

# NZOIA™ Kayak Instructor Level 1

## Scope and Syllabus

### Scope

#### Kayak Instructor Level 1 Profile

The NZOIA Kayak Instructor Level 1 is able to:

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

#### Instructional Scope

The holder of this qualification can organise, instruct and lead kayaking on class 2 whitewater and teach introductory kayaking skills, including rolling, on flatwater to class 2 whitewater.

#### Pre-requisites

The NZOIA Kayak Instructor Level 1 will have the following personal kayaking experience:

- No less than 50 river trips on at least 5 different rivers, including at least 20 river trips on class 3 (or above)

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

In addition to the personal experience outlined above, the NZOIA Kayak Instructor Level 1 will have no less than the following instructional experience:

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

Instructing experience can include being a co-instructor or assistant instructor.

The NZOIA Kayak Instructor Level 1 will have:

- Attended a NZOIA /WWNZ River Rescue 1 course
- A current First Aid qualification

The NZOIA Kayak Instructor Level 1 will be 20 years old or over.

The pre-requisite experience requirements are minimums, extra days are recommended so that a broad range of variables are experienced.

### **Revalidation**

The NZOIA Kayak Instructor Level 1 qualification remains valid as long as the holder completes NZOIA's revalidation and registration requirements.

### **Progressing to Instructor Level 2 Qualifications**

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

- Gaining the experience outlined in the NZOIA Kayak Instructor Level 2 pre-requisites.
- Attending an NZOIA Level 2 training course.
- Attending an NZOIA / WWNZ River Rescue 2 course.
- Working with an NZOIA Level 2 Kayak Instructor.

## **Syllabus**

### **Technical Competence**

1. Demonstrate an understanding of kayaking history and contemporary issues
2. Demonstrate the care and correct use of kayaking gear and equipment commonly used in New Zealand
3. Demonstrate personal kayaking skills on class 2 and class 3 whitewater
4. Demonstrate river rescue skills

### **The Environment**

5. Role model accepted environmental practices
6. Demonstrate and / or describe cultural and environmental knowledge of NZ rivers

### **Group Management and Leadership**

7. Lead and manage a group kayaking up to and including class 2 whitewater
8. Apply effective safety management

### **Instruction**

9. Prepare and deliver teaching sessions
10. Teach a pool session
11. Teach flat water kayaking skills
12. Teach moving water skills
13. Teach river running skills