



# ASSESSMENT GUIDELINE

## Roll a kayak

**Unit Standard: 476**

**Level: 2 Credit: 2 Version: 6**

**Published by Sfrito 2006**

### **Purpose:**

People credited with this unit standard are able to roll a kayak

### **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.
  - *Reliably* (at this level) – 5 out of 5 first time rolls, capsizing left and right in a non set-up position, head down.
2. Assessment against this unit standard may take place in a pool facility.
3. All activities must comply with any relevant environmental, legislative and /or regulatory requirements set out in New Zealand Environmental Care Code, 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 Water Care Code is available from the Department of Conservation Head Office P.O. Box 10420 Wellington.
4. There are minimum assessor requirements for the assessment of this unit standard. These are available from the Sfrito website. <http://www.sfrito.org.nz>

### **Overview of assessment:**

This assessment has 1 task:

Task 1: Roll a kayak 5 out of 5 times

### **Notes to Assessor:**

1. A swimming pool may be used
2. The following website may be of assistance:  
<http://atlantickayaktours.com/Pages/ExpertCenter/Rolling/Rolling6.shtml>

### Task 1: Roll a kayak 5 out of 5 times

#### Resources:

- Cockpit Kayak
- Spray deck
- Paddle
- (optional – life jacket, spray jacket and helmet)

#### Instruction to candidate:

You are required to roll your kayak 5 out of 5 times as follows:

- Using a normal paddle grip roll your kayak 4 out of 4 times
- Using your preferred rolling method (if different) roll your kayak 1 out of 1 time

### Element 1: Roll a Kayak

Performance criteria	Evidence/Judgement
<p><b>1.1</b> Paddle rolls are completed safely, confidently and reliably.</p> <p>Range – Must include but not limited to: a normal paddle grip roll</p>	<ul style="list-style-type: none"> <li>• Uses a paddle and a normal paddle grip for at least 4 of the 5 rolls.</li> <li>• Capsizes both left and right</li> </ul> <p>For every roll:</p> <ul style="list-style-type: none"> <li>- capsizes from a non set up position (i.e. does not move into roll position during capsize)</li> <li>- shoulder is protected from injury (e.g. does not tip the kayak over onto a fully outstretched arm in a “high brace” position)</li> <li>- uses a C-to-C or hipflick action</li> <li>- finishes with the head down</li> <li>- finishes with the paddler in a stable position ready for the next stroke.</li> </ul>

### Examples of current good practice: (not part of the assessment criteria)

Sweep roll	<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>
C to C roll	<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>

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

**Unit 476 (v6) Checklist  
Roll a kayak**

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

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

**C/NYC**

**Task 1: Roll a kayak 5 out of 5 times**

Capsizes both left and right					
	1	2	3	4	5
Normal paddle grip used for 4 out of 5 rolls					
Capsizes from a non set up position					
Shoulder is protected from injury					
Uses C to C / hip flick action					
Finishes with the head down					
Finishes in a stable position ready for the next stroke					

DATE	CANDIDATE'S SIGNATURE	ASSESSOR'S SIGNATURE	C/NYC

**Comments:**