

## **Artificial Whitewater Kayak**



Photo: [www.wero.org.nz](http://www.wero.org.nz)

## **Scope and Syllabus**

With the support of:



# NZOIA™

## Artificial Whitewater Kayak

### Scope

#### **Artificial Whitewater Kayak Profile**

The NZOIA Artificial Whitewater Kayak holder is able to:

- Demonstrate personal kayak skills on class 2 and class 3 white water
- Demonstrate personal white water safety skills on class 2 white water
- Lead and manage groups on class 2 white water
- Apply effective safety management
- Prepare and deliver teaching sessions
- Teach kayak rolling
- Teach white water safety skills and moving water skills

#### **Scope**

The holder of this qualification can organise, instruct and guide kayak experiences on constructed artificial whitewater courses such as the Vector Wero Whitewater Park, Manukau, Auckland. Natural white water and rivers are outside the scope of this qualification.

The NZOIA Artificial Whitewater Kayak holder can work independently without direct supervision. They are qualified to operate within an activity specific risk management plan. The qualification does not define the skill set required to write or approve such a plan.

This is a foundation qualification and provides a stepping stone towards NZOIA Kayak 1.

#### **Prerequisites**

Be a current Full Member or working under an Affiliated Membership of NZOIA

Be 18 years old or over

Hold a current First Aid Certificate (minimum of 12 hours or 2 day course including some direct contact with course tutors)

Hold a current NZOIA Kayak Leader qualification

Have the following experience as evidence in a logbook:

**Personal experience** – at least 10 sessions personal kayak experience on class 2 and 3 white water

**Instructional experience** – at least 5 skills sessions and 5 rolling sessions as a co-leader or assistant leader

The prerequisite experience requirements are minimums, extra sessions are recommended.

## **Registration and Revalidation**

Registration and revalidation with NZOIA provide proof of currency for NZOIA qualification holders.

### **Progressing to NZOIA Kayak 1**

As the NZOIA Artificial Whitewater holder gains more experience they may progress towards gaining the NZOIA Kayak 1 qualification. The steps they would follow include:

- Gaining the experience outlined in the NZOIA Kayak 1 prerequisites
- Attending a NZOIA/WWNZ River Rescue 1 course
- Attending an NZOIA Kayak 1 training course
- Working with a NZOIA Kayak 1 or 2 holder

# **Syllabus**

## **Assessment Notes**

The syllabus outlines what the content of the assessment will include and gives an idea of what assessment tasks the candidate will be asked to complete. All judgements on how the candidate meets the syllabus must be based on current good practice and industry standards.

Assessors can use 3 types of direct evidence to judge a candidate's competency:

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

## **Technical Competence**

### **1. Demonstrate personal kayak skills on class 2 and class 3 white water**

The candidate will demonstrate controlled kayaking on class 3 white water.

The candidate will demonstrate the following role model kayak skills (i.e. making good visual images suitable for clients to learn from) on class 2:

- 1.1** A range of efficient and effective paddling techniques e.g. forward, reverse, sweeps, draw strokes, bracing, edging/railing
- 1.2** Moving into and out of the current using continuous paddling eddy turns
- 1.3** Moving across the current using forward ferry gliding/high cross on a wave

**1.4** Choosing safe and efficient lines/routes through white water

**1.5** A reliable roll

**2. Demonstrate personal whitewater safety skills on class 2 white water**

The candidate will demonstrate the following on class 2 white water:

**2.1** Defensive white water swimming skills

**2.2** Receiving a throw bag as a swimmer in moving water

**2.3** Use of a throw bag to rescue a swimmer; attention gained, accurate throw, stable belay, safe pendulum

**2.4** Barrel roll a capsized kayaker

**2.5** Back deck carry of a swimmer

**2.6** Deep water rescue of a swimmer (x-rescue)

**Group Management and Leadership**

**3. Lead and manage a group kayaking on class 2 white water**

The candidate will demonstrate competent leadership and management of a group kayaking on class 2 white water which includes:

**3.1** A safety brief before the session commences including identifying hazards, and course etiquette around other users

**3.2** Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of group members, protecting sections of the course as appropriate for less experienced paddlers

**3.3** An effective communication system for managing the group

**3.4** Establishing rapport and using a leadership style appropriate to the group

**3.5** Organise and motivate a group/individual in an artificial white water environment

**4. Demonstrate effective safety management according to the facility's standard operating procedures**

The candidate will:

**4.1** Know and adhere to the facility's safety operating procedures

**4.2** Complete a pre-activity check of equipment for fitness of use

**4.3** Demonstrate a general site check for hazards and take steps to rectify any identified

**4.4** Identify and manage dangerous equipment (repair, replace and/or isolate)

**4.5** Be able to locate a first aid kit and deal with first aid situations as required

**4.6** Deal with an emergency scenario

**4.7** Describe how to get assistance

## **Instruction**

### **5. Prepare and deliver teaching sessions**

The candidate will prepare and deliver teaching sessions on rolling, white water safety skills and moving water safety skills as outlined below and demonstrate:

- 5.1** A range of teaching skills e.g. introduction, appropriate voice, language and body language, teaching/visual aids, demonstrations, teachable moments, evaluation of learning
- 5.2** Using both *in kayak* and *out of kayak* (i.e. from the bank) instruction
- 5.3** Engaging the clients in a positive learning experience which encourages enthusiasm and interest
- 5.4** Preparing clients to be independent kayakers in an artificial whitewater course environment

### **6. Teach rolling**

The candidate will teach a rolling session which demonstrates:

- 6.1** Preparing and delivering a safe, well managed and positive learning experience
- 6.2** Confidence activities including capsize procedures/wet exit
- 6.3** A rolling progression and technique most suited to the needs of individual clients

### **7. Teach white water safety skills**

The candidate will teach white water safety skills which demonstrates:

- 7.1** Selecting a suitable training site
- 7.2** Providing a safe, well managed and positive learning experience

The candidate will teach the following river safety skills:

- 7.3** Capsize and self-rescue with kayak and paddle

Defensive white water swimming skills

- 7.4** Receiving a throw bag as a swimmer in moving water
- 7.5** Being barrel rolled as a capsized kayaker

### **8. Teach moving water skills on flat and moving water**

The candidate will demonstrate the ability to teach moving water skills on class 2 white water, including:

- 8.1** Preparing and delivering a safe, well managed and positive learning experience

- 8.2** The ability to teach kayaking strokes and techniques on flat water that prepare clients for moving water e.g. bracing, edging, railing and eddy turn progressions (including a variety of activities e.g. games, drills to achieve results)
- 8.3** Identifying white water features and hazards and how to use and/or avoid them
- 8.4** Effective communication including the use of paddle signals
- 8.5** Choosing safe and efficient lines through white water
- 8.6** The ability to teach a range of kayaking strokes and techniques on moving water e.g. forward, reverse, sweeps, draw strokes, bracing, edging/railing
- 8.7** Moving into and out of the current using continuous paddling eddy turns
- 8.8** Moving across the current using forward ferry gliding/high cross on a wave ferry gliding