

Title	Demonstrate canoeing skills on Grade III whitewater		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to: demonstrate canoeing on Grade III whitewater; participate in river rescue canoeing on Grade III whitewater as a rescuee; demonstrate river reading 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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Classification	Outdoor Recreation > Canoeing - Kayaking
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Available grade	Achieved
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Prerequisites	Unit 480, <i>Roll a decked open canoe</i> , and Unit 20820, <i>Demonstrate canoeing skills on Grade II whitewater</i> , or demonstrate equivalent knowledge and skills.
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Guidance Information

1 Definitions

Decked canoe is a Canadian-style canoe with deck and cockpits built in.

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.

Grade III whitewater contains rapids with moderate, irregular waves which may be difficult to avoid. Complex manoeuvres in fast current and good 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.

Open canoe is a canoe after the style of the North American birch-bark canoe, also known as a Canadian Canoe. It has no deck.

T rescue is a rescue whereby a capsized canoe is emptied and righted using support from another upright canoe.

2 Assessment against this unit standard must be in either an open or decked canoe.

- 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/>.

Outcomes and performance criteria

Outcome 1

Demonstrate canoeing on Grade III whitewater.

Performance criteria

- 1.1 Effective paddling strokes from both front and back positions are demonstrated.
- Range forward, reverse draw (rudder), low brace, stern pry, bow draw, J stroke.
- 1.2 Controlled turns are demonstrated.
- Range turn in main current, avoid obstacles.
- 1.3 Forward ferry and reverse gliding are demonstrated.
- 1.4 Breaking in to and out of eddies effectively is demonstrated.
- 1.5 Following lines down a Grade III whitewater rapid is demonstrated.
- 1.6 A roll in a canoe in Grade II whitewater is demonstrated.

Outcome 2

Participate in canoeing river rescues on Grade III whitewater as a rescuee.

Performance criteria

- 2.1 Rescue procedures as a rescuee 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 a Grade III whitewater rapid is demonstrated.

Outcome 3

Demonstrate river reading skills on Grade III whitewater.

Performance criteria

- 3.1 The dynamics of rivers are identified.
- Range must include but not limited to – holes, eddies, waves, channels, bends.
- 3.2 An awareness of river hazards, their effects on the canoe, and methods of avoiding them are demonstrated.
- Range strainers, sieves, man-made objects, walls, undercuts, stoppers, weirs.
- 3.3 Understanding of river dynamics of a Grade III rapid, including suggesting an appropriate line, is demonstrated.

Outcome 4

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

Performance criteria

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

Replacement information	This unit standard replaced unit standard 484.
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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 2023
Revision	2	26 January 2007	31 December 2023
Review	3	28 October 2021	31 December 2023

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