

Title	Demonstrate independent kayaking skills on Grade II whitewater		
Level	3	Credits	6

Purpose	People credited with this unit standard are able to: plan a Grade II whitewater river trip; demonstrate familiarity with kayaking equipment; demonstrate independent kayak skills and river rescue skills on Grade II whitewater; and demonstrate an understanding of the management strategies for care for self, others, and environment.
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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> ; Unit 20121, <i>Demonstrate kayaking skills on Grade II whitewater</i> ; and Unit 20159, <i>Gather and apply weather information to an outdoor recreation activity</i> ; or demonstrate equivalent knowledge and skills.
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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.

Cumecs is a measure of how much water flows past a point in one second.

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.

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

Reliably (at this level) is 5 out of 5 first time rolls, capsizing left and right in a non set-up position, head down.

S-turn is where an eddy on one side of the current is exited and an eddy on opposite entered. Kayak follows an S shape.

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 independent kayaking is where the candidate is not under supervision and therefore responsible for self.
- 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 <http://www.skillsactive.org.nz/>.

Outcomes and performance criteria

Outcome 1

Plan a Grade II whitewater river trip.

Performance criteria

- 1.1 Information for the river trip is researched.

Range may include but is not limited to – access river guides, topographical maps, flows, weather forecasts, other paddlers and recreational users.
- 1.2 Appropriate clothing and equipment for kayaking is selected and their selection is justified.

Range personal, group, rescue, first aid.
- 1.3 The river trip plan is prepared.

Range may include but is not limited to – access, transport, leadership, group members, escape options.

Outcome 2

Demonstrate familiarity with kayaking equipment.

Performance criteria

- 2.1 Personal gear is fitted correctly.

Range kayak, paddle, helmet, buoyancy aid, spraydeck, footwear.
- 2.2 Kayak and gear are transported safely on vehicles and/or trailers.

Outcome 3

Demonstrate skills for independent kayaking on Grade II whitewater.

Performance criteria

- 3.1 Paddle strokes are demonstrated.
Range skulling draw, hanging stern draw.
- 3.2 Paddling techniques are demonstrated.
Range S-turns.
- 3.3 A kayak is surfed.
Range may include but is not limited to – waves, holes.
- 3.4 Advantages and disadvantages of rolling techniques are described.
Range sweep, hand, C to C roll, front to back deck.
- 3.5 Reliable rolls in a rapid are performed.
- 3.6 A line through rapids is selected.
Range from the kayak, from the bank.
- 3.7 A selected line is paddled avoiding hazards and making eddies.

Outcome 4

Demonstrate river rescue skills on Grade II whitewater.

Performance criteria

- 4.1 A co-operative swimmer is assisted to the bank using a throw bag.
Range bagged and coiled.
- 4.2 Kayak-based rescues of person and equipment are demonstrated.
Range may include but is not limited to – paddle, kayak, stern deck carry, front straddle carry, T rescue, X rescue, barrel roll.
- 4.3 Current speed, force of water, and cumecs are explained and their effects on a trapped kayak are described.
- 4.4 Safety features in a kayak are identified.
Range cockpit, buoyancy aid, end loops, pillars, air bags.

- 4.5 Retrieving a canoe and a kayak from an entrapment without mechanical advantage is demonstrated.
- Range vector pull, 10 boy scouts.
- 4.6 River crossings in slow moving sections of Grade II whitewater are performed.
- Range mutual support and solo.
- 4.7 Swimming on to and over a strainer in a controlled environment is demonstrated.
- 4.8 Towline rescues are demonstrated.
- Range towing a kayak across the current using a towline, executing a towline release while capsized and rolling up, paddle.
- 4.9 Personal safety gear is selected and its selection justified.
- Range gear – buoyancy aid, helmet, footwear, clothing, knife, whistle, throw bag, towline,
justification – characteristics, positives and negatives.
- 4.10 Group safety gear is selected and its selection justified.
- Range gear – spare paddle, sling, karabiners, pulleys, mechanical devices, Prussiks, first aid kit, repair kit or tools, river saw, paddle hook, food and drink;
justification – characteristics, positives and negatives.

Outcome 5

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

Performance criteria

- 5.1 Knowledge of management strategies for potential health problems associated with Grade II whitewater is demonstrated.
- Range hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries.
- 5.2 The New Zealand Environmental Care Code and New Zealand Water Care Code are applied.
- 5.3 Communications systems are identified and understood on and off the water.
- Range hand, paddle and whistle signals; voice.

Replacement information	This unit standard was replaced by unit standard 31797.
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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	29 October 2004	31 December 2022
Revision	2	26 January 2007	31 December 2022
Review	3	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>.