

NZOIA™ Kayak Instructor Stage 2 Syllabus

SCOPE

For those training kayak instructors, developing/supervising kayaking programmes and teaching intermediate and advanced kayaking skills. A minimally experienced Stage 2 Instructor will have been assessed as competent to lead and instruct on sheltered water through to class III whitewater.

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

This syllabus should be read in conjunction with NZOIA Core Generic Skills and NZOIA Kayak stage 1 as all relevant elements will be assessed when sitting this NZOIA award.

NB: Check out recommended training resources on the NZOIA website

1. SKILL AND EXPERIENCE

- 1.1.1 Must hold NZOIA Kayak Stage 1 Instructor Award or have logged experience equivalent to that Award
- 1.1.2 Minimum instructional experience: Instructing intermediate/advanced kayak skills
 - Rolling 10 sessions
 - Flat water 10 sessions
 - Moving water 20 sessions
 - Play-boating 10 sessions
 - Slalom 10 sessions
 - Rescue Techniques 10 sessions
- 1.1.3 Minimum instructional experience: Teaching to teach kayaking
 - Rolling 5 sessions
 - Flat water 5 sessions
 - Moving water 5 sessions
 - River trips 5 sessions
 - Rescue techniques 5 sessions
- 1.1.4 Personal Kayaking Standard:
 - Kayak class IV whitewater efficiently and effectively
 - Role model on Class III. Present clear visual images for clients to learn from.
 - Perform intermediate freestyle moves
 - Perform river rescue techniques and risk management strategies on class III water
- 1.1.5 The NZOIA Kayak 2 Instructor will hold a current First Aid Certificate (Outdoor First Aid recommended) issued 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.

** Assesses are encouraged to bring any whitewater kayak/s in which they feel competent to **perform/role-model** the syllabus. We recommend a minimum of two different styles of kayak to demonstrate a full range of competencies.

In the following areas the NZOIA Kayak 2 Instructor will be expected to:

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 knowledge of competitive whitewater kayaking and the areas used for these events in New Zealand.
- 2.1.6 Demonstrate knowledge of other types of kayaking.
- 2.1.7 Demonstrate awareness and consideration of relevant access issues at a given site.
- 2.1.8 Identify and critique learning resource for kayak instruction/techniques.
- 2.1.9 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 safety equipment: Buoyancy bags, survival bags, tow-lines, knife, saw, split paddle, throw-bags/belts, slings, karabiners, pulleys, prussiks, dynamic/static ropes.
- 3.1.6 Demonstrate a working knowledge of knots: Truckers hitch, round turn, two half hitches, clove hitch, bowlines, figure eight, Italian hitch, prussik knots.

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 III 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 Demonstrate the ability to pack a kayak for an overnight trip and knowledge of environmentally friendly camping techniques.
- 4.1.4 Describe and disclose the relevant hazards encountered on the water described in this scope, and list suitable avoidance and management techniques.
- 4.1.5 Describe the signs and treatment for near drowning, hypothermia, shock, sunburn, shoulder dislocation and dehydration.
- 4.1.6 Demonstrate an effective communication system for groups on whitewater.
- 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.
- 4.1.11 Demonstrate a working knowledge of NZ weather systems and their effects on a kayak venue.
- 4.1.12 Demonstrate an ability to access current river information (including flows).

4.2 Instructional Techniques

Instruct intermediate/advanced kayaking

- 4.2.1 Demonstrate an ability to teach rolling
 - Confidence activities
 - Sweep roll
 - C to C
 - Back deck roll
 - Hand roll
- 4.2.2 Demonstrate an ability to instruct kayaking techniques to an intermediate/advanced level on flat-water
 - Forward paddling
 - Reverse paddling
 - Sweep strokes
 - Draw strokes: Bow to stern
 - Low/high brace
 - Turning techniques
 - Carves
 - Skid
 - Pivot
 - Gliding draws
 - Slalom techniques: Upstream gate and offset gate sequences
 - Freestyle (see 5.1.2)
- 4.2.3 Demonstrate an ability to instruct kayaking techniques to an intermediate/advanced level on moving water/whitewater
 - Eddy turns
 - Carve
 - Skid
 - Pivot
 - Eddy turn stroke combinations
 - Forward paddling
 - Sweep to stern draw
 - Gliding draw
 - Ferry gliding
 - Rapid running
 - River moves
 - S-turn/cross
 - Use of river features
 - Hole riding
 - Slalom techniques: Upstream gate and offset gate sequences
 - Freestyle (see 5.1.2)
- 4.2.4 Demonstrate an ability to manage and lead groups on class III river trips / journeys
- 4.2.5 Demonstrate an ability to instruct given river rescue techniques
 - Bow rescue (T-rescue)
 - H-assist
 - 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.
- Whitewater swimming techniques.
- Demonstrate a recovery system for pinned kayaks using pulley/mechanical advantage systems if necessary, and show an understanding of the limitations and dangers of these systems.
- Demonstrate a recovery system for a stranded/trapped kayaker.
- Demonstrate an improvised harness.
- Demonstrate ascending/descending a rope with standard river safety equipment.
- Demonstrate a working knowledge of management strategies for a given river rescue scenario.

Teaching to Teach: Instructor Training

- 4.2.6 Demonstrate an ability to teach how to organise and instruct a pool / rolling session
 - Confidence activities
 - Drills/games
 - Sweep roll
 - C to C roll
- 4.2.7 Demonstrate an ability to teach how to organise and instruct a flat water session
 - Drills/games
 - Forward paddle
 - Reverse paddle
 - Sweeps
 - Low brace
 - Edging/railing
 - Carving
 - Eddy turn progression
- 4.2.8 Demonstrate an ability to teach how to organise and instruct a moving water / whitewater session
- 4.2.9 Carving eddy turns using a variety of strokes
 - Forward paddle
 - Sweep to stern draw
 - Ferry gliding
- 4.2.10 Demonstrate an ability to teach how to organize and instruct river rescue techniques
 - Bow rescue (T-rescue)
 - H-assist
 - 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.
 - Whitewater swimming techniques.
- 4.2.11 Demonstrate an ability to teach methods for leading and managing a class II river trip / journey
- 4.2.12 Demonstrate an ability to teach how to organise and structure and sequential programme for a given kayak course

PERSONAL KAYAK SKILLS

“Enhance ability to teach, role model and manage kayaking activities”

Kayaking Techniques

- 5.1.1 Kayak class IV whitewater: Demonstrate a reliable roll and controlled river running
 - 5.1.2 Demonstrate a range of intermediate freestyle moves
 - These may include: Surfing: Carving, flat-spin, blunt. Hole riding: Maneuver, roll, spin, cartwheel, blast. Eddy-line: Stern squirt, screw up, stalls, cartwheel
- Note: Candidates are not expected to be able to ‘role model’ all these techniques. It is expected you could perform them to a level which can ‘enhance’ clients river running and river play options.

The following paddling techniques are to be performed on given class III water

- 5.1.3 Demonstrate effective and efficient kayaking techniques
 - Blade: Forward, reverse, sweeps, low/high brace, sweep to stern draws, gliding draws.
 - Boat control: edging/railing, Turns: carve, skid, pivot,
 - Body: body position, rotation
- 5.1.4 Demonstrate a role model kayak roll on both sides
- 5.1.5 Demonstrate forward and reverse ferry gliding
- 5.1.6 Demonstrate river running and river moves
- 5.1.7 Demonstrate a practical knowledge of slalom skills and techniques

5.2 Rescue Techniques

The following rescue techniques are to be performed in a class III environment

- 5.2.1 Demonstrate the ability to perform instructor assisted rescues
 - Bow rescue (T-rescue)
 - H assist
 - Barrel roll-ups
 - Assisted ferry gliding/river running
 - 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).
- 5.2.5 Demonstrate a recovery system for pinned kayaks using pulley/mechanical advantage systems if necessary, and show an understanding of the limitations and dangers of these systems.
- 5.2.6 Demonstrate a recovery system for a stranded/trapped kayaker.
- 5.2.7 Demonstrate an improvised harness.
- 5.2.8 Demonstrate ascending/descending a rope with standard river safety equipment.
- 5.2.9 Demonstrate a working knowledge of management strategies for a given river rescue scenario.