

## National Certificate in Outdoor Recreation (Instruction) with strands in Adventure Based Learning, Kayaking, Mountaineering, Single Pitch Rock Climbing, and Tramping

This National Certificate recognises the skills of a highly qualified and competent instructor in the outdoors in speciality areas. The holder of this qualification is able to provide the overall instruction and management (which includes planning, navigation, recognition of weather conditions, administering first aid and communication skills) of an outdoor activity and is also able to provide instruction in their chosen area. This qualification focuses on the technical skills required by Outdoor Instructors and builds on the foundation skills and knowledge recognised by the National Certificate in Outdoor Recreation (Group Leadership) (Level 3), and National Certificate in Outdoor Recreation (Level 4) and can lead to the National Diploma in Outdoor Recreation (Instruction) (Level 5).

Prerequisite: The Sfriso Risk Management Award is the minimum prerequisite to entry. This qualification will be awarded to people who have met the requirements of the Core Compulsory, and one of the following strands.

| <b>Core Compulsory (8 credits)</b> |   |              |               |
|------------------------------------|---|--------------|---------------|
| <b>Unit No</b>                     | <b>Title</b>  | <b>Level</b> | <b>Credit</b> |
| 451                                | Manage risk for an outdoor activity   | 5            | 4             |
| 20145                              | Demonstrate knowledge of theories and processes associated with instructing in the outdoors | 4            | 4             |

### Adventure Based Learning (Level 5)

| <b>Strand Compulsory</b>             |  |              |                   |
|--------------------------------------|--|--------------|-------------------|
| <b>Unit No</b>                       | <b>Title</b>   | <b>Level</b> | <b>Credit</b>     |
| 17153                                | Facilitate adventure based learning activities for personal and social development of participants | 5            | 15                |
| 17154                                | Facilitate low ropes course activities for personal and social development of participants         | 5            | 15                |
| 17155                                | Facilitate high ropes course activities for personal and social development of participants        | 5            | 15                |
| <b>Total for whole qualification</b> |  |              | <b>53 Credits</b> |

### Kayaking (Level 5)

| <b>Strand Compulsory</b>             |   |              |                   |
|--------------------------------------|---|--------------|-------------------|
| <b>Unit No</b>                       | <b>Title</b>  | <b>Level</b> | <b>Credit</b>     |
| 476                                  | Roll a kayak  | 2            | 2                 |
| 14223                                | Instruct kayaking on sheltered or slow-moving water                           | 5            | 26                |
| 14224                                | Instruct kayaking on Grade II whitewater                                      | 5            | 10                |
| 20121                                | Demonstrate kayaking on Grade II whitewater                                   | 2            | 4                 |
| 20122                                | Demonstrate kayaking on Grade III whitewater                                  | 3            | 4                 |
| 20123                                | Demonstrate canoeing and kayaking river rescue skills on Grade III whitewater | 4            | 9                 |
| 20124                                | Instruct kayak rolling  | 5            | 11                |
| 20126                                | Demonstrate independent kayaking skills on Grade II whitewater                | 3            | 6                 |
| 20127                                | Demonstrate independent kayaking skills on Grade III whitewater               | 4            | 10                |
| 20161                                | Analyse weather information and predict weather conditions for the outdoors   | 4            | 3                 |
| 20818                                | Demonstrate kayaking skills on sheltered or slow-moving water                 | 1            | 2                 |
| <b>Total for whole qualification</b> |   |              | <b>95 Credits</b> |

## Mountaineering (Level 5)

| <b>Strand Compulsory</b>             |  |              |                   |
|--------------------------------------|--|--------------|-------------------|
| <b>Unit No</b>                       | <b>Title</b>   | <b>Level</b> | <b>Credit</b>     |
| 427                                  | Cross rivers   | 3            | 2                 |
| 431                                  | Navigate in good visibility on land  | 2            | 3                 |
| 432                                  | Navigate in poor visibility on land  | 4            | 5                 |
| 439                                  | Demonstrate overnight expedition skills in mountain environment                  | 3            | 8                 |
| 4573                                 | Communicate in the outdoors using two way radio                                  | 2            | 1                 |
| 9692                                 | Present information orally to an audience  | 5            | 2                 |
| 16633                                | Instruct basic mountaineering skills   | 5            | 35                |
| 18129                                | Demonstrate knowledge of snow formation, snowpack structure and snow metaphorism | 3            | 3                 |
| 18132                                | Demonstrate basic movement skills and the use of ice axe and crampons            | 2            | 3                 |
| 18134                                | Demonstrate knowledge of avalanche phenomena                                     | 3            | 2                 |
| 18135                                | Assist on an avalanche response  | 3            | 2                 |
| 18136                                | Demonstrate own party avalanche rescue   | 3            | 2                 |
| 20161                                | Analyse weather information and predict weather conditions for the outdoors      | 4            | 3                 |
| <b>Total for whole qualification</b> |  |              | <b>79 Credits</b> |

## Single Pitch Rock Climbing (Level 5)

| <b>Strand Compulsory</b>             |  |              |                   |
|--------------------------------------|--|--------------|-------------------|
| <b>Unit No</b>                       | <b>Title</b>   | <b>Level</b> | <b>Credit</b>     |
| 14216                                | Set up and operate client abseils at a specific site                                     | 4            | 10                |
| 20149                                | Demonstrate lead climbing on indoor bolted rock climbs                                   | 3            | 3                 |
| 20150                                | Demonstrate rock climbing skills on natural rock   | 3            | 5                 |
| 20151                                | Demonstrate skills with ropes, knots, anchors and belays for rock climbing and abseiling | 3            | 10                |
| 20153                                | Instruct in skills for lead climbing on indoor bolted rock climbs                        | 5            | 15                |
| 20154                                | Instruct single-pitch rock climbing  | 5            | 25                |
| 20155                                | Demonstrate lead climbing on bolted rock climbing routes on natural rock                 | 3            | 2                 |
| 20157                                | Demonstrate the use of basic rope systems for top rope rock climbing and abseiling       | 2            | 3                 |
| 20161                                | Analyse weather information and predict weather conditions for the outdoors              | 4            | 3                 |
| <b>Total for whole qualification</b> |  |              | <b>84 Credits</b> |

## Tramping (Level 4)

| <b>Strand Compulsory</b>             |   |              |                   |
|--------------------------------------|---|--------------|-------------------|
| <b>Unit No</b>                       | <b>Title</b>  | <b>Level</b> | <b>Credit</b>     |
| 427                                  | Cross rivers  | 3            | 2                 |
| 428                                  | Demonstrate on-track tramping skills for multi-night tramping               | 3            | 14                |
| 430                                  | Demonstrate bush survival skills  | 3            | 3                 |
| 431                                  | Navigate in good visibility on land   | 2            | 3                 |
| 432                                  | Navigate in poor visibility on land   | 4            | 5                 |
| 455                                  | Develop a personal and professional philosophy for the outdoors             | 4            | 1                 |
| 4573                                 | Communicate in the outdoors using two way radio                             | 2            | 1                 |
| 9692                                 | Present information orally to an audience                                   | 5            | 2                 |
| 14222                                | Instruct in multi-night on-track tramping                                   | 5            | 7                 |
| 20158                                | Instruct in river crossing  | 5            | 3                 |
| 20161                                | Analyse weather information and predict weather conditions for the outdoors | 4            | 3                 |
| 20816                                | Demonstrate off track tramping skills for multi night tramping              | 4            | 16                |
| <b>Total for whole qualification</b> |   |              | <b>68 Credits</b> |

Note:

The unit standards listed are correct at the time of printing but are reviewed regularly. All current unit standards can be accessed on the New Zealand Qualifications Authority website: [www.nzqa.govt.nz](http://www.nzqa.govt.nz).