New Zealand Schools Waterwise Inc.

Operations Instructor Manual

MODULE 3

Kayaking

Module 1 - General Operations (Compulsory)

Module 2 - Sailing

Module 3 – Kayaking

WATERWISE KAYAK MODULE

The waterwise kayak instructor must be certified on the "common" Waterwise General Operations manual as well as this kayak section.

[1] Kayak Module 3 25 February 2022

CONTENTS:

NZSWW Instructor (Compulsory) – see Module 1, NZSWW Instructor Sailing – see Module 2

To be developed – NZSWW Rowing

New Zealand Schools Waterwise Incorporated

16 Tindalls Bay Road, Tindalls Bay, Auckland 0930

New Zealand. Chairperson: Stephen Cornelius, Phone: 027 229 5622 email: nzschoolswaterwise@gmail.com

INTRODUCTION

A warm welcome to Waterwise. Your time and effort will be much appreciated, and your reward will be the enjoyment of working with an excellent organised team of teachers, parents and students.

This manual is the official New Zealand Schools Waterwise Instructor Training Manual for Kayaking Sit-ins which you should keep with you whilst you are learning and teaching at Waterwise. To qualify as a Kayak Sit-in Instructor for NZSWW you must also pass Module 1, which covers; Safety, Weather and Tides, Knots & Lines, Rescue Boat, Power Boat Rules, Outboard Motor Use and Rescue situations (Instructor Manual Common Module 1).

From the modules you will see that land-based teaching ability and power craft handling are very important parts of the course and your qualification. The aim of the course is to train teachers, parents, caregivers, and other helpers to become proficient and qualified Waterwise Instructors within the Waterwise programme.

When attending a course, or a Waterwise session you will need to bring, in addition to your day clothes:

- Footwear suitable for the beach you are attending
- A raincoat
- Clothing which will dry quickly or stay warm when wet
  e.g. board shorts, polyprop vest
- A towel and bag for wet clothes
- Sunhat and sunscreen
- Some snack food and a drink
- Writing equipment (pen, pencil, paper) in a resealable plastic bag

Your Instructor may ask you to bring extra items to those listed above.

If you require any further information or assistance please contact your Waterwise Centre training officer, your instructor, your examiner, the Central Registry Office, or one of the National Association's officers.

The Syllabus Modules are available by email from your instructor. If your hard-copy manual, or any pages within it, becomes damaged or illegible or lost, just print off more from that document.

The final assessment day information and programme will be provided to you in advance of the day so you are fully aware of the competencies that you will be assessed on and how that assessment programme will be conducted.

Good luck with the course, your kayaking, and remember to have fun!

WATERWISE INSTRUCTOR SYLLABUS

Waterwise Instructors need to demonstrate proficiency in "Module 1" and at least one other Waterwise discipline. Module 2 Sailing or Module 3 Kayaking. To be fully qualified as a Waterwise Instructor in that specific discipline.

SCOPE:

This module is designed to be used as a training manual and handbook by those who introduce children of Primary and Intermediate school age to kayaking on placid waters, which includes river deltas, sheltered beaches [or beaches in sheltered conditions], lakes and coastal inlets with little or no tidal speed. The Waterwise Kayak Instructor is not regarded as of sufficiently high standard to take groups of students on Grade One waters, or on the open sea, or of crossings of large lakes where wind and weather could cause adverse conditions.

The content of this manual is limited to Kayaking as performed at New Zealand Schools Waterwise venues and draws particular attention to the requirements of the society in respect of safety. The manual does not attempt to put into place any formal lesson plans. It does, however, outline the required competencies for a "Waterwise Kayak Instructor". See appendix for suggested activities which may be used in the teaching of kayaking.

Some descriptions written here for adult instructors do involve some intricate language. This does not mean that children need to be exposed to such language. Practical skills are best learned by practical demonstration using the bare minimum of repeated key words.

1. SUPERVISION RATIOS

Strict adherence to the minimum Waterwise Instructor / Pupil ratio must be maintained at all times for all Waterwise Sessions. The ratio is 1:4 students.

First 4 students in kayaks, 1 Waterwise qualified Instructor in the rescue craft with an adult, additional students, 1 Kayak Waterwise Instructor in a kayak = 4 students on water (or additional rescue craft as above).

Examples of suitable environments to teach Kayaking:

- Kayak Opti Centres which have Calm deep water
- Kayak Opti Centres which have Sheltered Shallow Waters / Calm Waters
  (Water not over shoulders when standing)

Individual WaterWise centres may formally apply to WaterWise NZ for an exemption where local conditions do not allow for a rescue craft to be operated.

2. Skills and Experience:

The Waterwise Kayak Instructor must:

2.1 Only kayak with children in conditions of 10 knots or less (Use appearance of white caps asguide to wind being too strong for a session - if in doubt don't go out)

2.2 Have kayaking experience as required by the WW centre and its environment. Ratio Guide for experience is qualified as: 3 hours logged on as on-water experience and 1 hour assisting with instructing a kayak session, land-based activities etc.

2.3 Have an understanding of the hazards, which may be encountered on water particularly at the waterwise centre at which they expect to work, and know of suitable avoidance techniques. e.g. rocks, drifting boats, moored boats, overhanging trees, submerged [possibly sharp] objects, other water-borne vessels moving and static, boat-wakes, vehicles in the intertidal zone...

3. Equipment:

The Waterwise instructor must:

3.1 Know of suitable flotation devices and paddles and how to check them for wear and damage

3.2 Show knowledge of the use, care and characteristics of kayaking equipment available to, and used by, Waterwise.

3.3 Demonstrate correct methods of transporting kayaks appropriate to the particular Waterwise centre. (e.g. two children to carry a kayak, be able to demonstrate safe methods of securing kayaks onto trailers or other transport equipment)

3.4 Always be wearing a towing line, with karabiner, on a quick release belt whenever they are on the water with students. See towing appendix for more detail.

4. BUOYANCY

As with other boating activities, the buoyancy vest should be on before getting other gear. The buoyancy/flotation status of each kayak should be ascertained before its selection for use. Some kayaks may have bungs or hatches which should be tried for water-tightness. Good practice includes looking for leaks, telling others and taking advice from previous users. Toggles are essential parts of the kayak, used in rescues not just for portage.

5. HANDLING GEAR ON LAND

Poor handling of kayaks and paddles on land has safety implications beyond mere budgetary considerations. While it is true that dragging kayaks will wear them out in half the time of proper use, they will also spend a long period when they have slow leaks, usually at protrusions such as skegs. Several litres of water moving inside a hull can have significant effects particularly on the novice. The effect is never apparent upon launching but develops during the session. The instructor becomes increasingly distracted by complaints, delays, manoeuvring difficulties and unnecessary capsizes.

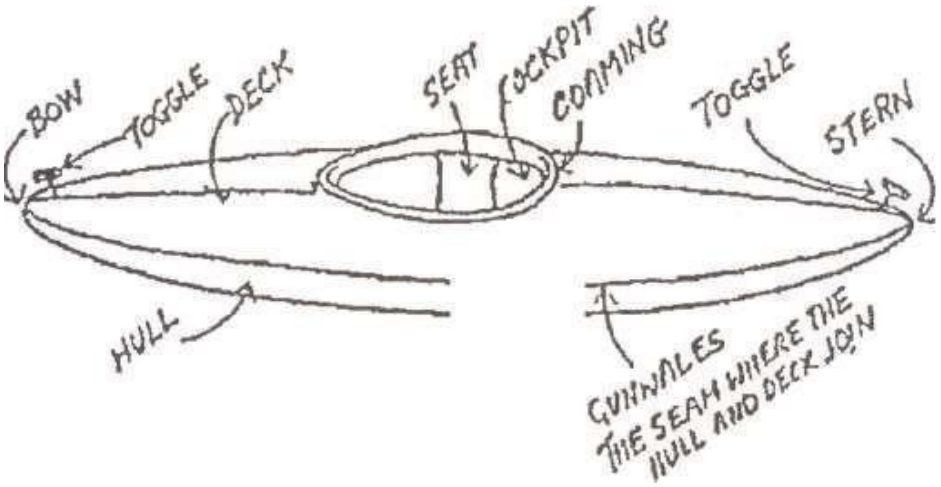
When launching a kayak, as with other craft, it is preferable that it be floating in water deep enough to support the paddler. Hence they should be carried by one person at each end holding the toggle; not dragged by one end into or out of the water.

Paddles are easily blown by the wind because their feathered design makes them like a windmill. They should be secured when not in use. They are best carried individually or in small bundles. Larger bundles can be tied together at both ends but be aware of the potential for the blades to damage each other.

6. Types of Kayaks

There are a number of different styles of Kayak. It is recommended that centers use either a 'Flat Water' sit inside kayak such as a 'Sprite' or 'Minnow'. Or a "Sit on Top' kayak such as a 'Frenzy' or 'Squirt'. Either style is suitable and the paddling principles remain the same.

6.1 Sit in:



They ideally have a large cockpit which enables easy entry and exit for beginners. The bow is boat shaped and sits in the water which means that the Kayak does not spin on its axis as readily and is therefore easier to steer. Some have foot braces on rails that can be adjusted to suit paddler and assist with their posture. Sitting inside the kayak provides some protection from the elements for the paddler. Any water that goes into the kayak stays there until emptied. They do not always have internal bouncy so if filled with water can sink.

Spray decks are available for the Sprite kayaks however these are not intended for the use of pupils/children. Spray decks allow the paddler to remain reasonably dry in the cockpit even when performing a T rescue and allow the experienced user to right his/her capsized kayak without actually leaving the craft or filling it with water. Spray decks are an added hazard to the novice user.

Entering & exiting Kayak:

The correct method of entering and exiting a Kayak from the shore or jetty:

- First place the Kayak into the water and hold the coaming.
- Place the paddle across the back of the cockpit coaming with as much as possible of the paddle protruding onto the shore/jetty. The blade should be placed concave side down on the shore.
- Face the bow, and with the hand closest to the cockpit seat firmly holding the paddle in place, sit on the shaft of the paddle near to the cockpit and hold the paddle shaft with your other hand.
- With your weight on the paddle shaft, lift your feet and slide them into the cockpit, then sit down.
- Reverse the process to exit the kayak.

If the structure (jetty) is over 150mm higher than the kayak the paddle is no longer useful. Lean your body weight onto your arms, put one foot into the centre of the bottom of the Kayak to take some of the body weight and sit down.

An alternative beach entry is where the kayak is ½ in the water, and the paddler straddles the kayak over the cockpit, then drops the bottom down and slides the legs in.

6.2 Sit on Top:

These are a Molded plastic boat that you sit on. Seats are built in but padded ones can be added. There are also slots for the feet to brace against. Scupper holes allow water to drain through. Some have storage compartments. Their bouncy is conditional of the hull being a sealed unit so all bungs and hatches need to be closed. If tipped over, they can be easily righted and climbed back onto. Sitting on top does expose user to the elements and these are more impacted by the wind blowing.

Entering & exiting Kayak:

The correct method of entering and exiting a Kayak from the jetty:

- First place the Kayak into the water and hold the side.
- Place the paddle across the back of the seat with as much as possible of the paddle protruding onto the shore/jetty. The blade should be placed concave side down on the shore.
- Face the bow, and with the hand closest to the seat firmly holding the paddle in place, sit on the shaft of the paddle near to the cockpit and hold the paddle shaft with your other hand.
- With your weight on the paddle shaft, lift your feet and slide them onto the kayak, then sit down.
- Reverse the process to exit the kayak.

If the structure (jetty) is over 150mm higher than the kayak the paddle is no longer useful. Lean your body weight onto your arms, put one foot into the centre of the bottom of the Kayak to take some of the body weight and sit down.

From the beach, place the kayak in the water, and the paddler straddles over the kayak, then sits down and lefts legs on top.

7. Launching & Landing

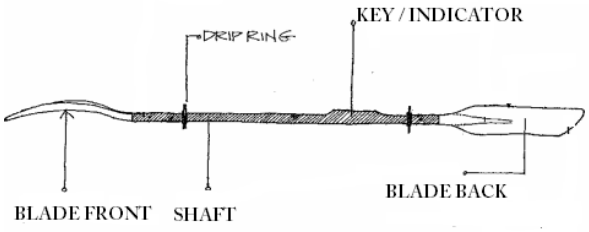
A rescue boat or Instructor in a kayak must be on the water first before any students. When launching, allow space between paddlers so as not to have any paddle strike (paddles hitting people / equipment). If there are waves. Paddlers need to 'Punch' (paddle hard) through them to the flat water. A small wave can easily turn and tip a kayak if it is sitting still.
When approaching the beach to land, the paddler should paddle strongly on the approach to beach the kayak firmly on the sand. If there are waves, time your landing behind the wave. If in front of the wave, it will try and turn, broach the kayak side on to the beach. Use the stern rudder stroke (see below 9.5) to correct the line of approach to the beach, or low brace position to ride the wave sideways.

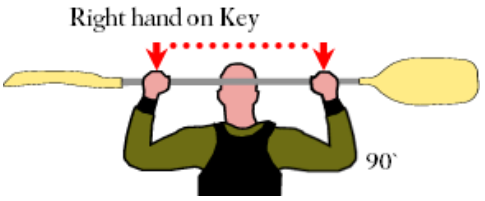
8. Paddling

8.1 Paddle with Hands

This is an excellent introduction on how to manoeuvre a kayak. Given a buoy to go around, students will quickly learn how to 'paddle' their craft along the required course.
Having experienced maneuvering a kayak with their hands, students are better equipped to grasp the nuances of paddling.

8.2 Holding the paddle (on-land demonstration)





Standard kayaking paddles are used. These have an aluminium or fibreglass shaft and plastic blades. Some paddles have a thickened grip (key) at one end and this 'key' is always held in the right hand regardless of whether the paddler is right or left hand dominant.

The correct spacing for holding a kayak paddle can be easily gained as follows; hold the paddle above your head with the key in your right hand, ensuring your wrists are above the elbows. The right-hand paddle blade should be horizontal with the concave surface toward the ground.
This is called a box. It is important that the hands are equidistant from the paddle blades.

8.3 Paddle Grip

During all strokes the right hand remains firmly but not tightly gripped to the shaft. There is sometimes a thickening (key) on one end of the shaft, this is the right hand position. The paddle shaft is allowed to move through the left hand when twisting the paddle for each left stroke. The right wrist only needs to be flexed down to feather the right blade of the paddle for the next left stroke, similar to a motorbike open-throttle movement. The position of the blades for the next right stroke occurs naturally.

Note it is very common for people to grip the paddle too tightly. This transfers the action of paddling into the shoulders and may cause injury or strain.

9. Strokes

With the exception of the support stroke / low brace and the draw strokes the paddler should be sitting upright and slightly leaning forward.
The power for the stroke should come from pushing the upper arm away from the body, rather than the lower arm pulling the blade through the water, in a ratio of approximately 70% 'push' and 30% 'pull', thereby using the strength of the shoulders and upper body rather than the arms.

The hands should remain below head height when paddling forward/backwards. The paddler should push straight out from the shoulder for proper technique, adding a slight twist at the waist to gain further reach forward and to utilise more muscle groups than just the arms.

The use of the legs whilst paddling is something that can be introduced for the more able students. Push the foot down against the footrest as you push the stroke forward, using the same leg as the side the paddle is in the water. (Same leg as paddle) This really helps body rotation

Good technique comes from:-

- good body rotation,
- good arm extension and
- co-ordination of these two.

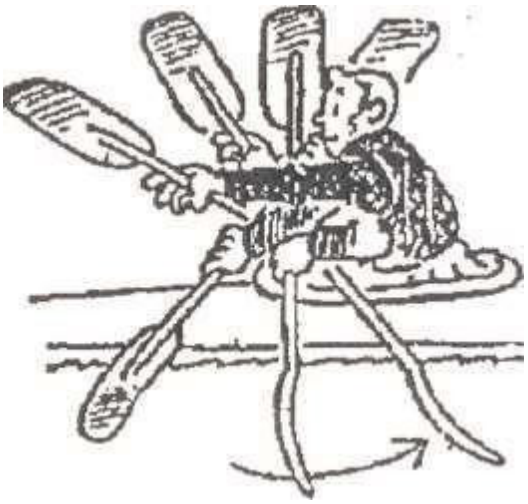
9.1 <u>Forward Paddle</u>:

The right blade of the paddle should be just, but fully, immersed at the **toes** and kept **near to the hull** of the kayak.

Draw the blade back to about level with the **hip** (pushing with the upper arm).

Lift the blade clear of the water and rotate the right wrist downwards to turn the other blade for entry into the water near the toes.

Repeat this action for the other side and continue in a windmill like motion.



9.2 <u>Reverse Paddle</u>: The reverse action of the forward paddle with the blade entering the water at your hip and being pushed forwards, away from the paddler.

Keep the firm right-hand grip.

Do not reverse the paddle blade.

Turn the head to look over your right shoulder every right-hand stroke to see where you are going.

Keeping the right hand firmly gripped on the shaft (key), put the right blade into the water behind the hip and push it away from the body with the arm outstretched. Twist the right wrist downward and repeat on the left. Repeat, glancing over one shoulder.

9.3 <u>Stopping</u>: A few short reverse strokes will quickly bring the kayak to a halt. Short sharp strokes avoid capsizing.

9.4 <u>Sweep strokes</u>:

The sweep stroke can turn a stationary or moving kayak.

- Forward sweep stroke

  Rotate the right wrist downward and reach forward as far as possible with the left blade on the left side of the bow. Keeping the left arm fully extended and the right arm in a 'chicken wing' close to the body, rotate the torso to draw the left blade in the

widest arc possible from the bow to the stern. If done correctly the kayak will now be facing in the opposite direction.

To maintain momentum while going forward, begin the sweep on a forward stroke.

- Reverse sweep stroke

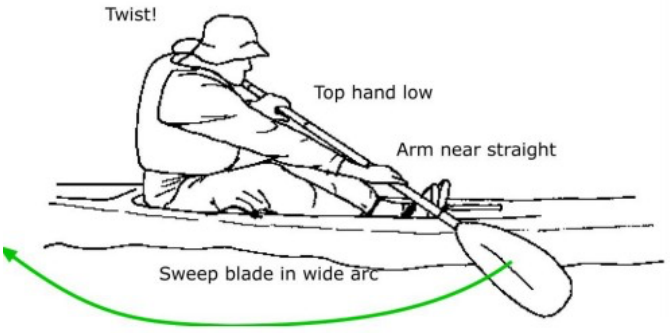
  The right arm is extended whilst the left arm is bent in a 'chicken wing' position close to the body. Rotate the torso to place the right blade in the water near the stern. Rotate the torso pushing the right blade forwards horizontally, travelling in the widest possible arc from stern to bow.

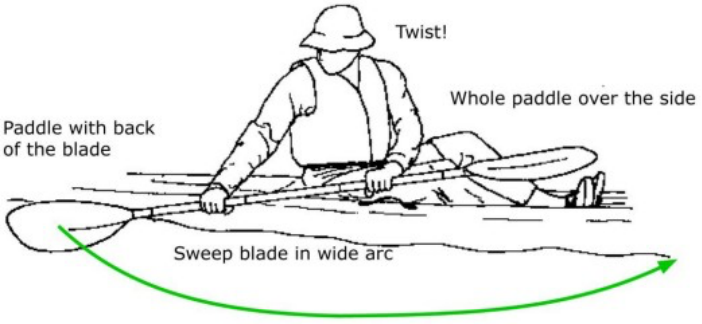
  The reverse sweep stroke is used on the SAME side as we wish to turn.

  To turn to the left is the same as above but note that the initial positioning of the left blade at the stern requires the downward rotation of the right wrist.

- To turn a kayak on the spot, combine a forward and reverse sweep stroke.

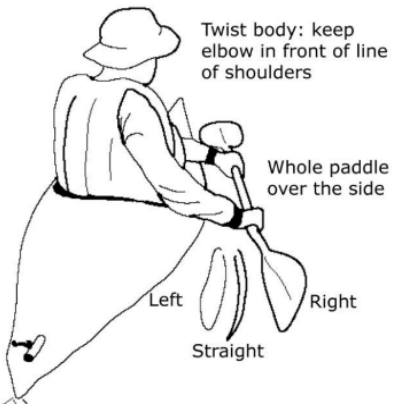
Most of the turn comes in the rear 90 degrees of the movement, so **do not short-change this part of the manoeuvre**. HENCE...This is why it is important that an ordinary straight forward or reverse stroke finishes at the hip.





9.5 **The Stern rudder stroke**:

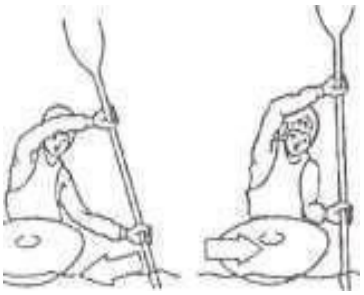
This is used to steer a moving kayak. It is like the beginning of the reverse sweep stroke.



To turn right, place the right-hand blade in the water well behind you, next to the kayak, almost as for the sweep stroke but hold it there just moving it slightly away from the kayak.
To turn left, twist the right wrist downward and place the left blade in the water behind you next to the kayak. Hold paddle the same side as you wish to turn.

9.6 **Draw Strokes:**

The idea of this stroke is to move kayak sideways, for example when rafting up, returning to a jetty / bank, or to avoid an obstacle without losing momentum.



9.6.1 **Hanging draw** –

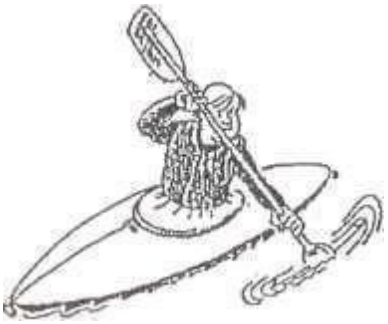
- Position of the paddle shaft is critical and must be as vertical as possible.
- Rotate the body towards the paddle shaft i.e. facing the way you want to go.
- Immerse the right blade completely, away from the kayak with the blade parallel to the kayak.
- Hold the paddle shaft placing left-hand high up near your forehead,
- Pull the blade towards the kayak by drawing the right arm towards your body.
- DO NOT bring it right up to the kayak; else there is danger of capsizing.
  If this happens let go with the top hand immediately.
- Once the blade is almost at the kayak, rotate it, preferably whilst still under water, 90 degrees so that the driving face looks towards the rear.
- Cut the blade away through the water like a knife until it reaches its starting position. (Novices may prefer to start by lifting the blade out of the water to reposition it).
- Turn back parallel to kayak and start again.

A slight knee lift on the stroke side, allowing water to pass easily under the kayak, would

help but is not something to mention at first.

Reverse "left" & "right" for the other side, twisting the right wrist down.

9.6.2 Sculling draw stroke is started in a similar position with the upper hand at the forehead and the lower elbow bent at 90 degrees with the lower forearm parallel to the water and close to the kayak.



However instead of drawing the paddle towards, you scull it backwards and forwards in a figure of eight motion. The leading edge of the blade is slightly turned away and cuts through the water much like a propeller blade, always pulling the kayak towards it. The driving face of the blade is always towards the kayak.

9.6.3 <u>Support stroke / low brace</u>:

This stroke is used to prevent a capsize. The paddle is held in the 'Gorilla' position, which is an inverted 'box'. Wrists are below elbows.

On the right, as the Kayak begins to tip, slap the back of the paddle down firmly on the approaching water surface and **at the same time** raise the knee on that side. (Swivel the hip and lift the buttock on that side has the same effect) The Kayak will level out.
It is the knee/hip movement which rights the kayak; the paddle 'stroke' just provides something to push against.
On the left, start by twisting the right wrist upwards to slap the back of the left paddle onto the water.
when coming into a beach with surf and the kayak has broached. Leaning into the wave, hold the paddle blade into the wave to counteract the force of the water.
A support stroke is used to correct a capsize either when moving or stationary and is a short sharp movement with a quick slap on the water as the hip flick rights the kayak.
Also note that low slap and low brace on the left are the only strokes requiring the right grip-hand wrist to twist upwards.

10. Rafting up

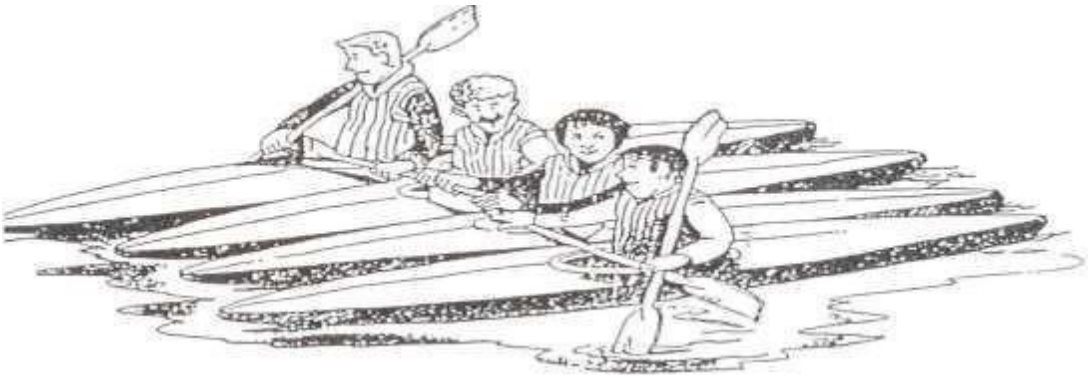
Rafting up is the process of bringing two or more kayaks together to form a stable platform. This can serve several purposes:-

Communication is easier in a close group.

An instructor can demonstrate a technique to the group.

Rough weather can more easily be withstood. (e.g. a squall).

Assistance can be given to a member of the group (e.g. rescues).



Initially two kayaks huddle in parallel with each paddler holding the other's kayak cockpit. Paddles are laid across in front to form a bridge and are held in place between the elbows and stomach of each paddler. Other kayaks can then join the 'raft' by approaching from the rear at an angle. All kayaks should face in the same direction. The more kayaks the 'Raft' has in it, the more difficult it is to control (more area to be affected by wind and water conditions).

Something to remember when having a large bunch of students rafted together – using an anchored buoy held inside one of the kayaks will prevent the raft from drifting.

A raft may be steered by one or two paddlers placing a paddle in the water between two kayaks or on the outer edge of the raft and using, like a rudder.
When breaking up from a 'raft' the paddlers on the outsides should peel off and successively work toward the middle.

11. Keeping formation

Once a group of paddlers has mastered the strokes and rafting procedure they should practice holding their place in a formation as they all travel a distance together. The formation should proceed at the pace of the slowest who should be placed at the front. Holding back or stopping when required is the most difficult discipline to develop but it is the most important lesson for group and individual safety afloat in kayaks. As with other outdoor pursuits, the first link in a chain of problems is when the group becomes separated

or out of earshot or beyond the easy reach of supervision. Any frustration at "not getting anywhere" should be literally turned around into an opportunity to practice all the strokes learnt earlier for stopping, turning, spinning and reversing the kayak.

Different formations could be tested such as: Line abreast [all level with each other], V, Pairs, Threes, close group [all can hear each other], parallel halves ...and variations of these.
Line astern [like follow-my-leader] is a useful formation for early practice of strokes in a defined area, e.g. around a buoy, but it is not recommended for a "voyage" as it tends to keep stretching until the distance between head and tail is unmanageable, i.e. out of earshot.

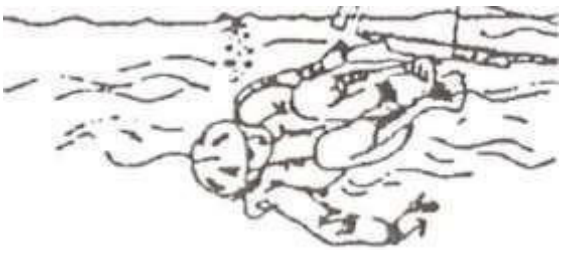
In any formation, ideally, the instructor should rarely lead, entrusting that position to the slowest paddler paired with a more competent paddler. The clear instruction to stay behind that person should be repeatedly reinforced. The instructor should maintain a position to one side near the rear where they can maintain constant visual contact with the whole group.

12 Capsize and Wet Exits

Capsizing is the tipping of a kayak. With a **Sit on Top**, the user falls off to the side. The biggest risk is being hit by the kayak as it goes over. For a **Sit in** kayak. We use a Wet Exit technique.

A Wet exit is a method of exiting a **sit in Kayak**, which has capsized. In the case of "Sprite" kayaks, because of the open cockpit, the paddler will normally fall free of the Kayak however in Kayaks with a tighter cockpit, the following method of exit should be used.

Once upside down in the water, grasp the cockpit coaming with your hands slightly behind you. Push against the Kayak to free your backside from the seat and push your head forward toward your knees. This pushes your backside out of the Kayak drawing your legs out at the same time (basically a forward roll, upside down) and moving your head and torso toward the surface.
It is important to take your time and not panic. A wet exit is like taking off a pair of trousers, the bottom has to come out first before it's possible to get the legs out



Once out of the kayak the paddler should remain with his/her kayak, holding their paddle, until assistance arrives, holding onto a toggle at the bow or stern.

13 Re-entry in deep water

This is where one kayaker has capsized and the rescuer is in a kayak.

Capsized kayaker should secure the kayak by holding onto toggle and allowing buoyancy aid to support them. If a kayaker has fallen out and then elects to swim to shore, he/she should tow their kayak by holding the toggle, lying on their back and kicking. Remembering to take the paddle also, which is held in the other (free) hand by one blade end, or stowed securely into the cock-pit. Keep an eye out for waves so as to not get hit by kayak from behind. Another method of moving an upturned kayak in the water is to lie on the stern of the capsized kayak and kick feet to propel the kayak towards the shore.

13.1 Sit On Top Kayak:

Once the rescuer has come close:

- Check the swimmer and have them go to front of rescuers kayak.
- Rescuer gets hold of the kayak.
- Stores own paddle in kayak
- Stores swimmers paddle – alternatively a third paddler could hold the extra paddles
- Rescuer turn kayak over to right way if necessary.
- Empty kayak is pulled alongside rescuers but facing other direction.
- Rescuer hold far side of empty boat whilst swimmer comes alongside and climbs back on board.
- Check again they are all good, give them their paddle and send them off.

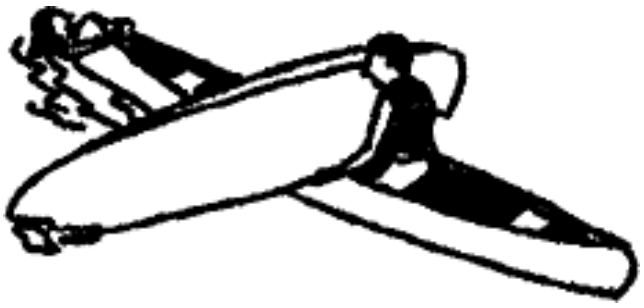
13.2 Sit In Kayak:

IMPORTANT, If kayak is upside down, leave it upside down until ready to empty it properly.

Once the rescuer has come close:

- Check the swimmer and have them go to front of rescuers kayak.

- Rescuer gets hold of the upturned kayak - kayak should not be righted at this time.
- Stores own paddle in kayak
- Stores swimmers paddle – alternatively a third paddler could hold the extra paddles
- Rescuer pulls the nose of the upturned kayak onto the forward deck of his kayak as the swimmer pushes down on stern.
- The swimmer goes round to other side of rescuer's kayak, and gripping the toggle, pulls his own kayak across, using the strength from legs as he puts his feet up against side of rescue kayak. This is called a X rescue
- Once the cockpit is clear, the rescuer and swimmer can see-saw the kayak to empty of water.
- Rescuer now uses one hand each side of the cockpit, to turn the kayak over and bring it down nose-to-tail with his own boat.
- Rescuer leans right over the empty kayak to keep it stable as the swimmer hauls themselves up onto the stern of their boat.
- The rescued kayaker turns towards the stern of their boat lying face down on the deck of the kayak, and with legs straight, slides their legs into their cockpit.
- Then corkscrew themselves towards their rescuer in order to come into the sitting position
- Check again they are all good, give them their paddle and send them off



13.3 Rescue by Safety Boats

It is important to remember that a kayak sits very low in the water and a rescue craft looks even bigger to a swimmer in the water. It is preferable for any rescue to be carried out by a kayaker in the first instance, however this is not always possible.

If a powered rescue boat carries out a rescue, the motor must be put into neutral prior to approaching the swimmer. **The swimmer is the first concern** and although the 'T' type of rescue/recovery may be used, it is preferable that the swimmer be recovered and the kayak then emptied or towed ashore for emptying.

In extreme circumstances the kayak could be attached to any temporary anchor such as a buoy weight or left to drift with a tag on the bow which informs Coastguard that the person has been rescued.

14 Towing

Towing can be used to aid some paddlers as well as a method of rescue.

For some pupils that struggle to paddle straight, using long tow line can help them find their rhythm whilst still being with the group.

In a rescue, a towline can be used to pull a kayaker away from a potential hazard. If time is critical. You can come alongside the kayak, have them ream over and hug your kayak and then Shunt them to safety.

Any towline needs to be able to be quickly released from the rescuers to prevent them from becoming patients also.

In worse case, if kayaker is out of kayak, have them climb onto or hold back of your kayak and paddle to safety and leave their kayak behind.

WARNING:

Do not attempt to tow a paddler in a kayak with a motor boat.
If the kayak flips the kayaker will be trapped. All paddlers and paddles should be transferred to the motor boat before proceeding to tow the kayaks.

15 Examination Notes

Trainee Instructors will be expected to know and demonstrate the following:

1. Name the parts of the Kayak and Paddle
2. Check all equipment is ready and safe for use
3. Demonstrate good technique and knowledge of paddle strokes: Forward, backwards, stopping, sweep stroke.
4. Be able to launch, land and paddle around set markers
5. Capsize in a controlled manner
6. Carry out self rescue and rescue of others

7. Tow a kayak

APPENDIX

Activity ideas.

Games and other activities are only limited by the imagination. The main objective is to give the novice paddler confidence in the water, and to have fun.

1. Capsize kayaks hold toggles and float, retaining paddle. Extend activity by paddlers swimming ashore with kayak and paddle in tow.

   More advanced/ confident paddlers should attempt to stay in the kayak upside down and pat the bottom of the kayak with their hands to show that they are O.K. prior to surfacing.

2. Raft up group and have members exchange kayaks two at a time. One paddler moves forward of the cockpits and the other moves behind the cockpits.

3. Paddling race using hands rather than paddles.

4 Follow the leader. Instructor leads the group around marks (buoys). Extend to taking kayaks through areas, which could be hazardous - into weed on a lake, around tree stumps, wharf piles, under low branches or structures over the water etc.

5. Tennis balls, or other balls of similar size, can be thrown about by the rescue craft, or from a jetty, and paddlers then try and get as many as possible. Use hands to paddle as variation. Also make it a continuous activity by having the balls returned to the rescue craft and then immediately thrown back.
6. Short distance races. Straight course, slalom, figure of eight, backwards (with and without paddles).
7. Wet sponge fight - like tag on land but using a sponge or several sponges.
8. Straddle carry races - two teams who must get all members around a short course using one kayak. All members paddle kayak once and be straddle carried once.
9. Slip strips of cloth (20cm x 3 cm) (tails) through rear toggles of each kayak. On the signal "Go", have kayakers attempt to get as many of the other paddlers 'tails' as possible.

10. Catamaran - Two kayaks rafted up, both paddlers sit up on the stern edge of their own cockpit, with a foot in each cockpit. They then paddle on the outside edge, being careful not to hit the other person with their paddle. This activity can be used as part of a relay.

11. Trimaran Three kayaks rafted up, the two outside paddlers follow the same instructions as above, with a foot each in the middle kayak. The middle person cannot paddle. This activity can be part of a relay also to "save"

12. Team Activity for Six

Equipment
1 opti with rudder and centreboard, but not rigged.
Anchored 20 - 50m offshore, depending on tide level.

1 kayak and 1 paddle (option double kayak - 2 paddles)

Activity
Six paddlers to paddle or be ferried out to the opti so that all six are in it together. Then everyone back to the shore, including bringing the opti, no one swimming. (The secret is to scull the opti or tow it.)

Note
This activity can be made more difficult by adding your own rules

13. Rock gardening

Follow my leader through rocks, using sweep strokes etc for manoeuvring. This requires the students to put several different strokes to use.

Any of the games above followed by a rescue session seems to be well received by most students. Getting back into their boat from the water is extremely rewarding.