

<b>Title</b>	<b>Demonstrate kayaking skills on Grade III whitewater</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate: kayaking on Grade III whitewater; kayaking river rescues on Grade III whitewater as a rescuee; river reading skills on Grade III whitewater; and an understanding for the care of self, others and the environment.
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<b>Classification</b>	Outdoor Recreation > Canoeing - Kayaking
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<b>Available grade</b>	Achieved
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### Guidance Information

#### 1 Definitions

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

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

*Grade III whitewater* contains rapids with moderate, irregular waves which may be difficult to avoid. Complex manoeuvres in fast current and good kayak control in tight passages or around ledges is often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims.

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

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

*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.

#### 2 Demonstration of kayaking is always under the supervision of an instructor or trip leader.

#### 3 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* are available from the Department of Conservation, Head Office, PO Box 10420, Wellington, <http://www.doc.govt.nz/>.

- 4 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website <https://www.skillsactive.org.nz/>.
- 5 Recommended skills and knowledge: Unit 20126, *Demonstrate independent kayaking skills on Grade II whitewater*, or demonstrate equivalent knowledge and skills.

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## Outcomes and performance criteria

### Outcome 1

Demonstrate kayaking on Grade III whitewater.

#### Performance criteria

- 1.1 Appropriate paddling strokes are demonstrated.  
Range forward, reverse, sweep, rudder, low brace, sculling draw.
- 1.2 Paddling strokes that are required on Grade III whitewater only are demonstrated  
Range hanging draws and reverse ferry glide.
- 1.3 Controlled turns are demonstrated.  
Range turn in main current, avoid obstacles.
- 1.4 Forward ferry gliding is demonstrated.
- 1.5 Effective support strokes are demonstrated.  
Range may include but is not limited to – low braces, forward paddles.
- 1.6 Effective breaking in to and out of eddies is demonstrated.  
Range carved turn.
- 1.7 Lines down a Grade III whitewater rapid are followed.
- 1.8 Roll in Grade III whitewater is demonstrated.  
Range one side.

### Outcome 2

Demonstrate kayaking river rescues on Grade III whitewater as a rescuee.

**Performance criteria**

2.1 Kayak river rescue techniques on Grade III whitewater are demonstrated.

Range may include but is not limited to – T rescue, barrel roll.

2.2 Stern deck carry is demonstrated.

2.3 Throw bag rescue as a swimmer is demonstrated.

2.4 Swimming in a Grade III whitewater rapid is demonstrated.

**Outcome 3**

Demonstrate river reading skills on Grade III whitewater.

**Performance criteria**

3.1 Grades I to VI of whitewater are described.

3.2 The river features are identified, and a line is identified through the rapids which avoids problems and hazards.

Range may include but is not limited to – holes, eddies, channel, tongues, rocks, waves, walls, corners.

3.3 River hazards and their effects on the canoe and swimmer are explained.

Range must include but is not limited to – strainers, rocks, manmade objects, holes, undercuts, weirs.

**Outcome 4**

Demonstrate an understanding for the care of self, others and the environment.

**Performance criteria**

4.1 Potential health problems associated with Grade III whitewater are identified.

Range hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries.

4.2 Methods for avoiding potential health problems are described.

Range hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries.

4.3 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.

4.4 Communications systems are identified and understood on and off the water.

Range hand, paddle and whistle signals, voice.

**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	29 October 2004	31 December 2023
Revision	2	26 January 2007	31 December 2023
Review	3	28 October 2021	31 December 2023

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.