

## **Canoe 1**



Photo: Simon Dixon

## **Scope and Syllabus**

With the support of:



# NZOIA™ Canoe 1

## Scope

### Canoe 1 Profile

The NZOIA Canoe 1 is able to:

- Plan and prepare for a multi-day canoe trip
- Demonstrate role model canoe skills on class 2+ white water
- Lead and manage groups on class 2 white water and open water
- Lead and manage groups on multi-day trips
- Apply effective safety management
- Teach flat water canoe skills
- Teach moving water and river running skills on class 2 white water
- Role model and promote accepted environmental practices
- Provide interpretive information about sites visited

### Scope

The holder of this qualification can organise, instruct and guide multi-day canoe trips on moving water up to class 2 white water, and in coastal, lake or open water areas where adverse conditions and limited periods of exposed coast may be encountered.

Adverse conditions being; wind up to 10 knots, swell no higher than the freeboard and tidal current of up to 4 knots.

### Prerequisites

Be a current Full Member of NZOIA

Be 20 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 NZOIA/WWNZ River Rescue 1 certificate

Have the following experience as evidence in a logbook:

**Total experience** – at least 40 days canoe experience (a day is considered to be at least 4 hours on the water. Sessions can be accumulated to make a day) in a variety of locations and conditions including 5 days on open water and 3 multi-day trips (one being greater than two nights). These 40 days must also include:

**Personal experience** – at least 20 days personal canoe experience on at least three different rivers

**Instructional experience** – at least 10 days instructing, leading or guiding groups in canoes (including five days on class 2, and 15 instructional sessions of at least one hour duration)

The prerequisite experience requirements are minimums, extra days are recommended so that a broad range of experience is gained. Experience will include co-instructing/guiding or working as an assistant instructor/guide.

## **Registration and Revalidation**

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

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

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

## **Technical Competence**

### **1. Describe the development of open canoeing**

The candidate will be able to describe and discuss:

- 1.1** The development of canoeing as a recreation, sport and industry
- 1.2** Current threats to New Zealand's rivers and the effect these have on recreational river use
- 1.3** Organisations and their input and influence on maintaining resources e.g. Whitewater NZ, KASK

### **2. Demonstrate the care and correct use of canoes, equipment and clothing**

The candidate will:

- 2.1** Use equipment that is in good condition and well maintained and used in accordance with the manufacturer's recommendations and current good practice
- 2.2** Carry and use the appropriate clothing for the environmental conditions

- 2.3** Carry, demonstrate and/or describe the use and care of safety equipment appropriate to the conditions for a safe and successful day trip e.g. flares, towlines, VHF radio, Satellite phone, PLB, throw bags, buoyancy, survival bags, slings, karabiners, prusik, pullies, knife, saw, spare paddle, bailer, painters
- 2.4** Describe the characteristics of equipment e.g. canoe design, PFD's, clothing
- 2.5** Complete a pre-activity check of equipment and describe how to identify worn or damaged equipment
- 2.6** Be able to carry out basic field repairs and provide the means to do so
- 2.7** Demonstrate effective manual handling of canoes on land
- 2.8** Demonstrate the ability to safely transport canoes by vehicle or trailer

### **3. Demonstrate personal canoe skills**

The candidate will demonstrate dry lines that make good visual images suitable for clients to learn from on class 2+ white water including:

- 3.1** A range of efficient and effective paddle techniques both tandem and solo from all four quadrants of the canoe e.g. forward, reverse, J-stroke, cross-bow draw, draw and pry strokes, low bracing, static, dynamic strokes
- 3.2** Controlled eddy turns holding tilt
- 3.3** Forward and reverse ferry gliding
- 3.4** Safe and efficient river running including choosing dry lines/routes down rapids
- 3.5** Trim
- 3.6** Lining (down river)
- 3.7** Attaining (up river)
- 3.8** Portaging

The candidate will demonstrate or describe:

- 3.9** Packing for a multi-day trip
- 3.10** Canoe loading for windy conditions
- 3.11** Sailing
- 3.12** Water displacement

### **4. Demonstrate river rescue skills**

The candidate will demonstrate the following river rescue skills at a given location on a class 2 river:

Self-rescue:

- 4.1** Swim to shore with tow and fully loaded canoe using painter line then bail the canoe
- 4.2** Right a fully loaded boat (with leashed gear) and re-entry without shore access (open water technique)

Boat based rescue:

- 4.3 Tow canoe
- 4.4 X-rescue
- 4.5 Curl
- 4.6 Effectively manage the group while dealing with a canoe over (multiple swimmer)
- 4.7 Rescue of an unconscious swimmer

Bank based rescues:

- 4.8 Rescue a swimmer using a throw bag e.g. attention gained, accurate throw, stable belay, safe pendulum
- 4.9 Set up a simple hauling system/Z-drag/3:1 system with a pin kit (for efficiency this can be done as a simulated rescue on land)
- 4.10 Methods for dealing with foot entrapments
- 4.11 Describe methods for dealing with swimmer overboard when sailing (in open water)

## **5. Demonstrate location awareness**

- 5.1 Determine present location on a topographical map using natural features or compass

## **6. Demonstrate campcraft skills for established sites**

The candidate will:

- 6.1 Demonstrate selecting a campsite and identifying any natural hazards present
- 6.2 Describe the advantages, disadvantages and safe use of different stove types e.g. solid fuel, gas, methylated spirits and white-spirits

## **The Environment**

### **7. Apply nautical and weather interpretation and forecasting skills**

The candidate will describe, demonstrate and/or apply:

- 7.1 The dynamics of surf and wave formations
- 7.2 The effect of tides, currents and wind on canoes
- 7.3 The ability to predict local conditions based on topography, tides and swell
- 7.4 Use of weather maps and forecasts to make a general prediction of wind direction, speed, temperature and precipitation
- 7.5 Weather signs when in the field e.g. cloud types, wind speed, wind direction, temperature and anticipate weather conditions

## **8. Role model and promote accepted environmental practices**

The candidate will:

- 8.1** Demonstrate and/or describe the responsibilities to land owners and other users, including access protocols
- 8.2** Role model and promote the principles of the New Zealand Water Care Code
- 8.3** Role model and promote the principles of Leave No Trace
- 8.4** Demonstrate an awareness of practices to stop the spread of didymo and other freshwater pests

## **9. Demonstrate and/or describe cultural and environmental knowledge and interpretation of sites visited**

The candidate will be able to provide interpretive information about:

- 9.1** The natural and cultural history of the area
- 9.2** The geology of the area
- 9.3** Local flora and fauna (marine and land based)
- 9.4** Water Conservation Orders and the protection of NZ rivers
- 9.5** Concepts of tikanga Māori and be able to connect these to the river environment e.g. Tapu, Kaitiakitanga, Whakapapa, Ranginui, Papatuanuku, Mauri

## **Group Management and Leadership**

### **10. Plan and prepare for a multi-day instructional and guided trip**

The candidate will prepare a written activity management plan for a multi-day canoe trip, camping or staying in huts, which includes:

- 10.1** Map showing proposed route, estimated travel times and distances, points of interest, hazards
- 10.2** Hazard identification and risk management strategies e.g. RAMS, AMP, SAPS
- 10.3** Two relevant weather maps and analyses on which you are basing your proposed trip
- 10.4** Detailed contingency plan and alternate routes
- 10.5** Access details and contact phone numbers e.g. DOC, local Iwi, Regional Council, land owners, Metphone, Metfax, Coastguard, Marine VHF Channels for emergency and weather forecast
- 10.6** Clothing and equipment lists for both individuals and the group
- 10.7** A menu plan which includes balanced, nutritious and varied food, fuel requirements, emergency food and identifies safe methods for organising group cooking

## **11. Lead and manage a group up to and including class 2 white water**

The candidate will demonstrate competent leadership and management of a group on flat water and moving water environments, up to and including class 2 white water which includes:

- 11.1** A safety brief before the session or river trip commences
- 11.2** Awareness of relevant hazards encountered
- 11.3** A range of on the water group management strategies as appropriate
- 11.4** Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of party members, protecting rapids as appropriate
- 11.5** An effective communication system for managing the group
- 11.6** Establishing rapport and using a leadership style appropriate to the group
- 11.7** Organising and motivating a group/individual in flat water and white-water environments

## **12. Apply effective safety management**

The candidate will demonstrate:

- 12.1** The ability to access and apply weather, tidal and river flow information as appropriate to a planned session or river trip
- 12.2** Have a first aid kit and be able to deal with first aid situations as required
- 12.3** Awareness of the risks and appropriate risk management strategies during a given session or river trip and the ability to adjust plans when required
- 12.4** Awareness of the prevention, symptoms, remedies and treatment for common medical issues relevant to canoeing e.g. near drowning, hypothermia, shock, sunburn, dehydration
- 12.5** Safe practices and good judgement and decision making within the scope of this qualification

## **Instruction**

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

The candidate will prepare and deliver teaching sessions that demonstrate:

- 13.1** The selection and preparation of a suitable location or venue appropriate to the lesson
- 13.2** A range of teaching skills e.g. introduction, appropriate voice, language and body language, teaching/visual aids, demonstrations, teachable moments, evaluation of learning
- 13.3** A wide knowledge of the topic or skill
- 13.4** Engaging the clients in a positive learning experience which encourages enthusiasm and interest

#### **14. Teach flat water canoe skills**

The candidate will teach a flat-water session that prepares clients for a moving water session and/or river trip, which demonstrates:

- 14.1** Selecting a suitable training site
- 14.2** Preparing and delivering a safe, well managed and positive learning experience
- 14.3** The ability to teach a range of canoe strokes and techniques on flat water. The range may include, but is not limited to; forward paddle, reverse paddle, draw strokes, pry, stopping, eddy turn progression, slide slip
- 14.4** The ability to use a variety of activities to achieve desired results e.g. games, drills, journey's

#### **15. Teach moving water skills**

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

- 15.1** Selecting a suitable training site
- 15.2** Preparing and delivering a safe, well managed and positive learning experience
- 15.3** Eddy turns
- 15.4** Ferry gliding

#### **16. Teach river running skills**

The candidate will demonstrate the ability to teach river running skills on a class 2 river trip, including:

- 16.1** Selecting a suitable river trip
- 16.2** Preparing and delivering a safe, well managed and positive learning experience
- 16.3** Identifying river features and hazards and how to use and/or avoid them
- 16.4** Effective communication including the use of paddle signals
- 16.5** River running strategies, including scouting and choosing safe lines through rapids or lining down rapids