

## **Sea Kayak 1**



Photo: John Kirk-Anderson

## **Scope and Syllabus**

With the support of:



# NZOIA™ Sea Kayak 1

## Scope

### Sea Kayak 1 Profile

The NZOIA Sea Kayak 1 is able to:

- Plan and prepare for a multi-day sea kayak trip
- Demonstrate effective sea kayak skills
- Lead and manage groups on a multi-day trip
- Apply nautical and weather interpretation and forecasting skills
- Apply effective safety management
- Teach sea kayak skills
- Prepare and deliver teaching sessions
- Role model and promote accepted environmental practices
- Provide interpretive information about sites visited

### Scope

The holder of this qualification can organise, instruct and guide 2-3 day sea kayak trips in coastal, lake or open water areas where adverse conditions and limited periods of exposed coast may be encountered. Overnight camping sites are in established areas.

Adverse conditions being; wind up to 20 knots, surf up to 1.0 metres, swell of up to 1.5 metres 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 a 12 hour or 2 day course including some direct contact with course tutors)

Hold a Coastguard Boating Education Day Skippers qualification and Maritime VHF Operators Certificate

Have the following experience as evidence in a logbook:

**Total experience** – at least 50 days sea kayak experience (a sea kayak day is considered to be at least 6 hours from start to finish. Sessions can be accumulated to make a day) in a variety of locations and conditions including 10 days on multi-day trips. These 50 days must include:

**Personal experience** – at least 20 days personal sea kayak experience

**Instructional experience** – at least 20 days instructing, leading or guiding sea kayak groups (5 of which must be instructing, 5 of which must be guiding)

Additional days can include theory sessions e.g. trip planning, weather, navigation, nutrition.

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 Sea Kayak 2**

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

- Gaining the experience outlined in the NZOIA Sea Kayak 2 prerequisites
- Attending an NZOIA Sea Kayak 2 training course
- Working with an NZOIA Sea Kayak 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 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 sea kayaking**

The candidate will be able to describe and discuss:

- 1.1** The development of sea kayaking as a recreation, sport and industry
- 1.2** The SKOANZ Code of Practice for Sea Kayak operators

### **2. Demonstrate the care and correct use and repair of sea kayak 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 and footwear for the environmental conditions
- 2.3** Carry, demonstrate and/or describe the use and care of personal and safety equipment appropriate to the conditions for a safe and successful day trip e.g. flares, towlines, hand pump, VHF radio, Satellite phone, Personal Locater Beacon, Paddle Float, Split Paddle
- 2.4** Describe the characteristics of equipment e.g. Sea kayak 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 the ability to safely transport kayaks by vehicle or trailer

### **3. Demonstrate sea kayak skills in a single sea kayak**

The candidate will demonstrate effective and safe paddling skills without use of a rudder:

- 3.1** Forward paddling; power strokes and touring strokes
- 3.2** Reverse paddling strokes
- 3.3** Forward and reverse sweep strokes
- 3.4** Draw strokes
- 3.5** Brace/support stroke that rights the kayak from past the point of capsize
- 3.6** Emergency stopping strokes that stop the kayak in 3 strokes
- 3.7** Stern rudders
- 3.8** Railing/edging

The candidate will demonstrate:

- 3.9** The ability to launch and land in surf of up to 1 metre safely and efficiently using braces/support strokes and stern rudders on both sides
- 3.10** The ability to avoid obstacles using appropriate stroke and boat control
- 3.11** The ability to ferry glide
- 3.12** Efficient and effective paddling strokes when packed for multi day trips
- 3.13** Packing for an overnight trip
- 3.14** Knowledge of beacons, buoyage and rules of the sea

### **4. Demonstrate safe and efficient rescue skills from a single sea kayak**

The candidate will demonstrate the following self-rescue skills:

- 4.1** A competent (the ability to perform consistently and repeatedly in a variety of conditions within the scope of the NZOIA Sea Kayak 1) roll on one side between waves and ready to paddle (spray deck on and paddling in control)
- 4.2** The ability to swim in kayak gear with paddle in adverse conditions

- 4.3 A self-rescue from a capsized kayak without the use of specialised equipment (re-entry of kayak and ready to paddle within 2 minutes e.g re-entry and roll, 'John Wayne')
- 4.4 A self-rescue from a capsized kayak with the use of specialised equipment) re-entry of kayak and ready to paddle in 2 minutes e.g paddle float, stirrup, sling)

The candidate will demonstrate the following client rescue skills:

- 4.5 Competently and safely return client from capsize to a single kayak to be ready to paddle within 2 minutes
- 4.6 Competently and safely return a weak or tired client to a double kayak in 2 minutes and both clients to be ready to paddle within 4 minutes
- 4.7 An efficient quick response towing system (usable from physical contact within 10 seconds) that is releasable under load
- 4.8 An efficient long distance towing system (minimum of 15m in length) and demonstrate that it is releasable under load whilst capsized

## 5. Demonstrate navigation and location awareness skills

The candidate will demonstrate:

- 5.1 Use of maps and charts commonly used for sea kayaking in New Zealand
- 5.2 Using scale, symbols, gridlines, contours and features
- 5.3 Locating a specified point on a topographical map using a 6-figure grid reference
- 5.4 Record a specific position on a marine chart using longitude and latitude
- 5.5 Orientate a map or chart using features only and compass only
- 5.6 Determining present location on a chart using natural features only and using resections
- 5.7 Finding the bearing to a feature using a compass
- 5.8 The ability to predict tidal flows from charts and tide tables
- 5.9 Estimating distance and time to a given destination
- 5.10 Travelling on a compass bearing allowing for wind and sea conditions

## 6. Demonstrate camp-craft 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 sea kayaks
- 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 Leave No Trace

## **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)

## **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 sea kayak trip, camping or staying in huts, which includes:

- 10.1 Map chart showing; proposed route, bearings, 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 list 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 during an instructional and guided day trip**

The candidate will demonstrate:

- 11.1** The planning and systems for a successful day trip
- 11.2** Effective group briefing including setting ground rules, and debriefing
- 11.3** Effective management of a group on the water which includes; pacing, rest stops, keeping the group together, time management and a system for accounting for everyone
- 11.4** Motivating clients to ensure they are interested and engaged, and have a fun and positive experience
- 11.5** Establishing rapport and using a leadership style appropriate to the group
- 11.6** The ability to work with other guides or instructors

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

The candidate will:

- 12.1** Be able to effectively manage changing situations e.g. one or more capsized kayak, differences in abilities of group members, changes in weather and sea conditions
- 12.2** Demonstrate the awareness of risk and appropriate risk management strategies on and off the water during a given sea kayak trip and the ability to adjust plans when required
- 12.3** Have a first aid kit and be able to deal with first aid situations if required
- 12.4** Carry appropriate safety equipment relevant to the trip e.g. flares, hand pump, towline, emergency shelter
- 12.5** Be familiar with the use of and can describe the advantages and limitations of different methods of communication suitable for an aquatic environment e.g. VHF radio, Cellphone, Mountain Radio Service, signals, PLB and SAT phone
- 12.6** Never compromise their safety or the safety of their clients
- 12.7** Demonstrate 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

These will be assessed as part of the day trip. In addition, you may be asked to deliver a teaching session with adequate warning on a subject within the syllabus during the assessment

## **14. Teach the sea kayak skills required for a positive, educational and safe day trip**

The candidate will provide clients with effective instruction in the following skills:

### Equipment

- 14.1** Appropriate clothing and equipment for the conditions
- 14.2** Fitting of kayak, buoyancy aid, hatches and spray deck
- 14.3** Lifting, carrying and transporting sea kayak

### Paddling skills

- 14.4** Strokes; Forward (power and touring), reverse, stopping, turning, brace/support, power, forward and reverse sweeps, draw, stern rudders, railing/edging
- 14.5** Launch and landing
- 14.6** Combination strokes to avoid obstacles
- 14.7** Ferry gliding

### Safety

- 14.8** Signals on the water (paddle, hand and whistle)
- 14.9** Rafting up
- 14.10** Wet exit
- 14.11** Assisted and unassisted re-entry
- 14.12** "Help" and "Huddle" positions
- 14.13** Other recreational water users

### Environment

- 14.14** Environmental appreciation and care
- 14.15** Environmental interpretation
- 14.16** Location awareness – Map to Ground

The candidate will use:

- 14.17** A logical sequence of teaching progressions
- 14.18** Clear demonstrations and explanations