



sfrito
SPORT, FITNESS AND RECREATION
INDUSTRY TRAINING ORGANISATION

ASSESSMENT GUIDELINE

Demonstrate rafting skills on sheltered or slow-moving water

Unit Standard: 485

Level: 2 Credit: 3 Version: 6
Published by Sfrito 2006

Purpose:

People credited with this unit standard are able to: select clothing and equipment appropriate for rafting; demonstrate care for rafting equipment; demonstrate basic rafting skills on sheltered or slow-moving water; participate in safety and rescue procedures; and demonstrate an understanding for the care of self, others, and the environment.

This unit standard recognises basic recreational rafting skills. It does not form part of a National Raft Guide Award.

Special Notes:

1. *Sheltered water* is water protected from the effects of wind and wave action.
2. There are minimum assessor requirements for assessment of 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 to go rafting
- Task 2: Get ready to go rafting
- Task 3: Demonstrate rafting skills
- Task 4: Demonstrate raft rescue skills

Notes to Assessor:

1. This assessment should take place using an inflatable raft with multiple chambers. It may be self-draining (with an inflatable floor) or non self-draining (bucket boat).
2. This assessment guideline has been written assuming that the candidate is part of a team paddling a paddle raft. It could also be assessed if the candidate is paddling an oarframe alone – in this case the assessment guideline may need to be adapted.
3. A minimum of two rafting trips must be completed.

Task 1: Demonstrate background knowledge to go rafting

Resources

- 485 Assessment Questions (attached at the end of this document)
- 485 Model Answers (available from a Sfrito Client Liaison)

Notes to the assessor

1. PC 1.1 is assessed in this task and in Task 2. PC 4.1 is assessed in this task and in Task 2.

Instruction to candidate:

During the task you are required to:

- Identify why we need different pieces of rafting equipment
- Describe how to avoid first aid problems
- Demonstrate knowledge of safety equipment

Element 1: Select clothing and equipment appropriate for rafting.
Element 4: Participate in safety and rescue procedures.
Element 5: Demonstrate an understanding for the care of self, others, and the environment.

Performance criteria	Evidence/Judgement
<p>1.1 Clothing and personal equipment are selected for rafting, and its selection justified.</p> <p>Range: must include but is not limited to – oar, paddle, raft, helmet, buoyancy vest, wetsuit;</p> <p>justification may include but is not limited to – protection, insulation, comfort.</p>	<ul style="list-style-type: none"> • Completes 485 Assessment Questions in full • Answers match 485 Model Answers
<p>4.1 Knowledge of safety equipment and group gear is demonstrated.</p> <p>Range: throw bag, repair kit, first aid kit, Personal Floating Device, helmets.</p>	
<p>5.1 Potential first aid problems associated with flat water and methods for avoiding them are described.</p> <p>Range: hypothermia, drowning, cold water immersion, cramps, sunburn, blisters.</p>	

Task 2: Get ready to go rafting

Resources:

- Personal clothes and rafting gear (including helmet, wetsuit, buoyancy aid, warm protective clothing)
- Raft and paddles

Instruction to candidate:

During the task you are required to:

- Gear up to go rafting
- Carry the raft to the water and get in and out correctly
- Interact positively with other water users
- Look after the environment

Element 1: Select clothing and equipment appropriate for rafting.

Element 2: Demonstrate care for rafting equipment.

Element 4: Participate in safety and rescue procedures.

Element 5: Demonstrate an understanding for the care of self, others, and the environment.

Performance criteria	Evidence/Judgement
<p>1.1 Clothing and personal equipment are selected for rafting, and its selection justified.</p> <p>Range: must include but is not limited to – oar, paddle, raft, helmet, buoyancy vest, wetsuit;</p> <p>justification may include but is not limited to – protection, insulation, comfort.</p>	<ul style="list-style-type: none"> • Wears appropriate clothing and gear for the conditions, correctly fitted and adjusted, including: <ul style="list-style-type: none"> - Layers that insulate when wet e.g. polypro, fleece - Wetsuit - Helmet - Buoyancy vest
<p>1.2 Clothing and personal equipment are fitted correctly.</p>	<ul style="list-style-type: none"> • Helps to carry the raft to the water and launch it without damaging the raft or the environment
<p>2.1 The raft is carried to, launched and retrieved from the water without damage to the raft or fittings.</p>	<ul style="list-style-type: none"> • Always gets in and out of the raft maintaining a stable footing and keeping hold of the raft
<p>2.2 Getting into and out of the raft is demonstrated safely and correctly at the bank.</p>	<ul style="list-style-type: none"> • Interacts positively with other water users e.g. fishermen, kayakers, other rafters, swimmers
<p>4.1 Knowledge of safety equipment and group gear is demonstrated.</p> <p>Range: throw bag, repair kit, first aid kit, Personal Floating Device, helmets.</p>	<ul style="list-style-type: none"> • Follows the principles of the Environmental Care Code and the NZ Water Care Code, e.g.: <ul style="list-style-type: none"> - Leaves no rubbish - Follows appropriate toileting procedures - Minimises erosion or damage to bank - Treats flora and fauna with care
<p>5.2 Landowners, their private property, and other users of the water environment are treated with respect and in accordance with the New Zealand Environmental Care Code and New Zealand Water Care Code.</p>	

Task 3: Demonstrate rafting skills

Resources:

- Personal clothes and rafting gear (including helmet, wetsuit, buoyancy aid, warm protective clothing)
- Raft and paddles

Notes to the assessor

1. The raft must be turned and steered by team co-ordination, not by a guide. There may be one person responsible for directing and giving commands.

Instruction to candidate:

During the task you are required to:

- Paddle the raft around as part of a team, demonstrating:
 - Forwards and backwards paddling
 - Avoiding obstacles
 - Turning
 - Stopping the raft from a fast paddle
- Communicate with other team members in a positive and effective way
- Look after the environment

Element 3: Demonstrate basic rafting skills on sheltered or slow-moving water.

Element 5: Demonstrate an understanding for the care of self, others, and the environment.

Performance criteria	Evidence/Judgement
3.1 Effective forward and backward paddling strokes are demonstrated.	While paddling a raft as part of a team on sheltered or slow-moving water: <ul style="list-style-type: none"> • Uses and responds to a coherent system of commands to co-ordinate paddling actions in the team • Paddle is held over the top of grip with one hand, the other low on the shaft. • Stays secure and stable in the raft • Power comes from torso movement more than arms • Obstacles are avoided • Moves the boat forwards and backwards in a straight line. • Brings the raft to a stop from a fast paddle within 2 boat lengths • Uses communication and co-ordinated paddling with other team members to keep a straight line and to turn the boat • Interacts positively with other team members, and communicates in a supportive way • Follows the principles of the Environmental Care Code and the NZ Water Care Code, e.g.: <ul style="list-style-type: none"> - Leaves no rubbish - Follows appropriate toileting procedures - Minimises erosion or damage to bank - Treats flora and fauna with care
3.2 Controlled turns are performed.	
3.3 The raft is brought to a stop from a fast paddle, within two boat lengths.	
3.4 Obstacles are avoided by using appropriate strokes.	
5.2 Landowners, their private property, and other users of the water environment are treated with respect and in accordance with the New Zealand Environmental Care Code and New Zealand Water Care Code.	
5.3 All forms of waste are disposed of with care and sensitivity. Range: litter, food, water, toilet waste.	
5.4 Support and encouragement is given to other paddlers in the group.	

Task 4: Demonstrate raft rescue skills

Resources:

- Personal clothes and rafting gear (including helmet, wetsuit, buoyancy aid, warm protective clothing)
- Raft and paddles
- Flipline or similar

Notes to the assessor

1. The candidate does not need to capsize the raft themselves

Instruction to candidate:

During the task you are required to:

- Get yourself and others onto a raft after a capsize
- Make sure no-one is trapped under the raft

Element 4: Participate in safety and rescue procedures.

Performance criteria	Evidence/Judgement
<p>4.2 A capsize and escape is demonstrated from a raft.</p>	<p>After a capsize with the team on the raft, the candidate:</p> <ul style="list-style-type: none"> • Makes sure nobody is trapped under the raft • Grabs hold of a grab-line • Climbs back up on the raft • Helps others to get to the raft e.g. using a paddle reach • Helps others on to the raft, either from on top or in the water
<p>4.3 The rescue of other paddlers is undertaken with assistance.</p>	

Candidate Name _____ NSN _____

**Unit 485 (v6) Checklist
Demonstrate rafting skills on sheltered or slow-moving water**

Assessor name: _____

Organisation name: _____

C/NYC

Comments

Throughout all tasks:

- Interacts positively with other team members
- Interacts positively with other water users
- Follows the principles of the Environmental Care Code and the NZ Water Care Code

Task 1: Demonstrate background knowledge to go rafting

- Completes 485 Assessment Questions in full
- Answers match 485 Model Answers

Task 2: Get ready to go rafting

- Wears appropriate clothing and gear for the conditions, correctly fitted and adjusted
- Helps carry the raft to the water and launch it without damage
- Gets in and out maintaining stable footing and keeping hold of the raft

Task 3: Demonstrate rafting skills

- Uses and responds to a coherent system of commands to co-ordinate paddling actions in the team
- Paddle is held correctly, power comes from torso, secure in raft.
- Obstacles are avoided
- Moves the boat forwards and backwards in a straight line.
- Brings the raft to a stop within 2 boat lengths

Task 4: Demonstrate raft rescue skills

After a capsize:

- Makes sure nobody is trapped under the raft
- Climbs back up on the raft, and helps others to do the same

DATE

CANDIDATE'S SIGNATURE

ASSESSOR'S SIGNATURE

C/NYC

Comments:



Written / Oral Questions

Demonstrate rafting skills on sheltered or slow-moving water

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Candidate Name

The purpose of these questions is to check that you are able to:

- Identify why we need different pieces of rafting equipment
- Describe how to avoid first aid problems
- Demonstrate knowledge of safety equipment

Answer all questions in full. Answers may be written or oral

Questions meet the requirements for PCs 1.1 and 5.1

1. Circle the pieces of clothing or equipment that are suitable for rafting, and then match those up with the correct reason for their use

1. Oar/paddle
2. Raft
3. Helmet
4. Sweatshirt
5. Personal Flotation Device
6. Gumboots
7. Wetsuit
8. Cap
9. Shoes
10. Polypros / Fleece
11. T-Shirt
12. Splash jacket

a. Protection from rocks hitting our head
b. These help manoeuvre our boat
c. This helps us float if we fall out
d. These things protect our feet
e. An underneath layer that helps to keep us warm
f. Helps to keep wind off our arms and upper body
g. Inflatable boat
h. This helps to keep us warm even when wet

2. For each of the first aid problems listed below, describe one method of how the problem can be avoided

1. Hypothermia
2. Drowning
3. Cold water immersion
4. Cramps
5. Sunburn
6. Blisters

3. How would you rescue someone with a throw bag?

4. What would you do if you were in the water and someone threw you a throwbag?

5. On a river rafting trip, what equipment would need to be carried?

a.

b.

c.

d.