

## **Sea Kayak 1 Upgrade**



Photo: Andy Thompson

## **Scope and Syllabus**

With the support of:



# Sea Kayak 1 Upgrade 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 kayaking 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

## Instructional 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

Hold a current NZOIA Sea Kayak Guide qualification

Be a current member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

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

The candidate will demonstrate:

- 1.1** Efficient and effective paddling strokes when packed for multi-day trips
- 1.2** Packing for an overnight trip

### **2. Demonstrate camp-craft skills for established sites**

The candidate will:

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

## **The Environment**

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

The candidate will:

- 3.1 Demonstrate and/or describe the responsibilities to the site, land owners and other users, including access protocols and issues
- 3.2 Role model and promote the principles of Leave No Trace

## **Group Management and Leadership**

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

The candidate will prepare a plan for a multi-day sea kayak trip, camping or staying in huts, which includes:

- 4.1 Clothing and equipment lists for both individuals and the group
- 4.2 A menu plan which includes balanced, nutritious and varied food, fuel requirements, emergency food and identifies safe methods for organising group cooking

### **5. Lead and manage a group during a practical teaching session**

The candidate will demonstrate:

- 5.1 The planning and systems for a successful teaching session
- 5.2 Effective group briefing including setting outcomes, and debriefing
- 5.3 Effective management of a group on the water which includes; keeping the group together, time management and a system for accounting for everyone
- 5.4 Motivating clients to ensure they are interested and engaged, and have a fun and positive experience
- 5.5 Establishing rapport and using a leadership style appropriate to the group

### **6. Apply effective safety management**

The candidate will:

- 6.1 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

- 6.2** Demonstrate the awareness of risk and appropriate risk management strategies on and off the water during a given sea kayak session and the ability to adjust plans when required
- 6.3** Have a first aid kit and be able to deal with first aid situations if required
- 6.4** Never compromise their safety or the safety of their clients
- 6.5** Demonstrate safe practices and good judgment and decision making within the scope of this qualification

## **Instruction**

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

The candidate will prepare and deliver teaching sessions that demonstrate:

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

### **8. Teach the sea kayak skills**

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

Equipment

- 8.1** Appropriate clothing and equipment for the conditions
- 8.2** Fitting of kayak, buoyancy aid, hatches and spray deck
- 8.3** Lifting, carrying and transporting sea kayak

Paddling skills

- 8.4** Strokes: Forward (power and touring), reverse, stopping, turning, brace/support, power, forward and reverse sweeps, draw, stern rudders, railing/edging
- 8.5** Launch and landing
- 8.6** Combination strokes to avoid obstacles
- 8.7** Ferry gliding

Safety

- 8.8** Signals on the water (paddle, hand and whistle)
- 8.9** Rafting up
- 8.10** Wet exit
- 8.11** Assisted and unassisted re-entry
- 8.12** "Help" and "Huddle" positions

**8.13** Other recreational water users

Environment

**8.14** Environmental appreciation and care

**8.15** Environmental interpretation

**8.16** Location awareness – map to ground

The candidate will use:

**8.17** A logical sequence of teaching progressions

**8.18** Clear demonstrations and explanations