



Whitewater NZ

NZOIA
Excellence in Outdoor Leadership

Kayak Instructor – Level 2



Photo: Charlie Martin

Assessment Guide For Assessors and Candidates

Kayak Skills Instruction

Assessment Notes

This Assessment Guide is to assist assessors with judging a candidate's competency. All judgements must be based on current best practice and industry standards. This guide is also to help candidates know what they will be assessed on and what assessment tasks they will be asked to complete.

Assessors use three types of direct evidence to judge a candidate's competency:

- Written questions / assignment
- Oral questions and discussion
- Observation of practical tasks

Assessment - Kayak Skills Instruction

Technical Competence

1. Demonstrate an understanding of the development of whitewater kayaking as a sport including current developments and trends

The candidate will have understanding and awareness of:

- Competitive whitewater kayaking and the areas used for these events in New Zealand
- The variety of types of whitewater kayaking currently undertaken in New Zealand e.g. slalom, freestyle, extreme racing, multisport
- Identify and critique learning resources for kayak instruction/techniques

2. Demonstrate intermediate freestyle moves

The candidate will role model intermediate freestyle moves (i.e. making good visual images suitable for students to learn from). These may include, but are not limited to:

- 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' a student's river running and river play options.

3. Demonstrate a practical knowledge of slalom skills and techniques

The candidate will demonstrate a practical knowledge of slalom skills and techniques and how to apply these to enhance a student's river running skills. These skills and techniques may include, but are not limited to:

- Upstream gate techniques; 3 stroke, 2 stroke, 'S' turn, control and maintain speed on entry and exit
- Downstream gate techniques; stagger sequence, maintaining speed, effective use of inside pole

- Edging; inside and outside edges, edge changes
- Posture; use of core, body rotation, upright body, head up

The Environment

4. Role model accepted environmental practices

The candidate will:

- Demonstrate and/or describe the responsibilities to land owners, including access protocols and issues, and other river users
- Demonstrate minimal impact practices at all times
- Role model the principles of the New Zealand Water Care Code, the New Zealand Environmental Care Code and/or Leave No Trace
- Demonstrate an awareness of practices to stop the spread of Didymo and other freshwater pests

Group Management and Leadership

5. Lead and manage a group on moving water

The candidate will demonstrate competent leadership and management of a group during a moving water teaching session which includes:

- A briefing before the session commences
- Awareness and disclosure of any relevant hazards
- A range of on the water group management strategies as appropriate
- An effective communication system for managing the group
- Establishing rapport and using a leadership style appropriate to the group
- Organise and motivate a group / individuals in a moving water environment

6. Apply effective safety management

The candidate will demonstrate the following:

- The ability to access and apply weather and up-to-date river information (including river flow) as appropriate for a planned session or river trip
- Have a first aid kit and be able to deal with first aid situations as required
- Awareness of the risks and appropriate risk management strategies during a given session and the ability to adjust plans when required
- Safe practices and good judgement and decision making within the scope of this qualification

Instruction

7. Teach intermediate/advanced kayak rolling

The candidate will demonstrate teaching rolling at an intermediate/advanced level. This may include, but is not limited to:

- Sweep roll
- C to C
- Back deck roll
- Hand roll

8. Teach intermediate/advanced flat water kayaking skills

The candidate will teach a flat water session at an intermediate/advanced level that demonstrates:

- Selecting a suitable training site
- Providing a safe, well managed and positive learning experience
- The ability to teach a range of kayaking strokes and techniques on flat water. The range may include, but is not limited to – forward paddling, reverse paddling, sweep strokes, draw strokes (bow to stern), bracing (low/high), turning techniques (carve, skid, pivot), gliding draws
- Teaching Slalom techniques - upstream gate and downstream gate sequences
- Teaching Freestyle techniques

9. Teach intermediate/advanced moving water kayak skills

The candidate will teach a moving water session to an intermediate/advanced level that demonstrates:

- Selecting a suitable training site
- Providing a safe, well managed and positive learning experience
- The ability to teach a range of kayaking strokes and techniques on moving water. The range may include, but is not limited to – eddy turns (carve, skid, pivot), eddy turn stroke combinations (forward paddling, sweep to stern draw, gliding draw) ferry gliding, river moves (S-turn/cross, use of river features), surfing, hole riding
- Teaching Slalom techniques - upstream gate and offset gate sequences
- Teaching Freestyle techniques

10. Teach river rescue techniques

The candidate will teach river rescue techniques and demonstrate:

- Selecting a suitable training site
- Providing a safe, well managed and positive learning experience
- The ability to teach a range of river rescue techniques. The range may include, but is not limited to
 - 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
- Use of pulley/mechanical advantage systems to recover a pinned kayak
- Methods for dealing with a stranded or trapped kayaker

Instructor Training / Teach to Teach

11. Teach an instructor training / teach to teach pool or rolling session

The candidate will demonstrate the ability to teach how to organise and instruct a pool or rolling session which may include, but is not limited to:

- Confidence activities
- Drills/games
- Sweep roll
- C to C roll

12. Teach an instructor training / teach to teach flat water session

The candidate will demonstrate the ability to teach how to organise and instruct a flat water session which may include, but is not limited to:

- Drills/games
- Forward paddle
- Reverse paddle
- Sweeps
- Bracing
- Edging/railing
- Carving
- Eddy turn progression

13. Teach an instructor training / teach to teach moving water session

The candidate will demonstrate the ability to teach how to organise and instruct a moving water session which may include, but is not limited to:

- Eddy turns (carve, skid, pivot) and eddy turn stroke combinations
- Ferry gliding
- River moves (S-turn/cross, use of river features)
- Surfing
- Hole riding

14. Teach instructor training / teach to teach river rescue techniques

The candidate will demonstrate the ability to teach how to organise and instruct river rescue techniques which may include, but is not limited to:

- 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
- Use of pulley/mechanical advantage systems to recover a pinned kayak
- Methods for dealing with a stranded or trapped kayaker

15. Teach instructor training / teach to teach leadership and river management

The candidate will demonstrate the ability to teach methods for leading and managing a class 2 river trip. This may include, but is not limited to:

- Selecting a suitable river trip
- Identifying river features and hazards and how to use and/or avoid them
- Effective communication including the use of paddle signals
- River running strategies, including scouting and choosing safe lines through rapids
- Teaching kayaking skills to enhance students' ability to paddle class 2 whitewater
- Providing a safe, well managed and positive learning experience

16. Teach instructor training / teach to teach kayak programme sequencing

The candidate will demonstrate the ability to teach how to organise and structure a sequential programme for a given kayak course.