrate 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 knowledge of safe kayak transportation on trailers and roof racks.
- 3.1.4 Demonstrate that given kayaks and other kayak safety equipment meet professional/legal standards.
- 3.1.5 Demonstrate a working knowledge of simple safety equipment: Buoyancy bags, survival bags, tow-lines, throw-bags/belts, slings, karabiners, prussic, knife, saw, split paddle.
- 3.1.6 Demonstrate a working knowledge of knots: Fig 8, truckers hitch, prussik knot, clove hitch, bowline, round turn and two half-hitches.

4. LEADERSHIP AND INSTRUCTING

“Provide an enjoyable and stimulating learning experience for a group”

4.1 Leadership

All leadership skills must be performed in a class II environment

- 4.1.1 Demonstrate competence in leadership.
- 4.1.2 Demonstrate principles of party management and effectively manage the party in changing situations: briefs, capsized student/s, on river group management, difference in abilities of party members, changes in environmental conditions.
- 4.1.3 Describe and disclose relevant hazards encountered on water within the scope, and list suitable avoidance and management techniques.
- 4.1.4 Describe the signs and treatment for near drowning, hypothermia, shock, sunburn, dehydration.
- 4.1.5 Demonstrate the ability to pack a kayak for an overnight trip and knowledge of environmentally friendly camping techniques.
- 4.1.6 Demonstrate an effective communication system for groups on white water.
- 4.1.7 Select a training venue for a given group.
- 4.1.8 Select and prepare a range of learning/fun activities for a given group.
- 4.1.9 Demonstrate the protection of a given rapid for less experienced paddlers.
- 4.1.10 Demonstrate a working knowledge of a map and compass for navigation on land.
- 4.1.11 Demonstrate a working knowledge of NZ weather systems and their effect on given kayak venues.
- 4.1.12 Demonstrate an ability to access current river information (including flows).

4.2 Instructional Techniques

- 4.2.1 Demonstrate an ability to teach confidence activities.
- 4.2.2 Demonstrate an ability to teach rolling:
 - Sweep roll
 - C to C roll
- 4.2.3 Demonstrate an ability to teach kayaking strokes and techniques on flat water:
 - Forward paddling
 - Reverse paddling
 - Sweep strokes
 - Draw stroke
 - Low brace
 - Edging/railing
 - Eddy turn progression
- 4.2.4 Demonstrate an ability to teach moving water/whitewater skills
 - Carving eddy turns using a variety of strokes
 - Forward paddle
 - Sweep to stern draw
 - Ferry gliding
- 4.2.5 Demonstrate an ability to teach river running on class II rivers.
- 4.2.6 Demonstrate an ability to sequence individual sessions and content into course context

5 Personal Kayak Skills

“To enhance ability to, role model and manage kayaking activities”

5.1 Kayaking Techniques

- 5.1.1 Kayak class 3 whitewater: Demonstrate a reliable roll and controlled river running.
The following techniques are to be performed on given class II water
- 5.1.2 Demonstrate efficient and efficient paddling techniques: Forward, reverse, sweeps, draw stroke, low brace, edging/railing, body position.
- 5.1.3 Demonstrate a role model kayak roll on both sides (sweep or c to c).
- 5.1.4 Demonstrate carving eddy turns with a variety of strokes:
 - Forward paddle
 - Sweep to stern draw
 - Gliding draw
- 5.1.3 Demonstrate ferry glides: Forward and reverse.
- 5.1.4 Demonstrate river running.

5.2 Rescue Techniques

The following rescue techniques are to be performed on given class II water

- 5.2.1 Demonstrate the ability to perform instructor assisted rescues:
 - Bow rescue (T-rescue)
 - H-assist
 - Barrel roll-ups
 - Assisted river running/crosses
 - Transport a swimmer across the river: Bow carry, Stern carry, Tow.
 - Deep water rescue/s
- 5.2.2 Demonstrate use and knowledge of effective towline systems:
 - Tow a kayak with or without the occupant, a swimmer, a paddle.
 - Release the towline immediately if required.
- 5.2.3 Demonstrate the rescue of an unconscious patient, with or without the aid of a kayak.
- 5.2.4 Demonstrate the ability to rescue a swimmer using a throw-bag (attention gained, accurate throw, stable belay, safe pendulum).