

Kayak 1



Photo: Cat Kearsley

Scope and Syllabus

With the support of:



NZOIA™ Kayak 1

Scope

Kayak 1 Profile

The NZOIA Kayak 1 is able to:

- Demonstrate kayak skills on class 3 white water
- Demonstrate role model kayak skills on class 2 white water
- Lead and manage groups on class 2 white water
- Apply effective safety management
- Teach kayak rolling
- Teach flat water kayak skills
- Teach moving water and river running skills on class 2 white water
- Role model and promote accepted environmental practices
- Demonstrate and/or describe cultural and environmental knowledge relating to NZ rivers

Scope

The holder of this qualification can:

- Organise, instruct and guide kayak experiences on class 2 white water
- Teach introductory kayak skills, including rolling, on flat water to class 2 white water

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

Personal experience – at least:

- 50 river trips on at least 5 different rivers
- 20 river trips on class 3 white water (or above)

Instructional experience – at least:

- 20 sessions teaching rolling
- 15 flat water teaching sessions
- 15 moving water teaching sessions
- 20 river trips

A valid teaching session is an organised event with expected outcomes (not teaching friends informally).

A river trip is considered to be at least 2 hours duration from put in to get out on a recognised section of a river.

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.

Progressing to NZOIA Kayak 2

As the NZOIA Kayak 1 gains more experience, they can progress to gaining the NZOIA Kayak 2 qualification. The steps they can follow include:

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

Syllabus

Assessment Notes

This 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. Demonstrate knowledge of kayaking and contemporary issues

The candidate will be able to describe and discuss:

- 1.1** The development of kayaking as a sport and current trends
- 1.2** Current threats to New Zealand's rivers and the effect these have on recreational river use
- 1.3** Legislation relevant to white water kayaking

2. Demonstrate the care and correct use of kayak equipment and clothing

The candidate will:

- 2.1** Have knowledge about types, characteristics, advantages, limitations, cost, care, maintenance and storage for a range of equipment. E.g. Kayaks, PFD's, spray decks, paddles, helmets, dry tops/paddle jackets and other clothing footwear
- 2.2** Role model the use of equipment that is in good condition and well maintained for use in a class 3 white water environment
- 2.3** Carry and use the appropriate clothing and equipment for the environmental conditions
- 2.4** Demonstrate safe transportation of kayaks on trailers and/or roof racks
- 2.5** Demonstrate a working knowledge of a range of safety equipment e.g. air bags, survival bags, tow lines, throw bags, slings, karabiners, prusiks, knife, saw, split paddle
- 2.6** Educate clients on appropriate kayaks, kayak equipment and clothing
- 2.7** Describe the use of, advantages and limitations of different emergency methods of communication on the river e.g. cell phone, PLB, satellite messenger

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

The candidate will demonstrate kayaking on class 3 including:

- 3.1** A reliable roll
- 3.2** Controlled river running including choosing lines/routes down rapids

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 including:

- 3.3** A range of efficient and effective paddling techniques e.g. forward, reverse, sweeps, draw strokes, bracing, edging/railing, body position
- 3.4** Sweep roll on both sides
- 3.5** Carving eddy turns using a variety of strokes e.g. forward paddle, sweep stroke, gliding draw stroke
- 3.6** Forward and reverse ferry gliding
- 3.7** Safe and efficient river running including choosing lines/routes down rapids

4. Demonstrate river rescue skills

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

Instructor assisted and instructor intervention rescues:

- 4.1** Two of the following three rescues:
 - Bow/T Rescue
 - Assisted Rescues
 - Barrel Roll

- 4.2 Transport a swimmer across the river using a bow carry or a stern deck carry and a tow
- 4.3 Identify a suitable location and perform a deep water rescue (recommended time for kayak emptied, kayaker back in and spray deck on is 2 minutes)
- 4.4 Management techniques without a towline e.g. rafting up, kayak barge/shove
- 4.5 Use of an effective towline system including:
 - Capsize, release and roll
 - Assisted ferry glide
 - Towing – a kayak and a paddle
 - Rescue of an unconscious swimmer

Use of a throw bag to:

- 4.6 Rescue a swimmer. This includes attention gained, accurate throw, stable belay, safe pendulum
- 4.7 Set up a simple haul system/Z- drag/3:1 system with a pin kit
- 4.8 Describe methods for dealing with foot entrapments

The Environment

5. Role model and promote accepted environmental practices

The candidate will:

- 5.1 Demonstrate and/or describe the responsibilities to land owners and other river users, including access protocols
- 5.2 Role model and promote the principles of the New Zealand Water Care Code
- 5.3 Role model and promote the principles of Leave No Trace
- 5.4 Demonstrate an awareness of practices to stop the spread of didymo and other freshwater pests

6. Demonstrate and/or describe cultural and environmental knowledge of NZ rivers

The candidate will understand:

- 6.1 River hydrology
- 6.2 River types
- 6.3 Water Conservation Orders and the protection of NZ rivers
- 6.4 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

7. Lead and manage a group kayaking up to and including class 2 white water

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

- 7.1 A safety brief before the session or river trip commences
- 7.2 Awareness of relevant hazards encountered
- 7.3 A range of on the water group management strategies as appropriate
- 7.4 Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of clients, protecting rapids as appropriate for less experienced clients
- 7.5 An effective communication system for managing the group e.g. paddle, hand and whistle signals
- 7.6 Establishing rapport and using a leadership style appropriate to the group
- 7.7 Organising and motivating a group/individual in pool, flat water and white water environments

8. Apply effective safety management

The candidate will:

- 8.1 Demonstrate safe practices and good judgement and decision making within the scope of this qualification
- 8.2 Demonstrate the ability to access and apply weather, tidal and river flow information as appropriate to a planned session or river trip
- 8.3 Have a first aid kit and be able to deal with first aid situations as required
- 8.4 Demonstrate awareness of the risks, appropriate management strategies and the ability to adjust plans when required
- 8.5 Demonstrate awareness of the prevention, symptoms, and treatment for medical issues relevant to kayaking e.g. near drowning, hypothermia, shock, sunburn, dehydration, shoulder dislocation, concussion, tendonitis
- 8.6 Carry appropriate personal and group emergency equipment e.g. shelter, split paddle, communications, rescue equipment

Instruction

9. Prepare and deliver teaching sessions

The candidate will:

- 9.1 Develop aims based on knowledge of clients
- 9.2 Plan a logical sequence of teaching progressions
- 9.3 Select and prepare a suitable location for client success
- 9.4 Use clear demonstrations and explanations
- 9.5 Use a range of teaching skills and methods
- 9.6 Provide opportunities for clients to practice
- 9.7 Deliver feedback that is timely and specific
- 9.8 Maintain a positive learning environment

10. Teach rolling skills

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

- 10.1** Confidence activities including capsize procedures/wet exit
- 10.2** A sweep roll progression
- 10.3** A rolling technique most suited to the needs of individual clients (this acknowledges the value of alternative rolling techniques to the sweep roll)

11. Teach flat water skills

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

- 11.1** The ability to teach a range of kayak strokes and techniques on flat water e.g. forward paddling, reverse paddling, sweep strokes, draw strokes, bracing, edging/railing, carving eddy turn progression
- 11.2** The ability to use a variety of activities to achieve results e.g. games, drills, journey's

12. Teach moving water skills

The candidate will demonstrate the ability to teach on class 1 and 2 white water, including:

- 12.1** Carving eddy turns using a variety of techniques e.g. forward paddle, sweep strokes, boat position, gliding draw stroke (stern)
- 12.2** Ferry gliding

13. Teach river running skills

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

- 13.1** Identifying river features and how to use them
- 13.2** Identifying river hazards and how to avoid them
- 13.3** Effective communication including the use of paddle signals
- 13.4** River running strategies, including scouting and choosing safe lines through rapids