Kayaking on Moving Water (Level 3) Units from Sport, Fitness and Recreation Training Package (SIS10)

**Context**
Kayaking (Level 2) provides the knowledge and skills to plan for, participate in and control a kayak on:
- **Grade 2 white water.** This requires the learner to negotiate some rough water under flow conditions, maybe some rocks, small drops, might require manoeuvring. (Skill Level: Advanced Paddling Skill)

**Qualifications**
The CARA requires a teacher leading Kayaking (Level 3) in this environment to possess the following units as a minimum:

- **Demonstrate navigation skills in a controlled environment**
  - Navigate by using a map and compass following a planned route
- **Apply kayaking skills**
  - Select appropriate equipment, plan, organise and conduct a paddling session safely.
  - Demonstrate a full range of technically correct and effective strokes in the appropriate environment
- **Perform deep water rescues**
  - Perform suitable deep water rescue from your canoe of a capsized vessel.
  - Demonstrate how you would assist a person unable to re-enter a canoe without your assistance.
- **Apply inland kayaking skills on Grade 2 water**
  - Select appropriate equipment, plan, organise and conduct a paddling session safely.
  - Demonstrate a full range of technically correct and effective strokes in the appropriate environment
- **Guide kayaking trips on Grade 2 water**
  - Prepare and run a canoeing session for a group, choose the required equipment,
  - You will be required to run the session safely and deal with any issues that emerge.
- **Demonstrate self-rescue skills in white water**
  - You will be required to run the session safely and deal with any issues that emerge.
- **Demonstrate white water rescues and recoveries**
  - Perform suitable deep water rescue from your canoe of a capsized vessel in a grade 2 rapid

**Current First Aid** qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel or Remote Area First Aid if operating more than one hour away from emergency services

**Details**
Teachers will need to demonstrate competence in leading student groups during this type of activity by applying the skills briefly outlined in the unit descriptions above. An applicant will need to have taken student groups on a minimum of 3 occasions and have personally participated. The risk assessment process will also need to have been conducted and recorded as well as the activity planning, leading and concluding stages successfully completed and recorded.

**Further Information**
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