

# **NZOIA**

*Excellence in Outdoor Leadership*

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## **Multisport Kayak**

## **Scope and Syllabus**

With the support of:



# NZOIA™ Multisport Kayak

## Scope

### Multisport Kayak Profile

The NZOIA Multisport Kayaker can:

- Demonstrate role model multisport kayak skills on class 2 white water
- Lead and manage groups kayaking on class 2 white water
- Apply effective safety management and rescue skills
- Teach flat water multisport kayak skills
- Teach moving water and river running skills on class 2 white water
- Role model and promote accepted environmental practices
- Prepare and deliver teaching sessions
- Assess candidates for a Grade 2 Multisport Kayaking Skills Certificate

### Scope

The holder of this qualification can organise, instruct and lead multisport kayaking on flat water and moving water up to and including class 2. This includes instructing and leading on sheltered flat water environments e.g. lakes and estuaries, where wind and waves may have an adverse effect on paddlers. Multisport kayaks are typically 4.5 – 6.5 metres in length and constructed of lightweight materials e.g. kevlar, carbon or fibreglass.

### Prerequisites

Be a current Full Member of NZOIA

Be 20 years old or over

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

Have the following experience as evidence in a logbook:

**Total experience** – at least 40 days multisport kayak experience (a kayak day is considered to be at least 4 hours) which will include;

**Personal experience** – at least 20 days personal paddling in multisport kayaks on class 2 white water

**Instructional experience** – at least 10 days instructing/guiding multisport kayaking on class 2 white water. This will include co-instructing/guiding or working as an assistant/trainee.

The prerequisite experience requirements are minimums, extra days in a variety of conditions (e.g. wind, higher river flows) are recommended so that a broad range of experience is gained.

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

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

## **Note on Kayaks**

Candidates will use a multisport kayak for the assessment in which they are competent to perform the skills outlined in this Scope and Syllabus. This includes; personal kayaking skills on class 2 and class 2+ white water, role model kayak skills (making good visual images suitable for clients to learn from) and demonstrating river rescue skills at a given location on a class 2 river section. Clients would be expected to paddle a "long boat" (i.e. a multisport kayak or sea kayak) appropriate for their skill level. Candidates would be expected to provide the rationale for any kayaks selected for use on the assessment.

## **Technical Competence**

### **1. Describe the development of multisport kayaking in New Zealand and discuss contemporary issues**

The candidate will have an understanding and awareness of:

- 1.1** The development of multisport kayaking in New Zealand and current developments and trends
- 1.2** Current threats to New Zealand's rivers and the effect these have on recreational river use
- 1.3** Legislation relevant to multisport kayak practise

### **2. Demonstrate knowledge, care and appropriate use of multisport kayak equipment and clothing**

The candidate will:

- 2.1** Demonstrate knowledge of the range of kayaks used for multisport kayak racing and the rationale for the selection of kayaks for a given environment and client skill level
- 2.2** Demonstrate knowledge of the selection and use of wing paddles suitable for multisport kayak racing
- 2.3** Have knowledge about equipment commonly used in New Zealand, including the 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 and footwear suitable for kayaking
- 2.4** Impart knowledge about appropriate equipment and clothing to clients
- 2.5** Role model equipment that is in good condition and well maintained for use in a class 2 white water environment
- 2.6** Carry and use the appropriate clothing and footwear for the environmental conditions
- 2.7** Demonstrate safe transportation of kayaks on trailers and/or roof racks
- 2.8** Demonstrate a working knowledge of a range of simple safety equipment e.g. air bags, survival bags, towlines, throw bags, slings, karabiners, prusiks, knife, saw, split paddle, repair kit, emergency communications
- 2.9** Demonstrate knowledge of how to repair a rudder system or damaged kayak while on a river trip

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

The candidate will demonstrate controlled kayaking (i.e. being able to manoeuvre in/around/through river features) on class 2+ 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:

- 3.1** A range of efficient and effective paddling techniques e.g. forward, reverse, sweeps, draw strokes, bracing, edging/railing, body position
- 3.2** Manoeuvring and steering with and without a rudder
- 3.3** Safe and efficient river running including choosing lines/routes down rapids
- 3.4** Forward ferry gliding
- 3.5** Reverse ferry gliding/reverse paddling to maintain position in the river flow
- 3.6** A reliable roll

### **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 assist and instructor intervention rescues:

- 4.1** Transport a swimmer, their kayak and paddle, across the river using a tow
- 4.2** Transport a swimmer across the river using either; a bow carry or stern deck carry
- 4.3** Management techniques without a towline e.g. rafting up, assisted kayaking, shove, "instructor draw"

Use of an effective towline system:

- 4.4 Capsize, release and roll
- 4.5 Assisted ferry glide
- 4.6 Towing; a kayak and a paddle
- 4.7 Rescue of an unconscious swimmer

Use of a throw bag to:

- 4.8 Rescue a swimmer; attention gained, accurate throw, stable belay, safe pendulum
- 4.9 Describe methods for dealing with foot entrapments
- 4.10 Describe and/or demonstrate options for retrieving a kayak that is broached

## **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 users, including access protocols
- 5.2 Role model and promote 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
- 5.5 Demonstrate and/or describe methods of ensuring safe drinking water

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

The candidate will have an understanding of:

- 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 kayaking up to and including class 2 white water which includes:

- 7.1 A safety brief before the session or river trip commences
- 7.2 Awareness of likely hazards encountered
- 7.3 Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of party members, choosing lines/routes down rapids, protecting rapids as appropriate for less experienced paddlers
- 7.4 An effective communication system for managing the group

- 7.5 Establishing rapport and using a leadership style appropriate to the group
- 7.6 Organise and motivate a group/individual in a white water environment

## **8. Apply effective safety management**

The candidate will demonstrate:

- 8.1 The ability to access and apply weather and river flow information as appropriate to a planned session or river trip
- 8.2 Have a first aid kit and be able to deal with first aid situations as required
- 8.3 Awareness of the risks and appropriate risk management strategies during a given session or river trip and the ability to adjust plans when required
- 8.4 An understanding of how to evacuate an individual or group from a remote river location
- 8.5 Awareness of the prevention, symptoms, remedies and treatment for common medical issues relevant to multisport kayaking e.g. near drowning, hypothermia, shock, sunburn, dehydration, shoulder dislocation, concussion, tendonitis
- 8.6 Safe practices and good judgement and decision making within the scope of this qualification

## **Instruction**

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

The candidate will prepare and deliver teaching sessions on any given topic or skill contained in the NZOIA Multisport Kayak Scope and Syllabus which demonstrates:

- 9.1 A range of teaching skills e.g. introduction, appropriate voice, language and body language, teaching/visual aids, demonstrations, teachable moments, evaluation of learning
- 9.2 A wide knowledge of the topic or skill
- 9.3 Engaging clients in a positive learning experience which encourages enthusiasm and interest

### **10. Teach flat water kayak skills**

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

- 10.1 Fitting kayak and adjusting footrests/rudder as required
- 10.2 Selecting a suitable training site
- 10.3 Preparing and delivering a safe, well managed and positive learning experience
- 10.4 Capsize procedures/wet exit
- 10.5 Stability exercises
- 10.6 Forward paddling progression using a wing paddle
- 10.7 The ability to teach a range of kayak strokes and techniques on flat water. The range may include, but is not limited to; forward and reverse sweep strokes, bracing, edging/railing, use of a rudder

## **11. Teach moving water skills**

The candidate will demonstrate the ability to teach moving water skills, including:

- 11.1** Selecting a suitable training site
- 11.2** Preparing and delivering a safe, well managed and positive learning experience
- 11.3** The ability to teach a range of kayak strokes and techniques on moving water. The range may include, but is not limited to; forward and reverse sweep strokes, bracing, edging/railing, use of a rudder, steering without a rudder.
- 11.4** Ferry gliding
- 11.5** Breaking in and out of eddies

## **12. Teach river safety skills**

The candidate will teach river safety skills which demonstrate:

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

The candidate will teach the following river safety skills:

- 12.3** Capsize and self-rescue with kayak and paddle
- 12.4** White water float position and assertive white water swimming across a wave train and eddy line
- 12.5** Being rescued by another kayaker
- 12.6** Use of a throw bag to rescue a swimmer; attention gained, accurate throw, stable belay, safe pendulum
- 12.7** Receiving a throw bag as a swimmer in moving water

## **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** Selecting a suitable river trip
- 13.2** Preparing and delivering a safe, well managed and positive learning experience
- 13.3** Identifying river features and hazards and how to use and/or avoid them
- 13.4** Effective communication including the use of paddle signals
- 13.5** River running strategies, including scouting and choosing safe and efficient lines through rapids

## **14. Assess client competency**

The candidate will demonstrate good judgement in assessing the competency of clients to perform:

- 14.1** Safe river running on class 2 white water in a multisport kayak
- 14.2** The kayaking skills and river safety skills required for a Grade 2 Multisport Kayaking Skills Certificate