

## Kayak Level 1 Logbook Summary Sheet

Name: \_\_\_\_\_

The purpose of this summary sheet is for you to be able to clearly quantify your personal and instructional experience in relation to the pre-requisite requirements as outlined in the NZOIA Kayak Level 1 syllabus. It is important to be aware that the days listed in the syllabus are seen as an **absolute minimum** expectation for those who are considering presenting themselves for assessment. Please summarise all your logged experience, not just the minimum requirements.

All sections need to be recorded in number of trips (1 river trip=no less than 2 hrs duration from put-in to get-out on a recognised section of river).

Summary of personal and instructional experience	Total
<b>Total number of trips (no less than 50 river trips on at least 5 different rivers including no less than 20 river trips on Grade 3 or above)</b>	
Details of personal experience	
Number of personal river trips (no less than 50, formal training days not included)  Of these, how many were on Grade 3 or above (no less than 20) <i>List river sections, river and grade:</i>	
Details of instructional experience	
Total number of days kayak instruction  Number of sessions teaching rolling (no less than 20) Number of flat-water teaching sessions (no less than 15) Number of moving water teaching sessions (no less than 15) Number of river trips (no less than 20) <i>List river sections, river and grade</i>	
Formal Training	
Number of days of formal instruction you have received as a student as part of a programme, course, inservice training, tertiary study etc  Have you attended a pre-assessment training programme administered by a NZOIA Kayak award holder? If yes, when & where?	YES  NO