



ASSESSMENT GUIDELINE

Demonstrate independent kayaking skills on Grade III whitewater

Unit Standard: 20127

**Level: 4 Credit: 10 Version: 2
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Purpose:

People credited with this unit standard are able to: plan a Grade III whitewater river trip; demonstrate independent kayak skills on Grade III whitewater; and demonstrate an understanding of the management strategies for care of self, others, and the environment.

Prerequisites:

Unit 20122, *Demonstrate kayaking skills on Grade III whitewater*; and Unit 20123, *Demonstrate canoeing and kayaking river rescue skills on Grade III 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.

Belayed contact rescue is where the rescuer is belayed by a rope is attached to a releasable towline on their buoyancy aid.

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.

Paddle hook refers to a combination of gear that allows a rope to be hooked to an attachment point on the kayak or canoe.

Reliably (at this level) – 5 out of 5 first time rolls, capsizing left and right in a non set-up position, head down.

S-turn is where an eddy on one side of the current is exited and an eddy on opposite entered. Kayak follows an S shape.

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

Vertical strokes can include bow rudder, duffek.

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. Simulated rescues should be carried out at a site where the boat and/or swimmer are in proximity to a big rock, shallow water, and/or the riverbank but still on Grade III whitewater.
3. Demonstration of independent kayaking is where the candidate is not under supervision and therefore responsible for self.
4. 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.
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 4 tasks

Task 1: Research and plan a Grade III river trip.

Task 2: Get ready to go kayaking

Task 3: Demonstrate independent kayaking skills on Grade III water

Task 4: Scout and paddle a Grade III rapid

Resources for all tasks:

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

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

Each candidate will need to have available:

- Personal kayaking equipment - Kayak, paddle, helmet, buoyancy aid, spraydeck, paddle jacket, warm clothing, footwear.
- Personal safety and rescue equipment. The equipment carried will depend on the weather conditions and the duration and nature of the assessment, but could include – throwbag, knife, whistle, first aid kit, spare warm clothing, extra snack food.

The group 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, split paddle, first aid kit, repair kit, river saw, karabiners, prussicks, pulley, paddle hook, cell phone, spare warm clothing, thermos with a hot drink, extra snack food.

Notes to Assessor:

1. Two different river trips are needed for sufficiency (could be 2 different sections of the same river, if the 2 sections are of a different character)

Task 1: Research and plan a Grade III river trip.

Resources:

20127 Assessment Questions

Instruction to candidate:

During the task you are required to:

- Research information on a Grade III river trip
- Provide details of a trip plan
- Show understanding of potential health problems and how to avoid them

Element 1: Plan a Grade III whitewater river trip

Performance criteria	Evidence/Judgment
<p>1.1 Information for the river trip is researched</p> <p>Range: may include but not limited to – access river guides, topographical maps, flows, weather forecast, other paddlers and recreational users</p>	<p>All questions in 20127 Assessment are completed.</p> <p>Answers show a level of knowledge and research that matches the Level 4 descriptors (see p8)</p>
<p>1.2 Appropriate clothing and equipment for kayaking is selected and their selection justified</p> <p>Range: personal, group, rescue, first aid</p>	
<p>1.3 The river trip plan is prepared</p> <p>Range: may include but not limited to – access, transport, leadership, group members, escape options.</p>	

Task 2: Get ready to go kayaking

Resources:

20127 Assessment Questions

http://www.americanwhitewater.org/content/Wiki/safety:start#universal_river_signals

<http://www.greatoutdoors.com/published/paddle/howtos/signalingyourintentions/>

http://www.capital.net/com/nckayak/nck_safety_p4.htm (cold water immersion)

http://www.hypothermia-ca.com/hypothermia_publications/hypothermia.html (hypothermia)

Instruction to candidate:

During the task you are required to:

- Wear or pack the gear that you described in the Assessment Questions, and explain why you have chosen one item from each of the following categories: personal; group, rescue; first aid
- Demonstrate knowledge required to identify and avoid potential health problems associated with kayaking
- Identify and understand kayaking communication systems

Element 1: Plan a Grade III whitewater trip

Element 3: Demonstrate an understanding of the management strategies for the care of self, others and the environment.

Performance criteria	Evidence/Judgment
<p>1.2 Appropriate clothing and equipment for kayaking is selected and their selection justified</p> <p>Range: personal, group, rescue, first aid</p>	<p>At the beginning of the river trip:</p> <ul style="list-style-type: none"> • Has the clothing and equipment specified in the trip plan (20127 Assessment Questions) • The clothing and equipment is appropriate for the nature of the trip, ability of group, water temperature, weather conditions • Justifies the selection of one article of each of the following: clothing, group, rescue and first aid equipment.
<p>3.1 Knowledge of management strategies for potential health problems associated with Grade III whitewater are demonstrated.</p> <p>Range: hypothermia, cold water immersion, cramps, sunburn, blisters, dislocations, head injuries.</p>	
<p>3.3 Communications systems are identified and understood on and off the water.</p> <p>Range: hand, paddle and whistle signals, voice.</p>	<ul style="list-style-type: none"> • Identifies the commonly used river 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; OK - Paddle – stop; go; go that way; help

Task 3: Demonstrate kayaking skills on Grade III water

Notes to the Assessor:

1. All demonstrations are to occur on Grade III whitewater

Instruction to candidate:

During this task you are required to

- Demonstrate vertical paddle strokes on Grade II whitewater.
- Demonstrate the following paddling techniques: carved turns; S-turns
- Demonstrate reliable rolls on the left and right side
- Demonstrate the use of river signals
- Behave in an environmentally friendly way

Element 2: Demonstrate independent kayaking skills on Grade III whitewater

Element 3: Demonstrate an understanding of the management strategies for care of self, others and the environment

Performance criteria	Evidence/Judgement
<p>2.1 Paddling strokes are demonstrated.</p> <p>Range: vertical paddle strokes</p>	<p>For all paddle strokes:</p> <ul style="list-style-type: none"> • Paddle is held with a normal paddle grip, and centred along shaft. • The stroke has the intended effect • Stability and control is maintained • Torso is upright or slightly forward • Edging is used as appropriate to the nature of whitewater and in conjunction with strokes • Technique is safe in terms of shoulder injuries <p>While kayaking on Grade III water vertical paddle strokes are demonstrated:</p> <ul style="list-style-type: none"> • Vertical strokes are used on the inside of a turn, to control / change the radius of the turn. • Paddle shaft is orientated vertically. • Kayaker is rotated into the inside of the turn • Pressure is applied to 'draw' the blade towards the kayak • An ability to both widen or tighten the turn is demonstrated • The blade position adjusted by slicing the blade through the water. For example: slicing the blade from a stern draw to bow draw during a turn • Timing of the vertical strokes 'changes' the radius of the turn rather than 'initiate' a turn.
<p>2.2 Paddle techniques are demonstrated.</p>	<p>The candidate breaks into and out of eddies on at least 2 rapids on Grade III water</p>

<p>Range: carved turns, S-turns.</p>	<p>For all turns</p> <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 • Candidate remains upright and stable <p>Carved turn</p> <ul style="list-style-type: none"> • The candidate holds a consistent edge until the turn is complete. <p>S-turns in current</p> <ul style="list-style-type: none"> • Demonstrates a controlled change of edge • Maintains forward motion during the manoeuvre
<p>2.3 Reliable rolls are demonstrated</p> <p>Range: left, right</p>	<p>Successfully rolls their kayak (5/5 times, on their first attempt), capsizing on both their left and right sides, on Grade III water.</p> <ul style="list-style-type: none"> • Capsizes in a non set-up position • Head orientated down when finishing the roll.
<p>3.2 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.</p>	<p>Follows the principles of the Environmental Care Code and the NZ Water Code.</p>

<p>Task 4: Scout and paddle a Grade III rapid</p>
<p>Notes to the Assessor:</p> <ol style="list-style-type: none"> 1. At least two different Grade III rapids should be scouted and paddled by the candidate, where they identify the line for themselves. 2. Scouting must occur from both the kayak and the bank <p>Instruction to candidate:</p> <p>During this task you are required to:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of river hydrology • Identify lines and hazards on a rapid from both a kayak and the bank • Safely paddle the rapid • Use river signals to communicate with others in your party • Behave in an environmentally friendly way
<p>Element 2: Demonstrate independent kayaking skills on Grade III whitewater</p> <p>Element 3: Demonstrate an understanding of the management strategies for the care of self, others and the environment</p>

Performance criteria	Evidence/Judgement
<p>2.4 Knowledge of river hydrology is demonstrated</p> <p>Range: upstream and downstream V's, rooster tail, laminar and helical flows, boils, eddy walls.</p>	<ul style="list-style-type: none"> • The candidate 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: <ul style="list-style-type: none"> - Upstream & downstream Vs - rooster tails, laminar & helical flows - boils - eddy walls. • If the above features are not encountered, then they must be accurately described
<p>2.5 A line is selected through rapids.</p> <p>Range: from kayak, from the bank.</p>	
<p>2.6 A selected line is paddled avoiding hazards and making eddies.</p>	
<p>3.2 The New Zealand Environmental Care Code and the New Zealand Water Care Code are applied.</p>	<p>Candidate follows the principles of the Environmental Care Code and the NZ Water Code.</p>
<p>3.3 Communications systems are identified and understood on and off the water.</p> <p>Range: hand, paddle and whistle signals, voice.</p>	<p>The candidate correctly uses, and acts upon communication signals. 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

LEVEL	PROCESS	LEARNING DEMAND	RESPONSIBILITY
4	<p>Carry out processes that:</p> <ul style="list-style-type: none"> - require a wide range of technical or scholastic skills - offer a considerable choice of procedures - are employed in a variety of familiar and unfamiliar contexts 	<p>Employing:</p> <ul style="list-style-type: none"> - a broad knowledge base incorporating some theoretical concepts - analytical interpretation of information - informed judgment - a range of sometimes innovative responses to concrete but often unfamiliar problems 	<p>Applied:</p> <ul style="list-style-type: none"> - in self-directed activity - under broad guidance and evaluation - with complete responsibility for quantity and quality of output - with possible responsibility for the quantity and quality of the output of others

Unit 20127 v2 Checklist		
Demonstrate independent 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 uses and acts upon communications signals – hand, paddle, whistle and voice		
Task 1: Research and plan a Grade III river trip.		
Assessment questions completed. Answers show level of knowledge and research that matches the Level 4 descriptors		
Task 2: Get ready to go kayaking		
<p>At the beginning of the river trip:</p> <ul style="list-style-type: none"> • Has the clothing and equipment specified in the trip plan (20127 Assessment Questions) • The clothing and equipment is appropriate for the nature of the trip, ability of group, water temperature, weather conditions • Justifies the selection of one article of each of the following: clothing, group, rescue and first aid equipment. 		
Task 3: Demonstrate kayaking skills on Grade III water		
<p>While kayaking on Grade III whitewater:</p> <ul style="list-style-type: none"> • Paddle is held with a normal paddle grip and grip is centered along the shaft. • The stroke has the intended effect • Stability and control is maintained • Torso is upright or slightly forward • Angle, speed and edging is used as appropriate to the nature of whitewater • Technique is safe in terms of shoulder injuries 		
<p>Vertical paddle strokes are demonstrated on the inside of a turn to control and adjust the radius of the turn.</p> <ul style="list-style-type: none"> • Vertical strokes used to both increase and decrease the radius of the turn 		

The candidate breaks in to and out of eddies on grade III water <ul style="list-style-type: none"> • Holds a consistent edge throughout the turn 		Site 1	Site 2	
Candidate performs S- turns on at least 2 sites on grade III water <ul style="list-style-type: none"> • Demonstrates controlled change of edges throughout manoeuvre 		Left	Right	
Reliable left and right hand rolls (5/5) are demonstrated on grade III water. (head down, not in set up)				
Task 4: Scout and paddle a Grade III rapid				
<ul style="list-style-type: none"> • Scouts from bank and kayak • The features which make up the rapid are identified: <ul style="list-style-type: none"> - Upstream & downstream Vs, rooster tails, laminar & helical flows, boils and eddy walls (where present) • If above features are not encountered then they must be accurately described • A line is identified through the rapid which avoids the hazards and is within candidate's skill level • Follows the identified line remaining upright. 		Bank	Kayak	
DATE	CANDIDATE'S SIGNATURE	ASSESSOR'S SIGNATURE		C/NYC
Comments:				



ASSESSMENT QUESTIONS

Demonstrate independent kayaking on Grade III whitewater

Unit Standard:20127

**Level:4 Credit:10 Version:2
Published by Sfrito Jan 2007**

Candidate Name:.....

The purpose of these questions is to check that you:

- Can plan a Grade III Whitewater river trip
- Understand health problems that can happen while kayaking and how to avoid them

Answer all Questions in full

Questions meet the assessment requirements for pc's 1.1, 1.2, 1.3 and 3.1

Researching the River Trip:

1. Identify a Grade III river trip.

2. Provide information on the following aspects of the Grade III river trip.

- a) List details of the river trip including: length of trip, time required, character of river.
- b) Detail how to access the 'put in' and 'take out' of the trip.
- c) Provide details of what river flows (cumecs or gauge if available) make the trip suitable for Grade III kayakers.
- d) Identify what weather pattern(s) influence the river flow, and briefly describe the effect it has.
- e) Identify at least 2 other recreational users of this river trip

3. Provide details of at least three different sources of information used to answer question 2.

- 4. Identify where you would access the relevant river flow and weather information for the trip**

Planning the River Trip:

- 5. Identify the gear you will carry in each of the following areas:**

- a) Personal equipment
- b) Group equipment
- c) Rescue equipment
- d) First aid equipment

- 6. Identify at least 2 escape options you could use if one of your team members needed to be evacuated.**

First Aid:

- 7. Give a brief definition of each of the following:**

- a) Hypothermia and how you would avoid it
- b) Cold water immersion and how you would avoid it

- 8. Describe how you would avoid the following:**

- a) cramps
- b) sunburn
- c) blisters
- d) dislocations
- e) head injuries.