



ASSESSMENT GUIDELINE

Demonstrate kayaking skills on Grade III whitewater

Unit Standard: 20122

**Level: 3 Credit: 4 Version: 2
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Purpose:

People credited with this unit standard are able to demonstrate: kayaking on Grade III; kayaking river rescues on Grade III whitewater as a rescuee; river reading skills on Grade III whitewater: and an understanding for the care of self, others and the environment.

Prerequisites:

Unit 20126, *Demonstrate independent kayaking skills on Grade II whitewater*; or demonstrate equivalent knowledge and skills.

Special Notes:

1. Definitions

Barrel roll is a kayak rescue where the rescuer rights a capsized kayak containing a client.

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.

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

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. Demonstration of kayaking is always under the supervision of an instructor or trip leader.
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.

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

Overview of assessment:

This assessment has 4 tasks

Task 1: Demonstrate background knowledge required to kayak Grade III whitewater and get ready to go kayaking

Task 2: Demonstrate kayaking skills of Grade III whitewater

Task 3: Scout and paddle a Grade III whitewater rapid

Task 4: Demonstrate kayak rescues as a rescuee.

Resources for all tasks:

Each candidate will need to have available:

Personal kayaking equipment - Kayak, paddle, helmet, buoyancy aid, spraydeck, paddle jacket, warm clothing

The assessor or trip leader will need safety and rescue equipment; the equipment carried will depend on the weather conditions and the duration and nature of the assessment, but could include:

Throw bag, knife, river saw, split paddle, first aid kit, cell phone, spare warm clothing, thermos with a hot drink, extra snack food.

<http://www.canoeingdownunder.com.au/stroking.php>

<http://www.doc.govt.nz/Explore/NZ-Environmental-Care-Code.asp>

<http://www.doc.govt.nz/Explore/NZ-Water-Care-Code.asp>

Notes to Assessor:

1. 2 different river trips are needed for sufficiency (could be 2 different sections of the same river)

Task 1: Demonstrate background knowledge required to kayak Grade III whitewater and get ready to go kayaking

Instruction to candidate:

During the task you are required to:

- Describe the different grades of whitewater
- Demonstrate the knowledge to identify and avoid potential health problems associated with kayaking
- Identify and understand kayaking communication systems
- Gear up to go kayaking

Element 3: Demonstrate river reading skills on Grade III whitewater

Element 4: Demonstrate an understanding for the care of self, others and the environment.

Performance criteria	Evidence/Judgment
3.1 Grades I to VI of whitewater are described	In a pre-trip discussion the candidate shows they have enough background knowledge to kayak on Grade III water. The candidate:
3.3 River hazards, and their effects on the canoe and swimmer are explained. Range: must include but is not limited to – strainers, rocks, manmade objects, holes, undercuts, weirs.	
4.1 Potential health problems associated with Grade III whitewater kayaking are identified. Range: hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries	<ul style="list-style-type: none"> • Describes what features could make up a Grade II rapid • Describes what features could make up a Grade III rapid, and what whitewater that is harder than Grade III might look like (in terms of hazards, difficulty of line, consequences)
4.2 Methods for avoiding potential health problems are described. Range: hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries.	<ul style="list-style-type: none"> • Explains what the following are, and their effects on a boat and swimmer: <ul style="list-style-type: none"> - Strainers - Rocks - Manmade objects e.g. construction or vehicle debris; fences - Holes - Undercuts - Weirs
4.4 Communications systems are identified and understood on and off the water. Range: hand, paddle and whistle signals, voice.	<ul style="list-style-type: none"> • Demonstrates the following signals and tells the assessor what they mean: <ul style="list-style-type: none"> - Whistle – attention; help. - Hand – stop; go; go that way; eddy out; help - Paddle – stop; go; go that way; help • Takes appropriate practical steps to avoid the health problems in the following list: <ul style="list-style-type: none"> - Hypothermia (e.g. wears clothing that insulates when wet)

	<ul style="list-style-type: none"> - Cold water immersion (e.g. wears a lifejacket, and a wetsuit if water is cold) - Cramps (e.g. drinks plenty of water and stretches before exercise) - Sunburn (e.g. wears sunscreen, hat) - Blisters (e.g. tapes up rub points early; uses correct technique) - Dislocations (e.g. uses good technique) - Head injuries (e.g. wears a helmet on moving water or when playing games) <ul style="list-style-type: none"> • Describes one method to avoid each of the above health problems. E.g. dislocations - use good technique
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Task 2: Demonstrate kayaking skills on Grade III water
<p>Notes to the Assessor:</p> <ol style="list-style-type: none"> 1. All demonstrations to occur on Grade III whitewater <p>Instruction to candidate:</p> <p>During this task you are required to</p> <ul style="list-style-type: none"> • Behave in an environmentally friendly way • Roll on one side • Use the following strokes on Grade III whitewater: <ul style="list-style-type: none"> - forward & reverse paddling - sweeps - stern rudder - low brace - sculling draw - hanging stern draw <p>to:</p> <ul style="list-style-type: none"> - avoid obstacles and adjust your line in a rapid - provide stability - break in and out of eddies - ferry glide forward and reverse
<p>Element 1: Demonstrate kayaking on Grade III whitewater</p> <p>Element 4: Demonstrate an understanding for the care of self, others and the environment.</p>

Performance criteria	Evidence/Judgement
<p>1.1 Appropriate paddling strokes are demonstrated.</p> <p>Range: forward, reverse, sweep, rudder, low brace, sculling draw</p>	<p>While kayaking on Grade III water the following strokes are demonstrated in the main current to avoid obstacles, adjust line and maintain stability:</p> <ul style="list-style-type: none"> - Forward & reverse paddle strokes - Sweep strokes - Rudder - Low brace - sculling draw (this can be demonstrated on flat water) - hanging stern draw
<p>1.2 Paddling strokes that are required on Grade III whitewater only are demonstrated.</p> <p>Range: hanging stern draws, reverse ferry glides</p>	
<p>1.3 Controlled turns are demonstrated</p> <p>Range: turn in main current, avoid obstacles</p>	<p>For all paddle strokes & techniques:</p> <ul style="list-style-type: none"> - The stroke/ technique has the intended effect - Stability and control is maintained - Edging is used as appropriate to the nature of whitewater and in conjunction with strokes - Technique is safe in terms of shoulder injuries.
<p>1.4 Forward ferry gliding is demonstrated.</p>	<p>All of the following on at least 2 different Grade III sites:</p> <ul style="list-style-type: none"> • Forward ferry gliding: The kayak is ferried forward from an eddy on one side of the main current, to an eddy on the other side of the main current. • Reverse ferry gliding: Starting in the main flow, demonstrates a reverse ferry in both directions
<p>1.5 Effective support strokes are demonstrated</p> <p>Range: may include but not limited to low braces, forward paddles</p>	
<p>1.6 Effective breaking into and out of eddies is demonstrated</p> <p>Range: carve turn</p>	<ul style="list-style-type: none"> • Support strokes e.g. low brace, forward paddling • Breaks into and out of eddies: <ul style="list-style-type: none"> - Angle, speed and edge are used as appropriate to the nature of the whitewater - Effective paddle strokes are used - Remains upright and stable - Holds a consistent edge until the turn is complete. • Hanging stern draw - breaks into and out of eddies demonstrating the use of a stern draw. <ul style="list-style-type: none"> - The stroke is used on the inside of a turn - Torso is rotated into the turn - The stroke widens the arc of the turn

1.8 Roll in Grade III whitewater is demonstrated. Range: one side	At 2 different Grade III rapids, the candidate capsizes in a non set-up position then successfully rolls kayak.
4.3 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.	Follows the principles of the Environmental Care Code and the NZ Water Code.

Task 3: Scout and paddle a Grade III rapid	
<p>Notes to the Assessor:</p> <ol style="list-style-type: none"> 1. On at least two different Grade III rapids the candidate must scout, identify a line and follow the line through the rapid <p>Instruction to candidate:</p> <p>During this task you are required to:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of river features • Identify lines through rapids that avoid hazards • Follow an line down a rapid • Use river signals to communicate with others in your party • Behave in an environmentally friendly way 	
<p>Element 1: Demonstrate kayaking on Grade III whitewater</p> <p>Element 3: Demonstrate river reading skills on Grade III whitewater</p> <p>Element 4. Demonstrate an Understanding for the care of self, others and the environment</p>	
Performance criteria	Evidence/Judgement
1.7 Lines down a Grade III whitewater rapid are followed	<ul style="list-style-type: none"> • Scouts at least 2 different Grade III rapids and points out the features which make up the rapid. • The following features, where present in the rapids scouted, are identified: holes, eddies, channel, tongues, rocks, waves, walls, corners • Identifies a line through the rapid which avoids problems and hazards • Line is within candidate's skill level • Follows a line down the rapid, remaining upright.
3.2 The river features are identified and a line through the rapids which avoids problems and hazards. Range: may include but not limited to holes, eddies, channel, tongues, rocks, waves, walls, corners.	
4.3 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.	Follows the principles of the Environmental Care Code and the NZ Water Code
4.4 Communications systems are	The candidate uses and acts upon commands as appropriate.

<p>identified and understood on and off the water.</p> <p>Range: hand, paddle and whistle signals, voice.</p>	<p>These signals may include:</p> <ul style="list-style-type: none"> • Whistle – attention; help. (1: multiple blasts respectively); • Hand – stop; go; go that way; eddy out; Ok?; help • Paddle – stop; go; go that way; help • Voice
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Task 4: Demonstrate kayak rescues as a rescuee

Overview of task: The focus of this assessment is to:

- Demonstrate self and assisted rescue techniques
- Behave in an environmentally friendly way

Notes to the Assessor

- All demonstrations to occur on Grade III whitewater
- Evidence could be collected as it occurs naturally, otherwise the rescues must be staged
- For sufficiency each individual rescue only needs to be observed once

Instruction to candidate:

During this task you need to capsize 3 times in Grade III whitewater and demonstrate the following:

- Capsize, bang the bottom of your boat and wait for a **Barrel roll** rescue
- Capsize, run your hands up and down the bottom of your boat ready for a **T rescue**
- Capsize and **wet exit**, then **swim** down the rapid
- Be transported in Grade III whitewater by a **stern deck carry**
- **Secure a throw bag** while swimming in Grade III whitewater. Be pulled to the side holding the throw bag.
- Behave in an environmentally friendly way

Element 2: Demonstrate kayaking river rescues on Grade III whitewater as a rescuee.
Element 4: Demonstrate and understanding of the care of self, others and the environment

Performance criteria	Evidence/Judgment
<p>2.1 Kayak river rescue techniques on Grade III whitewater are demonstrated.</p> <p>Range: may include but is not limited to – T rescue, barrel roll.</p>	<p>The candidate remains calm while upside down or swimming in Grade III water. All of the following are demonstrated:</p> <ul style="list-style-type: none"> • Wet exits, collecting paddle and boat • Swims a rapid - Where a risk of foot entrapment exists the candidate stays in the whitewater position

2.2 Stern deck carry is demonstrated.	<ul style="list-style-type: none"> - Where no risk of foot entrapment (or other hazard) exists the candidate actively swims to assist with their rescue
2.3. Throw Bag rescue as a swimmer is demonstrated	<p>Helps a rescuer to right them after a capsize, for example:</p> <ul style="list-style-type: none"> • Barrel roll - - Bangs on bottom of the boat to attract attention - Stays in a forward position (hugs bottom of boat) throughout the roll
2.4 Swimming in a Grade III whitewater rapid is demonstrated	<ul style="list-style-type: none"> • T Rescue - - Bangs bottom of the boat to attract attention - Searches by sweeping arms along the sides of boat (at right angles to side of boat) to find the bow of the rescuer's boat - Rolls hips up first and head last <p>The candidate is stern deck carried on a Grade III rapid and</p> <ul style="list-style-type: none"> • Assists the rescuer as appropriate (e.g. by kicking) • Stays low and in balance <p>While swimming in Grade III whitewater, the candidate is throw bagged and</p> <ul style="list-style-type: none"> • Secures the rope • Lies on back with the rope running over shoulder furthest from the bank
4.3 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.	Follows the principles of the Environmental Care Code and the NZ Water Code

Unit 20122 v2 Checklist Demonstrate kayaking skills on Grade III whitewater			
Assessor name: _____ Organisation name: _____		C/NYC	Comments
Throughout all tasks			
Follows the principles of the Environmental Care Code and the NZ Water Code			
The candidate understands and acts upon communications signals – hand, paddle, whistle and voice			
Task 1: Demonstrate background knowledge required to kayak Grade III whitewater and get ready to go kayaking			
<ul style="list-style-type: none"> • Describes what features make up a Grade III rapid, and what whitewater harder than Grade III might look like (in terms of hazards, difficulty of line, consequences) 			
<ul style="list-style-type: none"> • Explains the following, and their effects on a boat and swimmer: <ul style="list-style-type: none"> - Strainers; rocks; manmade objects; holes; undercuts; weirs 			
<ul style="list-style-type: none"> • Demonstrates and describes action required by signals: <ul style="list-style-type: none"> - Whistle – attention; help. - Hand – stop; go; go that way; eddy out; help - Paddle – stop; go; go that way; help 			
Takes appropriate steps to manage the following health problems: <ul style="list-style-type: none"> • Hypothermia; cold water immersion; cramps; sunburn; blisters; dislocations; head injuries • Describes one method to avoid each of the above health problems 			
Task 2: Demonstrate kayaking skills on Grade III water			
While kayaking on Grade III whitewater the following strokes are demonstrated in the main current to avoid obstacles, adjust lines and provide stability: Forward & reverse paddle strokes; sweep strokes; stern rudder; low brace; sculling draw; hanging stern draw For all paddle strokes <ul style="list-style-type: none"> • The stroke has the intended effect • Stability and control is maintained • Edging is used as appropriate to the nature of whitewater • Technique is safe in terms of shoulder injuries 			
On at least 2 sites in Grade III whitewater:			
		Site 2	
		Site 1	
Forward ferry from an eddy on one side of the main current to an eddy on the other side of the main current <ul style="list-style-type: none"> • Angle of entry is appropriate to the speed of current • Ferry angle is maintained across the current 			
Reverse ferry in both directions across the main flow starting from main current <ul style="list-style-type: none"> • Ferry angle is maintained across the current 			

Eddy turns			
<ul style="list-style-type: none"> The candidate breaks in to and out of eddies holding a consistent edge throughout the turn 			
Hanging stern draws to exit and enter an eddy.			
<ul style="list-style-type: none"> Torso is rotated into the turn The use of the stroke widens the arc of the turn 			
Rolls successfully in Grade III whitewater			
<ul style="list-style-type: none"> Start in non set up position 			
Task 3: Scout and paddle a Grade III rapid			
On at least 2 Grade III rapids the following is completed.			
		Rapid 2	
		Rapid 1	
<ul style="list-style-type: none"> The following features, where present, are identified: Holes, eddies, channel, tongues, rocks, waves, walls, corners 			
<ul style="list-style-type: none"> A line is identified which avoids the hazards and is within candidate's skill level 			
<ul style="list-style-type: none"> Candidate follows the identified line remaining upright 			
Task 4: Demonstrate kayak rescues as rescuer			
For all rescues the candidate remains reasonably calm while upside down or swimming in Grade III water.			
<ul style="list-style-type: none"> Wet exits, collecting paddle and boat 			
<ul style="list-style-type: none"> Swims a rapid - where a risk of foot entrapment exists the candidate stays in the whitewater position; otherwise may swim to make their rescue easier. 			
Helps a rescuer to right them after a capsize, for example:			
<ul style="list-style-type: none"> Barrel roll T Rescue 			
<ul style="list-style-type: none"> Stern Deck Carry 			
<ul style="list-style-type: none"> Throw bagging. 			
DATE	CANDIDATE'S SIGNATURE	ASSESSOR'S SIGNATURE	C/NYC
Comments:			