
CANOEING - KAYAKING
Demonstrate kayaking skills on
sheltered or slow-moving water

level:	1
credit:	2
planned review date:	October 2008
sub-field:	Outdoor Recreation
replacement information:	This unit standard replaced unit standard 477.
purpose:	People credited with this unit standard are able to: select clothing and fit personal equipment; demonstrate kayaking skills; demonstrate rescue procedures; and demonstrate an understanding for the care for self, others and the environment.
entry information:	Open.
accreditation option:	Evaluation of documentation by NZQA and industry.
moderation option:	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation Advisory Group.
special notes:	<p>1 Definitions</p> <p><i>Barrel roll</i> is a kayak rescue where the rescuer rights a capsized kayak containing a client.</p> <p><i>Kayak</i> is a water craft that has a small cockpit with a fitted spraydeck and is propelled by a double ended paddle.</p> <p><i>Sheltered water or slow-moving water</i> is water protected from the effects of significant wind and wave action. This includes estuaries, river deltas, sheltered beaches, lakes and coastal inlets with minimal tidal speed. This type of water excludes Grade I whitewater rivers, open seas and large lakes.</p> <p><i>T rescue</i> is a rescue whereby a capsized kayaker rights their kayak using support from another kayak.</p> <p><i>X rescue</i> is a deep water rescue whereby the kayaker has fully capsized and empties and re-enters the kayak while remaining in the water.</p>

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- 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 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfriso website <http://www.sfriso.org.nz/>.

Elements and Performance Criteria

element 1

Select clothing and fit personal equipment.

performance criteria

1.1 Clothing is selected for kayaking.

Range: protection, insulation, comfort.

1.2 Personal gear is selected and fitted correctly.

Range: kayak, paddle, helmet, buoyancy aid, spraydeck.

element 2

Demonstrate kayaking skills.

performance criteria

2.1 Getting in to and out of a kayak are demonstrated safely at the water's edge.

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- 2.2 Effective forward and reverse paddling strokes are demonstrated.
- 2.3 Controlled turns are performed.
- Range: forward, reverse sweep strokes, stern rudder.
- 2.4 Obstacles are avoided by using a combination of strokes.
- Range: may include is but not limited to – emergency stop, forward sweep, reverse sweep, stern rudder.
- 2.5 A capsize and wet exit is demonstrated from a kayak.

element 3

Demonstrate rescue procedures.

performance criteria

- 3.1 Rescue procedures as a rescuee are demonstrated.
- Range: X rescue, T rescue, barrel roll, throw bag, swim to side with kayak and paddle.

element 4

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

performance criteria

- 4.1 Knowledge of management strategies for potential health problems associated with flat water are 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.

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Range: hand, paddle and whistle signals; voice.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@srito.org.nz if you wish to suggest changes to the content of this unit standard.

Please Note

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0102 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.