

## **Kayak 2**



Photo: Sam Dearlove

## **Scope and Syllabus**

With the support of:



# NZOIA™ Kayak 2

## Scope

### Kayak 2 Profile

The NZOIA Kayak 2 is able to:

- Lead and manage groups on class 3 white water
- Apply effective safety management
- Teach intermediate/advanced kayak rolling
- Teach intermediate/advanced flat water kayak skills
- Teach intermediate/advanced moving water skills
- Teach river rescue techniques
- Teach kayak instruction
- Role model and promote accepted environmental practices

### Scope

The holder of this qualification can organise, instruct and guide kayaking on class 3 white water and teach intermediate/advanced kayak skills on flat water to class 3 white water.

### Assessment

The NZOIA Kayak 2 qualification is assessed in two parts: Class 3 River Management and Kayak Skills Instruction. Both assessments are of 2 days duration and involve both assessment of personal skills and assessment of working with clients. Candidates must complete Class 3 River Management before progressing to Kayak Skills Instruction.

### Prerequisites

Be a current Registered Member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

Hold a current NZOIA Kayak 1 qualification. Refer to NZOIA's policy for exemptions.

Hold a NZOIA/WWNZ River Rescue 2 certificate

Have the following experience as evidence in a logbook:

#### For Class 3 River Management and Kayak Skills Instruction

**Personal experience** – at least 100 river trips (a river trip is considered to be at least 2 hours duration from put in to get out on a recognised section of a river) on at least 10 different river sections and at least 20 river trips on class 4 white water (or above)

**Instructional experience** – at least 40 river trips including at least 20 trips leading and managing groups on class 3 white water (or above)

#### For Kayak Skills Instruction

Instructing intermediate/advanced kayak skills:

- Rolling 10 sessions
- Flat water 10 sessions
- Moving water 10 sessions
- Play boat 10 sessions
- Slalom 10 sessions
- River rescue techniques 10 sessions

Teaching instructor training/teach to teach kayaking:

- Rolling 5 sessions
- Flat water 5 sessions
- Moving water 5 sessions
- River trips 5 sessions
- River rescue techniques 5 sessions

A valid teaching session is an organised event with expected outcomes (not teaching friends informally).

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.

## **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

Kayak 2 can be split into two assessments. Class 3 River Management and Kayak Skills Instruction.

## **Class 3 River Management Syllabus**

### **Technical Competence**

## **1. Demonstrate an understanding of contemporary issues affecting white water kayaking**

The candidate will have an understanding and awareness of:

- 1.1** Current threats to New Zealand's rivers and the effect these have on recreational river use
- 1.2** Legislation relevant to recreational kayaking

## **2. Demonstrate the care and correct use of kayak equipment and clothing commonly used in New Zealand**

The candidate will:

- 2.1** 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
- 2.2** Role model equipment that is in good condition and well maintained for use in a class 3 white water environment
- 2.3** Carry and use the appropriate clothing and footwear for the environmental conditions
- 2.4** Demonstrate safe transportation of kayaks on trailers and/or roof racks
- 2.5** Demonstrate a working knowledge of a range of safety equipment e.g. buoyancy bags, survival bags, towlines, throw bags, slings, karabiners, prusiks, knife, saw, split paddle, pulleys and dynamic/static ropes
- 2.6** The candidate will demonstrate a working knowledge of a range of knots applicable to kayaking e.g. truckers hitch, round turn and two half hitches, clove hitch, bowline, figure 8, Italian hitch, prusik knots
- 2.7** Be able to impart knowledge to intermediate/advanced level kayakers about kayaks, equipment and clothing appropriate for use on class 3 white water

## **3. Demonstrate river rescue skills**

The candidate will demonstrate the following river rescue skills at a given location on a class 3 river section:

- 3.1** Instructor assist and instructor intervention rescues:
  - Two of the following three rescues: Bow (or T) Rescue, H Assist, Barrel Roll
  - Transport a swimmer across the river using a bow carry or a stern deck carry and a tow
  - Deep water rescue (recommended time for kayak emptied, kayaker back in and spray deck on is 2 minutes)
- 3.2** Use and knowledge of an effective towline system:
  - Capsize, release and roll
  - Assisted ferry glide
  - Towing – a kayak and a paddle

- Rescue of an unconscious swimmer
- 3.3** Rescue a swimmer using a throw bag: attention gained, accurate throw, stable belay, safe pendulum
- 3.4** A recovery system for a stranded/trapped kayaker
- 3.5** A recovery system for a pinned kayak using pulley/mechanical advantage systems and show an understanding of the limitations and dangers of these systems (for assessment efficiency this can be done as a simulated rescue on land)
- 3.6** Using an improvised harness to ascend/descend a rope with standard river rescue equipment
- 3.7** A working knowledge of management strategies for a given river rescue scenario

#### **4. Demonstrate personal kayaking skills on class 3 and class 4 white water**

The candidate will demonstrate kayaking on class 4 including:

- 4.1** A reliable roll
- 4.2** Controlled river running

The candidate will demonstrate the following role model kayaking skills (i.e. making good visual images suitable for clients to learn from) on class 3:

- 4.3** A range of efficient and effective paddling techniques e.g. forward, reverse and sweep strokes, bracing, edging/railing, sweep to stern draws, gliding draws, body position and rotation
- 4.4** A role model kayak roll on both sides
- 4.5** A variety of different turns e.g. carve, skid, pivot
- 4.6** Forward and reverse ferry gliding
- 4.7** Safe and efficient river running and river moves including choosing lines/routes down rapids

### **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 river users including access protocols
- 5.2** Role model and promote the principles of 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

### **Group Management and Leadership**

#### **6. Lead and manage a group on class 3 white water**

The candidate will demonstrate competent leadership and management of a group on class 3 white water which includes:

- 6.1 A river safety brief before the session or river trip commences
- 6.2 Awareness and disclosure of relevant hazards encountered and suitable management techniques
- 6.3 A range of on the water group management strategies as appropriate
- 6.4 Effective and proactive management of the group including; anticipation of capsizes, dealing with differences in abilities of party members, protecting rapids as appropriate
- 6.5 An effective communication system for managing the group
- 6.6 Establishing rapport and using a leadership style appropriate to the group
- 6.7 Organise and motivate a group/individuals in a white water environment

## **7. Apply effective safety management**

The candidate will demonstrate the following:

- 7.1 The ability to access and apply weather and up-to-date river information (including river flow) as appropriate for a planned session or river trip
- 7.2 Have a first aid kit and be able to deal with first aid situations as required
- 7.3 Awareness of the risks and appropriate risk management strategies during a given river trip and the ability to adjust plans when required
- 7.4 Awareness of the prevention, symptoms, remedies and treatment for common medical issues relevant to kayaking e.g. near drowning, hypothermia, shock, sunburn, dehydration, shoulder dislocation
- 7.5 Safe practices and good judgement and decision making within the scope of this qualification

## **8. Teach moving water skills in preparation for a class 3 river trip**

The candidate will demonstrate teaching on class 1 or 2 white water, including:

- 8.1 Selecting a suitable training site
- 8.2 Providing a safe, well managed and positive learning experience
- 8.3 Teaching kayak skills that prepare clients for a class 3 river trip

## **9. Teach river running skills on a class 3 river trip**

The candidate will demonstrate teaching river running skills on a class 3 river trip, including:

- 9.1 Selecting a suitable river trip
- 9.2 Identifying river features and hazards and how to use and/or avoid them
- 9.3 Effective communication including the use of paddle signals
- 9.4 River running strategies, including scouting and choosing safe lines through rapids
- 9.5 Teaching kayak skills to enhance clients' ability to paddle class 3 white water
- 9.6 Providing a safe, well managed and positive learning experience