



# ASSESSMENT GUIDELINE

## Instruct kayak rolling

**Unit Standard: 20124**

**Level: 5 Credit: 11 Version: 1**

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### **Purpose:**

People credited with this unit standard are able to: role model kayak rolling; manage kayak rolling sessions; and instruct kayak rolling.

### **Prerequisites:**

Unit 476, Roll a kayak; Unit 6401, Provide first aid; Unit 20146, Demonstrate basic risk management for outdoor recreation; and Unit 20147, Demonstrate communication skills required for the outdoors; or demonstrate equivalent knowledge and skills.

### **Special Notes:**

1. Definitions: *Kayak* is a water craft that has a small cockpit with a fitted spraydeck and is propelled by a double ended paddle.  
*Rafting up* is when kayaks are held together by the occupants to form a raft.
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. Before a candidate can be assessed against this unit standard, they need to have logged a minimum of 20 sessions instructing rolling. A session is a minimum of two hours duration and a day is more than four hours on the water. While gaining instructional experience, the candidate is engaged in the role of instructor, but has no responsibility for clients although is responsible for self.
4. Assessment against this unit standard may take place in a pool facility but both the candidate and instructor must be in kayaks.
5. 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 3 tasks

Task 1: Demonstrate role model rolls

Task 2: Set up and brief clients for a kayak rolling session

Task 3: Manage and instruct a kayak rolling session

## Notes to Assessor:

1. 'Clients' refers to the people that the candidate is instructing
2. 'Candidate' and 'instructor' are used interchangeably

### Task 1: Demonstrate role model rolls

**Overview of Task 1:** the focus of the assessment is to demonstrate a range of rolls in such a way that clients can see and understand the technique

#### Resources:

Personal kayaking gear for the candidate

A video camera may be useful for feedback to the candidate

#### Notes to the assessor

1. This task could be assessed during the instructing session, or it may be assessed at a separate time
2. All rolls must be demonstrated without the use of any aids (such as a paddle float)
3. A 'role model' roll is one that clearly shows an observer how the roll works. It must be competent, but does not need to be perfect

#### Instruction to candidate:

During the task you are required to demonstrate 3 different rolls on both sides:

- Sweep, C to C, front to back deck
- During all rolls you will need to show a role model performance at slow speed, demonstrating the key components

<b>Element 1: Role model kayak rolling.</b>	
<b>Performance criteria</b>	<b>Evidence/Judgement</b>
<p><b>1.1</b> Appropriate equipment is selected and demonstrated.</p>	<p>The candidate demonstrates the following 6 rolls, at 'slow speed' that would allow a beginner to see key components of the roll and understand the technique.</p> <p>(following the rolls are bullet points representing an example of current good practice)</p> <ul style="list-style-type: none"> <li>• Sweep roll (left and right) <ul style="list-style-type: none"> <li>- Set-up: body wrapped around kayak, as opposed to sitting forward; maximum torso rotation.</li> <li>- Sweep: paddle sweep is caused by body rotation rather than arm movement; slicing blade angle; kayak rotates throughout the sweep</li> <li>- Finish: torso upright and fully rotated, wrists back</li> </ul> </li> <li>• C to C roll (left and right) <ul style="list-style-type: none"> <li>- Set-up: movement into the set-up position occurs without any kayak rotation or pressure on paddle blade; body wrapped around kayak; shaft perpendicular to kayak and over the upturned hull; active blade close to surface.</li> <li>- Roll phase: pronounced C-to-C movement, active blade moves principally in the vertical plane (minimal sweep motion)</li> <li>- Finish: torso upright; wrists back</li> </ul> </li> <li>• Front to back deck roll (left and right)</li> </ul> <p>During all rolls:</p> <ul style="list-style-type: none"> <li>• Kayak is set up and adjusted to fit</li> <li>• Buoyancy aid is worn</li> <li>• Shoulder joints are not exposed to danger</li> <li>• Eyes follow the paddle, head down at finish</li> <li>• At the finish position, the active blade remains close enough to the surface to retain balance and continue with another stroke</li> <li>• The control hand finishes close to shoulder in 'chicken wing' position</li> <li>• Once set up, the roll requires one single controlled movement e.g. no sculling required or double torso movement.</li> </ul>
<p><b>1.2</b> Kayak rolling on the left and right sides is role modelled.</p> <p>Range: must include but is not limited to – front to back deck roll, C to C roll, sweep roll;</p> <p>these rolls must include – head down, chicken wing, controlled rail transition.</p>	
<p><b>1.3</b> Ability to slow down the roll so a beginner can clearly understand correct rolling technique is demonstrated.</p> <p>Range: must include but is not limited to – front to back deck roll, C to C roll, sweep roll;</p> <p>these rolls must include – head down, chicken wing, controlled rail transition.</p>	

## Task 2: Set up and brief clients for a kayak rolling session

**Overview of task:** The focus of this assessment is to show good preparation, brief clients and set them up with gear and expectations for a rolling session

### Resources:

RAMS form or similar

First aid kit, and other safety equipment such as spare clothes, shelter, food and drink.

Kayaking equipment for the clients – kayaks, buoyancy aids, spraydecks, paddles

Other equipment that may be required depending on the site and the clients – may include nose pegs, diving masks, sunscreen, footwear, rolling aids

### Notes to the Assessor

1. In some situations the candidate may have already covered aims, appropriate behaviour, care of equipment, environmental ethics etc. with their clients. In this case evidence can be gathered through observation and questioning of the candidate's clients.

### Instruction to candidate:

During this task you are required to:

- Show the assessor or discuss your risk management plan
- Choose an appropriate site
- Brief the clients
- Set the clients up with well-fitted kayak gear
- Check the clients and their gear before they enter the water

**Element 2: Manage kayak rolling sessions.**

**Element 3: Instruct kayak rolling sessions.**

Performance criteria	Evidence/Judgement
<p><b>2.8</b> Risk management strategies are used to eliminate or minimise hazards identified at kayaking sites.</p> <p>Range: must include but is not limited to – people, environment, equipment.</p>	<ul style="list-style-type: none"> <li>• Presents evidence (such as a RAMS form or through discussion with the assessor) that risk management strategies have been thought through beforehand</li> <li>• Hazards and strategies identified include all 3 of: <ul style="list-style-type: none"> <li>- <b>People</b> e.g. clients not rolling their buddy up in barrel roll practice – ensure adequate briefing and control of unruly behaviour</li> <li>- <b>Equipment</b> e.g. getting feet or footwear caught in footrests – ensure footrests are adjusted properly and appropriate footwear is worn</li> </ul> </li> </ul>
<p><b>2.10</b> Emergency equipment is immediately accessible at all times.</p> <p>Range: must include but is not limited to – first aid kit; may include but is not limited to – spare food, spare clothes, shelter, equipment to procure a hot drink.</p>	

	<ul style="list-style-type: none"> <li>- <b>Environment</b> e.g. cold water – ensure clients are appropriately kitted out.</li> <li>• A first aid kit is immediately accessible</li> <li>• Other emergency equipment appropriate to the site is immediately accessible e.g. <ul style="list-style-type: none"> <li>- Spare food and / or hot drinks</li> <li>- Shelter and spare clothing</li> </ul> </li> </ul>
<p><b>2.1</b> Instructing sites are selected to suit clients' needs, meet session objectives, and minimise the effects of environmental conditions on learning and safety.</p> <p>Range: must include but are not limited to</p> <p style="padding-left: 40px;">clients needs – experience level, ability, confidence, physical state, mental state, swimming ability;</p> <p style="padding-left: 40px;">environmental conditions – current, wind, water temperature, depth, group size, other users.</p>	<ul style="list-style-type: none"> <li>• The site used for the rolling session is appropriate to provide a <b>safe, fun and educational</b> experience, taking account of: <ul style="list-style-type: none"> <li>- Client's needs, including experience level, ability, confidence, physical state, mental state, swimming ability</li> <li>- Environmental conditions, including current, wind, water temperature, depth, group size, other users</li> </ul> <p>(in many situations a waist- to chest-deep heated indoor swimming would be ideal)</p> </li> </ul>
<p><b>2.2</b> Discussion with clients at the beginning of the session defines the aims, objectives, and purpose of the session.</p>	<p>During pre-session discussion and session briefing, the candidate covers:</p>
<p><b>2.3</b> Instruction on briefs clients on boundaries, hazards, behaviour, emergency procedures and environmental ethics.</p>	<ul style="list-style-type: none"> <li>• Aims, objectives and purpose of the session</li> <li>• Boundaries, hazards, behaviour, emergency procedures and environmental ethics</li> <li>• The use and care of kayaking equipment</li> </ul>
<p><b>2.4</b> Positioning of clients during briefings ensures instructions and demonstrations can be seen and heard by all clients.</p> <p>Range: may include but is not limited to – side of the pool, rafting up.</p>	<p>All clients use appropriately sized and adjusted:</p> <ul style="list-style-type: none"> <li>• Kayaks – footrests and hip padding hold the kayaker so that all hip movement is translated into kayak movement</li> <li>• Buoyancy aids - snugly fitted, not constricting.</li> <li>• Spraydecks – snug around waist, correct size for cockpit</li> </ul>
<p><b>3.1</b> Clients are briefed in the use, care, and adjustment of kayaking equipment in accordance with manufacturer's recommendations.</p> <p>Range: must include but is not limited to – spraydecks, buoyancy aids, footrests, padding.</p>	<p>All of the above are checked before entering the water.</p>
<p><b>2.7</b> Safety check of every client prior to entering the water ensures that equipment is being worn, and it is sized and adjusted according to manufacturers recommendations.</p> <p>Range: must include but is not limited to – buoyancy aids, spraydecks, footrests, padding.</p>	<p>During all briefings, all clients can hear instructions and see demonstrations</p>

### Task 3: Manage and instruct a kayak rolling session

**Overview of task:** The focus of this assessment is to run a rolling session providing a safe, fun, challenging and educational experience for the clients

**Resources:**

First aid kit, and other safety equipment such as spare clothes, shelter, food and drink.  
 Kayaking equipment for the clients – kayaks, buoyancy aids, spraydecks, paddles  
 Other equipment that may be required depending on the site and the clients – may include nose pegs, diving masks, sunscreen, footwear, rolling aids  
 A video camera may be useful for feedback to the clients

**Notes to Assessor:**

To assess managing a rolling session, the candidate should be instructing at least 3 clients

**Instruction to candidate:**

During this task you are required to:

- Instruct the clients through wet exits and practice drills
- Ensure clients understand and receive feedback on all aspects of their rolling performance
- Ensure immediate assistance can be provided to clients
- Provide a safe, fun, challenging and educational experience

**Element 2: Manage kayak rolling sessions.**

**Element 3: Instruct kayak rolling sessions.**

Performance criteria	Evidence/Judgement
<p><b>3.2</b> A variety of drills are used to build the clients' confidence and orientation under water.</p>	<ul style="list-style-type: none"> <li>• Any risk management strategies identified in Task 2 are implemented</li> <li>• As the first part of a roll progression, wet exits are practiced under close supervision</li> <li>• Other drills follow wet exit practice to build confidence and orientation under water e.g.                             <ul style="list-style-type: none"> <li>- Left / right actions underwater</li> <li>- Getting clients to roll each other up on a signal</li> </ul> </li> <li>• Following confidence drills, all clients receive individual coaching from the candidate following a consistent, structured progression</li> <li>• Candidate ensures that clients                             <ol style="list-style-type: none"> <li>1) have an accurate mental picture of, and</li> <li>2) receive positive, solution-focused feedback on their own performance of:</li> </ol> </li> </ul>
<p><b>3.3</b> Client self-rescues are performed before any other part of the roll progression is undertaken.</p> <p>Range: must include but is not limited to – wet exit.</p>	
<p><b>3.4</b> Instructions and demonstrations provided ensure clients' understanding of rolling elements and purpose.</p> <p>Range: must include but is not limited to – start position, sweep, finish position, position of paddle shaft and blade, position of client's arms, body and head.</p>	
<p><b>3.5</b> Oral instructions and visual demonstrations are relevant to clients' needs.</p> <p>Range: may include but is not limited to – ability, experience, cultural needs, special needs, language skills, confidence, medical conditions, physical state, mental state.</p>	

<p><b>3.6</b> Individual feedback to clients identifies strengths and weaknesses in rolling technique and provides solutions to improve their performance.</p>	<ul style="list-style-type: none"> <li>- start position</li> <li>- sweep</li> <li>- finish position</li> </ul>
<p><b>3.7</b> Level of challenge and complexity of tasks enables all group members to gain a sense of achievement regardless of their abilities.</p>	<ul style="list-style-type: none"> <li>- position of paddle shaft and blade</li> <li>- position of arms, body and head</li> </ul>
<p><b>3.8</b> Positioning of the instructor and group enables immediate assistance to be provided to all clients during the session.</p> <p>Range: direct aid from instructor, support from other clients as directed by instructor, self-rescue as directed by instructor.</p>	<p>At all times during the rolling session:</p> <ul style="list-style-type: none"> <li>• Immediate assistance can be provided to any client through one of: <ul style="list-style-type: none"> <li>- Direct aid from instructor</li> <li>- Support from other clients as directed by instructor</li> <li>- Self-rescue</li> </ul> </li> </ul>
<p><b>2.5</b> Management of kayak session ensures clients are always able to engage in active learning.</p>	<ul style="list-style-type: none"> <li>• All clients have drills or tasks to carry on with when the instructor is not available for individual attention</li> </ul>
<p><b>2.6</b> An ability to provide an experiential kayaking adventure for a given group that is both safe and fun is demonstrated.</p>	<ul style="list-style-type: none"> <li>• Clients individually receive roughly the same amount of instruction time (as appropriate)</li> </ul>
<p><b>2.9</b> Personal safety of the instructor is maintained at all times.</p>	<ul style="list-style-type: none"> <li>• Instructor maintains awareness of what all clients are doing</li> <li>• Instructor has alternative strategies to problem solve when clients are not progressing</li> <li>• All clients are challenged appropriately and make progress through the rolling progression</li> <li>• The rolling session is safe, fun and educational for the group as a whole</li> <li>• Personal safety of the instructor is maintained</li> </ul>

Candidate Name \_\_\_\_\_ NSN \_\_\_\_\_

**Unit 20124 (v1) Checklist  
Instruct kayak rolling**

Assessor name: \_\_\_\_\_

Organisation name: \_\_\_\_\_

C/NYC

Comments

**Throughout all tasks:**

- During all briefings, all clients can hear instructions and see demonstrations
- Immediate assistance can be provided to any client
- All clients have drills or tasks to carry on with when the candidate is not available for individual instruction
- Instructor maintains awareness of what all clients are doing
- All clients are challenged appropriately and progress through the rolling progression
- Instructor has alternative strategies to problem solve
- The rolling session is safe, fun and educational
- Personal safety of the instructor is maintained

**Task 1: Demonstrate role model rolls**

- Kayak is set up and adjusted to fit
- Buoyancy aid is worn

The candidate demonstrates at 'slow speed':

- Shoulder joints are not exposed to danger
- Eyes follow the paddle; head down at finish
- The active blade remains close to the surface
- The control hand finishes in 'chicken wing' position
- The roll requires one single controlled movement

Sweep		C to C		Front to back deck	
Left	Right	Left	Right	Left	Right

**Task 2: Set up and brief clients for a kayak rolling session**

- Presents evidence that risk management strategies have been thought through beforehand
- Hazards and strategies identified include all 3 of:
  - **People**
  - **Equipment**
  - **Environment**
- A first aid kit is immediately accessible
- Other emergency equipment appropriate to the site is immediately accessible

- The site is appropriate to provide a **safe, fun** and **educational** experience, taking account of client needs and environmental conditions

<p>During discussions and briefings, the candidate covers:</p> <ul style="list-style-type: none"> <li>• Aims, objectives and purpose of the session</li> <li>• Boundaries, hazards, behaviour, emergency procedures and environmental ethics</li> <li>• The use and care of kayaking equipment</li> </ul> <p>All clients use appropriately sized and adjusted:</p> <ul style="list-style-type: none"> <li>• Kayaks</li> <li>• Buoyancy aids</li> <li>• Spraydecks</li> </ul> <p>All of the above are checked before entering the water.</p>		
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**Task 3: Manage and instruct a kayak rolling session**

<ul style="list-style-type: none"> <li>• Any risk management strategies identified in Task 2 are implemented</li> <li>• Wet exits are practiced as the first part of a roll progression</li> <li>• Other drills follow wet exit practice</li> <li>• Instructor ensures that clients             <ol style="list-style-type: none"> <li>1) have an accurate mental picture of, and</li> <li>2) receive positive, solution-focused feedback on their own performance of:                 <ul style="list-style-type: none"> <li>- start position</li> <li>- sweep</li> <li>- finish position</li> <li>- position of paddle shaft and blade</li> <li>- position of arms, body and head</li> </ul> </li> </ol> </li> </ul>		
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DATE	CANDIDATE'S SIGNATURE	ASSESSOR'S SIGNATURE	C/NYC

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