

Title	Instruct kayak rolling		
Level	5	Credits	11

Purpose	People credited with this unit standard are able to: role model kayak rolling; manage kayak rolling sessions; and instruct kayak rolling.
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Classification	Outdoor Recreation > Canoeing - Kayaking
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Available grade	Achieved
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Prerequisites	Unit 476, <i>Roll a kayak</i> ; Unit 6401, <i>Provide first aid</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.
Rafting up is when kayaks are held together by the occupants to form a raft.
- 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* are available from the Department of Conservation, Head Office, PO Box 10420, Wellington.
- 3 Before a candidate can be assessed against this unit standard, they need to have logged a minimum of 20 sessions instructing rolling. 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.
- 4 Assessment against this unit standard may take place in a pool facility but both the candidate and instructor must be in kayaks.
- 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

Role model kayak rolling.

Performance criteria

1.1 Appropriate equipment is selected and demonstrated.

1.2 Kayak rolling on the left and right sides is role modelled.

Range must include but is not limited to – front to back deck roll, C to C roll, sweep roll;
these rolls must include – head down, chicken wing, controlled rail transition.

1.3 Ability to slow down the roll so a beginner can clearly understand correct rolling technique is demonstrated.

Range must include but is not limited to – front to back deck roll, C to C roll, sweep roll;
these rolls must include – head down, chicken wing, controlled rail transition.

Outcome 2

Manage kayak rolling sessions.

Performance criteria

2.1 Instructing sites are selected to suit clients' needs, meet session objectives, and minimise the effects of environmental conditions on learning and safety.

Range must include but are not limited to
clients needs – experience level, ability, confidence, physical state, mental state, swimming ability;
environmental conditions – current, wind, water temperature, depth, group size, other users.

2.2 Discussion with clients at the beginning of the session defines the aims, objectives, and purpose of the session.

2.3 Instruction on briefs clients on boundaries, hazards, behaviour, emergency procedures and environmental ethics.

2.4 Positioning of clients during briefings ensures instructions and demonstrations can be seen and heard by all clients.

Range may include but is not limited to – side of the pool, rafting up.

- 2.5 Management of kayak session ensures clients are always able to engage in active learning.
- 2.6 An ability to provide an experiential kayaking adventure for a given group that is both safe and fun is demonstrated.
- 2.7 Safety check of every client prior to entering the water ensures that equipment is being worn, and it is sized and adjusted according to manufacturers recommendations.
- Range must include but is not limited to – buoyancy aids, spraydecks, footrests, padding.
- 2.8 Risk management strategies are used to eliminate or minimise hazards identified at kayaking sites.
- Range must include but is not limited to – people, environment, equipment.
- 2.9 Personal safety of the instructor is maintained at all times.
- 2.10 Emergency equipment is immediately accessible at all times.
- Range must include but is not limited to – first aid kit; may include but is not limited to – spare food, spare clothes, shelter, equipment to procure a hot drink.

Outcome 3

Instruct kayak rolling sessions.

Performance criteria

- 3.1 Clients are briefed in the use, care, and adjustment of kayaking equipment in accordance with manufacturer's recommendations.
- Range must include but is not limited to – spraydecks, buoyancy aids, footrests, padding.
- 3.2 A variety of drills are used to build the clients' confidence and orientation under water.
- 3.3 Client self-rescues are performed before any other part of the roll progression is undertaken.
- Range must include but is not limited to – wet exit.

- 3.4 Instructions and demonstrations provided ensure clients' understanding of rolling elements and purpose.
- Range must include but is not limited to – start position, sweep, finish position, position of paddle shaft and blade, position of client's arms, body and head.
- 3.5 Oral instructions and visual demonstrations are relevant to clients' needs.
- Range may include but is not limited to – ability, experience, cultural needs, special needs, language skills, confidence, medical conditions, physical state, mental state.
- 3.6 Individual feedback to clients identifies strengths and weaknesses in rolling technique and provides solutions to improve their performance.
- 3.7 Level of challenge and complexity of tasks enables all group members to gain a sense of achievement regardless of their abilities.
- 3.8 Positioning of the instructor and group enables immediate assistance to be provided to all clients during the session.
- Range direct aid from instructor, support from other clients as directed by instructor, self-rescue as directed by instructor.

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 2022
Review	2	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>.