

<b>Title</b>	<b>Demonstrate independent kayaking skills on Grade III whitewater</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit are able to: plan a Grade III whitewater river trip; demonstrate independent kayak skills on Grade III whitewater; and demonstrate an understanding of the management strategies for care for 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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<b>Prerequisites</b>	Unit 20122, <i>Demonstrate kayaking skills on Grade III whitewater</i> , and Unit 20123, <i>Demonstrate canoeing and kayaking river rescue skills on Grade III whitewater</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.

*Belayed contact rescue* is where the rescuer is belayed by a rope is attached to a releasable towline on their buoyancy aid.

*Carved turn* is where a kayak 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.

*Paddle hook* refers to a combination of gear that allows a rope to be hooked to an attachment point on the kayak or canoe.

*Reliably* (at this level) – 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 a S shape.

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

*Vertical strokes* can include bow rudder, duffek.

*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 Simulated rescues should be carried out at a site where the boat and/or swimmer are in proximity to a big rock, shallow water, and/or the riverbank but still on Grade III whitewater.
- 3 Demonstration of independent kayaking is where the candidate is not under supervision and therefore responsible for self.
- 4 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/>.
- 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/>.

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## Outcomes and performance criteria

### Outcome 1

Plan a Grade III whitewater river trip.

#### Performance criteria

- 1.1 Information for the river trip is researched.  
  
Range may include but 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 independent kayak skills on Grade III whitewater.

**Performance criteria**

- 2.1 Paddle strokes are demonstrated.  
Range vertical paddle strokes.
- 2.2 Paddling techniques are demonstrated.  
Range carved turns, S-turns.
- 2.3 Reliable rolls are performed.  
Range left, right.
- 2.4 Knowledge of river hydrology is demonstrated.  
Range upstream and downstream Vs, rooster tail, laminar and helical flows, boils, eddy walls.
- 2.5 A line is selected through rapids.  
Range from kayak, from the bank.
- 2.6 A selected line is paddled avoiding hazards and making eddies.

**Outcome 3**

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

**Performance criteria**

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

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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

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

This unit standard is expiring