



# ASSESSMENT GUIDELINE

## Roll a decked open canoe

**Unit Standard: 480**

**Level: 2 Credit: 1 Version: 6**

**Published by Sfrito 2006**

### **Purpose:**

People credited with this unit standard are able to roll a decked open canoe.

### **Special Notes:**

1. *Decked open canoe* is an open canoe that has been fitted with a deck to limit swamping of a capsized canoe.
2. Assessment against this unit standard may take place in a pool facility.

### **Overview of assessment:**

This assessment has 1 task -

Task 1: Roll a canoe

### **Resources:**

- Canoe with airbags or deck, paddle (buoyancy vest and helmet are optional)
- [http://www.paddlermagazine.com/issues/2001\\_4/article\\_126.shtml](http://www.paddlermagazine.com/issues/2001_4/article_126.shtml)
- <http://www.bobfoote.com/bob/tips/rollupandstayup.htm>

### **Notes to assessors:**

1. This unit can be assessed using any OC1 style of boat - a decked open canoe, or an open canoe with air bags. A swamped canoe (no buoyancy or deck) cannot be used.
2. The candidate must roll using a kneeling position and a single bladed canoe paddle

**Task 1: Roll a canoe**

**Resources:**

- Open canoe with airbags or deck, canoe paddle, buoyancy vest

**Instruction to candidate:**

You are required to roll a canoe 5 out of 5 times on the first attempt.

**Element 1: Roll a decked open canoe.**

Performance criteria	Evidence/Judgement
1.1 Paddle rolls are completed safely, confidently and reliably.	<ul style="list-style-type: none"> <li>• The canoe is outfitted so that the candidate is snug but can escape easily (movement of the knees or butt of more than 3 cms in any direction is too loose).</li> <li>• Candidate completes 5 out of 5 rolls successfully on the first attempt:                             <ul style="list-style-type: none"> <li>- Sets up with the body tucked forward with the blade set flat against the top of the boat (flush with gunnels)</li> <li>- Starts the roll with the paddle perpendicular to the boat; and the blade, head and hand near the surface.</li> <li>- Uses hip and torso rotation to roll the canoe.</li> <li>- Finishes with a low brace.</li> </ul> </li> </ul>

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

<b>Unit 480 (v6) Checklist</b>									
<b>Roll a decked open canoe</b>									
Assessor name: _____									
Organisation name: _____				C/NYC					
<b>Task 1:</b>									
<ul style="list-style-type: none"> <li>• The canoe is outfitted snugly, escape is easy</li> <li>• Candidate completes 5 out of 5 rolls on the first attempt:                             <ul style="list-style-type: none"> <li>- Uses hip and torso rotation to roll the canoe.</li> <li>- Finishes with a low brace.</li> </ul> </li> </ul>					1	2	3	4	5
<b>DATE</b>	<b>CANDIDATE'S SIGNATURE</b>	<b>ASSESSOR'S SIGNATURE</b>			<b>C/NYC</b>				
<b>Comments:</b>									