

Title	Instruct kayaking on Grade II whitewater		
Level	5	Credits	10

Purpose	People credited with this unit standard are able to: prepare for instructing kayaking on Grade II whitewater; instruct skills for kayaking on Grade II whitewater and for independent kayaking on Grade II whitewater; provide leadership for Grade II whitewater kayaking trips; and evaluate the effectiveness of the instruction and leadership provided.
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Classification	Outdoor Recreation > Canoeing - Kayaking
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Available grade	Achieved
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Prerequisites	Unit 20124, <i>Instruct kayak rolling</i> ; and Unit 20127, <i>Demonstrate independent kayaking skills on Grade III whitewater</i> , or demonstrate equivalent knowledge and skills.
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Guidance Information

1 Definitions

Kayak is a water craft that has a small cockpit with a fitted spraydeck and is propelled by a double ended paddle.

Grade II whitewater contains straightforward rapids with wide, clear channels, which are evident without scouting. Occasional manoeuvring may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed.

Reliable roll (at this level) is at least two out of two first time rolls each side, consistently righting first time in a head down position, ready to paddle forwards in grade II whitewater.

Carved turn is where a kayak maintains a constant speed throughout a wide arc, turning in to or out of an eddy.

X rescue is a deep water rescue whereby the kayaker has fully capsized and empties and re-enters the kayak while remaining in the water.

T rescue is a rescue whereby a capsized kayaker rights their kayak using support from another kayak.

H assist is a rescue whereby a rescuer manoeuvres parallel to the capsized kayaker, places a paddle across two kayaks and gets kayaker's hand onto paddle. Kayaker rolls holding on to supported paddle.

Barrel roll is a kayak rescue where the rescuer rights a capsized kayak containing a client.

2 All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, *New*

Zealand Water Care Code, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* and *New Zealand Water Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington.

- 3 Assessment against this unit standard must take place in a kayak.
- 4 Before a candidate can be assessed against this unit standard they need to have logged a minimum of teaching 20 rolling sessions, 30 flatwater sessions and 20 moving water sessions at a variety of sites and rivers. A session is a minimum of two hours duration and a day is more than four hours on the water. While gaining instructional experience, the candidate is engaged in the role of instructor, but has no responsibility for clients although is responsible for self.
- 5 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website <http://www.skillsactive.org.nz/>.

Outcomes and performance criteria

Outcome 1

Prepare for instructing kayaking on Grade II whitewater.

Range a minimum of two different groups each at a different site.

Performance criteria

- 1.1 The instructional objectives and requirements are identified.
- 1.2 Trips are selected and their selection justified based on the objectives to be achieved and the needs of the group.

Range group needs may be determined by – age, culture, gender, health, ability, water confidence, experience, emotional and intellectual needs, group size, skills to be taught.
- 1.3 Trips are selected and their selection justified based on environmental conditions.

Range weather conditions, river flows, likelihood of changes to the environmental conditions
- 1.4 The trip plan is prepared.

Range plan may include but is not limited to – accommodation, cost, access, weather, risk management, transport, equipment, food, contingencies, communication, personal details, intentions, resources.

- 1.5 A pre-trip brief for participants, staff and other interested parties is prepared.
- Range brief may include but is not limited to – responsibilities, expectations, personal requirements, logistics.
- 1.6 Instruction plans are prepared to meet the learning objectives, taking into consideration the needs of the group, and people, equipment, and environment issues.
- Range plans may include but are not limited to – content, progressions, resources, environmental factors, contingencies, current professional technical information, balance of theory and practical components, retaining a positive learning experience.
- 1.7 Evaluation methods and requirements are identified.

Outcome 2

Instruct in skills for kayaking on Grade II whitewater.

Range a minimum of two different groups each at a different site;

Performance criteria

- 2.1 Kayaking technique instruction is given.
- Range entry and exit of kayak, paddling strokes, controlled turns, forward ferry gliding, support strokes, breaking in to and out of eddies.
- 2.2 Rescue technique instruction is given.
- Range T rescue, X rescue, barrel roll, wet exit in a rapid, stern deck carry, throw bag rescue, swimming a rapid.
- 2.3 River reading instruction is given.
- Range river dynamics, river hazards, following a line through a rapid.
- 2.4 Instruction is given in the care of self, others and the environment.
- Range identification of potential health problems and methods of avoiding health problems, application of the New Zealand Environmental Care Code and New Zealand Water Care Code, communication systems.
- 2.5 Kayaking technique for paddle strokes and moving water techniques is role modelled.
- Range correct position of paddle shaft and blade; position of paddler's arm, body and head; position of railing; angle, speed, timing.

Outcome 3

Instruct in skills for independent kayaking on Grade II whitewater.

Performance criteria

- 3.1 The instructor is able to effectively establish rapport and/or a learning partnership with the kayakers.
- 3.2 Instruction is given in trip planning.
- Range research of information, clothing and equipment, preparing a trip plan.
- 3.3 Instruction is given in use and handling of kayak equipment.
- Range fitting personal gear, transport of equipment.
- 3.4 Instruction is given in kayaking techniques for independent kayaking.
- Range paddling strokes and techniques, surfing, advantages and disadvantages of rolling techniques, reliable rolling, selecting a line and paddling a line through a rapid.
- 3.5 Instruction is given in river rescue techniques for a rescuer.
- Range throw bag rescue, kayak-based rescue of people and equipment, effects of current, force of water flow, safety features of a kayak, retrieving a trapped kayak without using mechanical advantage, river crossing, swimming, over a strainer, towing a capsized kayak, towline release, personal and group safety equipment.

Outcome 4

Provide leadership for Grade II whitewater kayaking trips.

Performance criteria

- 4.1 Leadership is demonstrated that ensures the needs of the group are met in a safe and positive environment throughout the kayaking trip.
- Range may include but is not limited to – navigation, weather interpretation, first aid, environmental care, group processes, communication, motivation, enthusiasm, role modelling, leadership style, care and storage of equipment, transport of kayaks.

4.2 Risk management is demonstrated.

Range may include but is not limited to – maintaining personal safety, risk disclosure, boundaries, sunburn, cold, fatigue, dehydration, water quality, group and leader positioning, instructor awareness, safety check prior to leaving the shore, first aid treatment, communication.

4.3 Emergency equipment is accessible at all times.

Range first aid kit, knife, releasable towline, throw bag.

Outcome 5

Evaluate the effectiveness of the instruction and leadership provided.

Performance criteria

5.1 The plans and objectives are evaluated against actual outcomes and reasons for changes are provided and justified.

5.2 The instructional and leadership components of the kayaking trip are evaluated for strengths and areas for improvement.

Replacement information	This unit standard was replaced by unit standard 31799.
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This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	30 August 1999	31 December 2022
Revision	2	14 February 2000	31 December 2022
Review	3	29 October 2004	31 December 2022
Review	4	25 July 2019	31 December 2022

Consent and Moderation Requirements (CMR) reference	0102
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.