

Title	Demonstrate and apply knowledge and skills for sit-on-top kayaking on flat water		
Level	4	Credits	15

Purpose	<p>This unit standard is intended for people who lead introductory sit-on-top kayaking activities on flat water.</p> <p>People credited with this unit standard are able to: demonstrate and apply knowledge of sit-on-top kayaking gear and equipment; and demonstrate sit-on-top kayaking skills for flat water.</p>
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Classification	Outdoor Recreation > Canoeing - Kayaking
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment against this standard must be carried out in accordance with the following, as relevant:
 - relevant legislation including Health and Safety at Work Act 2015, Human Rights Act 1993, Vulnerable Children Act 2014 and Health and Safety at Work (Adventure Activities) Regulations 2016 and subsequent amendments;
 - relevant Activity Safety Guidelines published by Worksafe New Zealand; <https://www.supportadventure.co.nz/good-practice/activity-safety-guidelines-2/>;
 - industry Codes including the *Outdoor Safety Code*, *Kayaking/Canoeing Care Code*, *Water Care Code* and *Leave No Trace* principles available at <https://www.doc.govt.nz/>;
 - a recognised and approved safety management system including organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE);
 - relevant industry publications and current industry good practice.

- 2 Definitions

Current industry good practice means the range of actions currently accepted within the adventure and outdoor sector to manage the risk of harm to staff, participants, and visitors.

Flat water means flat or sheltered water, including estuaries, river deltas, sheltered beaches, lakes, coastal inlets and swimming pools, when the wind strength and direction do not compromise the safety and purpose of the activity. Currents may be present when the flow and the hazards pose no greater risk than flat water.

PFD means personal flotation device.

- 3 Further information regarding industry guidelines, key definitions and other relevant information can be found within the Sit-on-top Kayaking programme guidance document. This document should be consulted when developing learning or assessment against this unit standard. It can be found at www.skillsactive.org.nz.

Outcomes and performance criteria

Outcome 1

Demonstrate and apply knowledge of sit-on-top kayaking gear and equipment.

Performance criteria

- 1.1 Select gear and equipment for sit-on-top kayaking activities, and justify the selection.
- Range in terms of advantages, limitations, location, season, weather and personal needs.
- 1.2 Describe advantages and limitations of commonly used communication devices for kayaking in New Zealand.
- 1.3 Describe strategies to minimise wear, check for damage and meet storage needs of any personal gear and equipment.
- 1.4 Describe different types of sit-on-top kayaks and how to set them up for best fit.
- 1.5 Carry out basic sit-on-top kayak maintenance, adjustments and repairs.
- Range may include but is not limited to – paddle, leashes, backrest, knee straps/thigh braces, PFD.

Outcome 2

Demonstrate sit-on-top kayaking skills for flat water.

Performance criteria

- 2.1 Demonstrate sit-on-top kayaking skills on flat water.
- Range includes appropriate water entry, forward and reverse paddling, sweep strokes, draw strokes, support strokes, stopping, manoeuvring the sit-on-top kayak.
- 2.2 Demonstrate effective rescue techniques for/during sit-on-top kayaking.
- Range includes self-rescue and capsize recovery, deep water re-entry, swim with sit-on-top kayak and paddle, deep water rescue, boat tow of swimmer with their sit-on-top kayak and paddle, use of towline, all in rescue of self and three participants.
- 2.3 Demonstrate safe carrying and transportation of a sit-on-top kayak.

- 2.4 Monitor changes in the weather and modify the sit-on-top kayaking activity as required.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 July 2019	N/A

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>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.