



NZ WHITEWATER ACADEMY

"Inspiring and educating the new generation of kayakers"

Whitewater Kayaking Programs - NCEA levels 1/2/3

Overview

Adventure education is a platform to create positive personal change, and creates opportunities for social and personal development. Whitewater kayaking is a fantastic way to expand and build upon your existing Outdoor Education programs at your school. The skills developed in whitewater kayaking are transferable to all aspects of outdoor education and are valuable lifelong learnings. These skills will enable your students to overcome adversity and will help them become independent and resilient leaders in New Zealand's competitive outdoor industry.

Learning on and in the rivers, lakes and forests of our beautiful country supports engagement and success for students. The experience revolves around being in an exciting, dynamic, visually stunning and fun environment which can have an everlasting impact on them. The natural environment provides the arena in which our students are free to examine new roles, to gain control of their lives through self-sufficiency and face the direct consequences of their actions.

NZWA will give your students a safe and positive place to learn and provide the opportunity to stand up and take leadership among their peers. Our programs are focused on social development, with learning opportunities for your students that progress throughout NCEA levels 1, 2 & 3.

- New Zealand Whitewater Academy is a nationally certified adventure activity provider through Adventure Mark.
- All of our staff are nationally qualified instructors, are internationally experienced in the field and hold current outdoor first aid certifications.
- NZWA will provide the best up-to-date river and safety equipment.
- We are very flexible. All of our programmes at NZWA can be consolidated into more, or less days depending on your school's requirements.



NZ WHITEWATER ACADEMY

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Level 1- Whitewater Kayaking Program

Program Details

Date	2022	Course Title	Intro To Whitewater Kayaking		
Length	6 days	Weeks	4 Weeks	# of Students	10-30
In-class delivery	3 Hours (Pool Sessions)	Field Trips	3 Days		
Practical/ outdoors	18 Hours (3-6 hrs per day)	Overnight camp	2 Nights	Total	21 Hours

Unit standards & Credits

Unit 20818 - Demonstrate paddling a craft on flat water / **2 Credits**

Unit 32837 - Demonstrate knowledge of introductory preparation for an outdoor activity / **2 Credits**

Unit 32842 - Demonstrate personal awareness and positive behaviour during a group outdoor activity / **3 Credits**

In the level 1 whitewater programme we will teach your students the basics of whitewater kayaking, these skills will help them progress through the following years of NCEA as well as help them gain future credits.

Level 1 programme Time Frame:

- **2 - 3 days** (All of our programmes can be consolidated into more, or less days depending on your schools requirements)
- **2-5 hours on the water each day**

Location options

- **Rotorua**

Lake Rotoiti/Ohau Channel/Tarawera or Aniwhenua river.

- **Taupo**

Lake Taupo/Reids Farm/Mohaka or Aniwhenua river

NCEA Level 1 Programme Outline

Intro:

- Description of the basic equipment and river gear, how to wear it and how to fit it to yourself.
- Dos and don'ts of wearing gear, how to be comfortable and safe.
- Picking the right kayak and paddle for you.
- How to outfit a kayak; hip pads, foot rest, seat pad, back band.
- Sitting in a kayak.
- Exiting your kayak on dry ground and in the water.
- How to hold your paddle correctly and the basics of paddling dynamics.
- Walking to the river/carrying your kayak.
- River and whistle signals.
- Instructor gives an in-detail safety briefing before entering the water.

On the Water:

- Entering the water safely.
- Flat water paddling.
- How to 'wet exit' safely.
- How to be barrel rolled rescued by instructor.
- How to T-rescue in pairs?
- How to be rescued in the water, holding the grab handles of the rescuer's kayak .
- Emptying water from a kayak, by yourself and in pairs.
- Paddling techniques; forward paddling, back paddling, sweep strokes (front and back).
- Edge control.
- Intro to moving water, eddy turns, navigating on moving water.
- Exiting a river safely.
- Swimming with your equipment.
- Throw bags and how to use them, practising basic rescues as a team on slow moving water.
- Review all content covered.
- Transporting kayaks safely (using tie downs, basic knots).

NCEA Level 1 Programme Schedule

Day 1:

- Starting at the lake we will do an Introduction to gear and get the students outfitted into kayaks.
- We will then move to the lake to start building water confidence with barrel rolls, wet exits and swimming with their equipment.
- Lunch
- We will then break into groups and start paddling out on the lake to learn the basics of kayaking (2 hours)
- Pack up for the day, we will use this time to teach the students how to transport kayaks safely.

Day 2:

- Meet at the moving water section of choice
- Unpack using students help
- Gear up and teach a buddy check
- Teach river signals.
- Practice barrel roll.
- Teach how to eddy in/out.
- Carry on improving eddies and rescue techniques
- Get to take out
- Practice basic river rescue techniques (throwbagging, swimming in moving water)
- Redo the section (if time permits)

Day 3:

- Meet at the river section of choice
- Gear and buddy check
- Quiz on river signals and other safety choices
- Get on the water
- Re-introduce and expand on eddying techniques
- Explain how to run rapids and how to pick a safe line
- Get off, pack up & Debrief



NZ WHITEWATER ACADEMY

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Level 2- Whitewater Kayaking Program

Program Details

Date	2022	Course Title	Whitewater Kayaking - The Next Step		
Length	7 days	Weeks	4 Weeks	# of Students	10-30
In-class delivery	4 Hours (rolling sessions)	Field Trips	3 Days		
Practical/ outdoors	18 Hours (3-6 hrs per day)	Overnight camp	2 Nights	Total	22 Hours

Unit standards & Credits

Unit 20819 Demonstrate canoeing skills on Grade 1 whitewater - **3 Credits**

[This standard is expiring. The last date for assessment to take place is 31 December 2023.]

Unit 32848 Demonstrate paddling skills on moving water- **2 Credits**

Unit 476 Roll a decked paddle craft on flat water- **2 Credits**

Other Credits we can help with:

Unit 32840 Demonstrate knowledge of preparation for an outdoor activity- **3 Credits**

Unit 32843 Demonstrate knowledge of how personal contribution influences group functioning in an outdoor activity- **3 Credits**

In Our level 2 whitewater kayaking program we will expand and develop on what the students have learnt in the previous year. We will be progressing into more Intermediate river running skills along with teaching the students how to roll a whitewater kayak by themselves. Your students will learn how to work together to manage their way down a river safely as a group. This program can be run in

conjunction with pool rolling sessions, organised and conducted by NZWA or your school's staff, prior to departure.

Level 2 programme Time Frame:

- **2 - 3 days** (All of our programmes can be consolidated into more, or less days depending on your schools requirements)
- **2-5 hours on the water each day**

Location options

- Rotorua

Lake Rotorua/Ohau Channel/Tarawera or Aniwhenua river/Rotorua Aquatics Center (Rolling sessions)

- Taupo

Lake Taupo/Reids Farm/Mohaka or Aniwhenua river/ AC Baths (Rolling sessions)

- Turangi

Blue pools or Red Hut sections of the Tongariro / Turtle Pools (Rolling sessions)

NCEA Level 2 Programme Schedule

Intro:

Refresh on;

- Description of the basic equipment and river gear, how to wear it and how to fit it to yourself.
- Dos and don'ts of wearing gear, how to be comfortable and safe.
- Picking the right kayak and paddle for you.
- How to outfit a kayak; hip pads, foot rest, seat pad, back band.
- Sitting in a kayak.
- Exiting your kayak on dry ground and in the water.
- How to hold your paddle correctly and the basics of paddling dynamics.
- Walking to the river/carrying your kayak.
- River and whistle signals.
- Instructor gives an in-detail safety briefing before entering the water.

On the Water:

- Entering the water safely.
- Flat water paddling.
- How to be barrel rolled rescued by instructor.
- How to T-rescue in pairs?
- How to be rescued in the water, holding the grab handles of the rescuer's kayak .
- Emptying water from a kayak, by yourself and in pairs.
- How to roll.
- Paddling techniques; forward paddling, back paddling, sweep strokes (front and back).
- Edge control.
- Intro to moving water, eddy turns, navigating on moving water.
- Exiting a river safely.
- Swimming with your equipment.
- Throw bags and how to use them, practising rescues as a team on slow moving water
- Teamwork on a river trip.
- Review all content covered.
- Packing your gear
- Transporting kayaks safely (using tie downs / basic knots).

NCEA Level 2 Programme Schedule

Day 1

- Meet at the pool and get the students outfitted into kayaks.
- Do a 2-3 hour rolling session.
- We will then Drive to the river.
- Lunch
- Refresh river signals.
- We will then break into groups and either do river rescue skills or go for a paddle.
- River time will last for around 2 hours.
- Pack up for the day, we will use this time to teach the students how to transport kayaks safely.

Day 2

- Meet after breakfast
- Unpack using students help
- Gear up and teach a buddy check

- Refresh river signals.
- Do a section of river.
- Carry on improving eddies and rescue techniques
- Get to take out
- Redo the section (if time permits)

Day 3

- Meet at the River section of choice
- Gear up and buddy check
- Quiz on river signals and other safety choices
- Get on the water
- Improve eddying/river running techniques
- Talk about how to run rapids as a self sufficient group
- Spend time working the river and letting the students lead.
- Get off, pack up
- Debrief



NZ WHITEWATER ACADEMY

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Level 3- Whitewater Kayaking Program

Program Details

Date	2022	Course Title	Whitewater Kayaking & Employability Skills		
Length	6 days	Weeks	4 Weeks	# of Students	10-30
In-class delivery	4 Hours (rolling sessions)	Field Trips	3 Days		
Practical/ outdoors	18 Hours (3-6 hrs per day)	Overnight camp	4 Nights	Total	22 Hours

Unit standards & Credits

Unit 20121 - Demonstrate paddling skills on Class 2 water - **2 Credits**

Unit 20122 - Demonstrate kayaking skills on Grade III whitewater - **4 Credits**

[This standard is expiring. The last date for assessment to take place is 31 December 2023.]

Unit 20125 - Plan for and participate in a multi-day kayaking trip on Grade II whitewater -

3 Credits

[This standard is expiring. The last date for assessment to take place is 31 December 2023.]

Unit 26237 - Demonstrate kayaking knowledge and skills - **5 Credits**

[This standard is expiring. The last date for assessment to take place is 31 December 2023.]

Unit 32849 - Roll a decked paddle craft on moving water - **2 Credits**

Our Level 3 course will be focusing on preparing our students for the incredibly competitive outdoor industry of nz. Feedback from employers has identified that they are happy to train new employees in the technical skills required for the job, but they need to arrive at work ready, with the right attitude and positive mind-set. In our course we will be focusing on hard skills such as

- The skills employers are looking for in the tourism industry
- Positive attitude in the workplace
- Talk for work
- Benefiting from feedback
- Values and beliefs and how they influence work attitudes
- Self-management in life and at work
- Thinking about our thinking
- Learning to solve problems at home and at work
- Resilience and how to bounce back from hurts and disappointments.

In Our level 3 whitewater kayaking program we will also be expanding and developing upon what the students have learnt in the previous year. We will be progressing into more advanced river running skills along with teaching the students how to roll a whitewater kayak by themselves sufficiently in moving water. Your students will learn how to work together to lead a river trip safely as a group. This program can be run in conjunction with pool rolling sessions, organised and conducted by NZWA or your school's staff, prior to departure. On top of these requirements, your level 3 students will be required to organise, plan and execute a self supported multi day/overnight kayaking trip themselves.

Level 3 programme Time Frame:

- **6 days** (3 days of rolling sessions in class- 3 days on a kayak expedition, on multiple rivers)
- **2-5 hours on the water each day**

Location options

- **Rotorua**

Tarawera or Aniwhenua river/Rotorua Aquatics Centre (Rolling sessions)

- **Taupo**

Reids Farm/Mohaka or Aniwhenua river/ AC Baths (Rolling sessions)

- **Turangi**

Blue pools or Red Hut sections of the Tongariro / Turtle Pools (Rolling sessions)

- **Overnight trip options**

Mohaka River, Pakuatutu bridge to McVicars Rd (self supported overnight trip)

Mohaka River, Mc Vickers rd to Everetts campsite (camp at glenfalls campsite)

NCEA Level 3 Programme Schedule

Intro:

Refresh on;

- Description of the basic equipment and river gear, how to wear it and how to fit it to yourself.
- Dos and don'ts of wearing gear, how to be comfortable and safe.
- Picking the right kayak and paddle for you.
- How to outfit a kayak; hip pads, foot rest, seat pad, back band.
- Sitting in a kayak.
- Exiting your kayak on dry ground and in the water.
- How to hold your paddle correctly and the basics of paddling dynamics.
- Walking to the river/carrying your kayak.
- River and whistle signals.
- Instructor gives an in-detail safety briefing before entering the water.

On the Water:

- Entering the water safely.
- Flat water paddling.
- How to be barrel rolled rescued by instructor.
- How to T-rescue in pairs?
- How to be rescued in the water, holding the grab handles of the rescuer's kayak .
- Emptying water from a kayak, by yourself and in pairs.
- How to roll.
- Paddling techniques; forward paddling, back paddling, sweep strokes (front and back).
- Edge control.
- Intro to moving water, eddy turns, navigating on moving water.
- Exiting a river safely.
- Swimming with your equipment.
- Throw bags and how to use them, practising rescues as a team on slow moving water

- Teamwork on a river trip.
- Review all content covered.
- Packing your gear
- Transporting kayaks safely (using tie downs, advanced knots).

NCEA Level 3 Programme Schedule

Day 1

- Meet at the pool and get the students outfitted into kayaks.
- Do a 2-3 hour rolling session.
- We will then Drive to the river.
- Lunch
- Refresh river signals.
- We will then break into groups and either do river rescue skills or go for a paddle.
- River time will last for around 2 hours.
- Pack up for the day, we will use this time to teach the students how to transport kayaks safely.

Day 2

- Meet after breakfast
- Unpack using students help
- Gear up and teach a buddy check
- Refresh river signals.
- Do a section of river.
- Carry on improving eddies and rescue techniques
- Get to take out
- Redo the section (if time permits)

Day 3

- Meet at the River section of choice
- Gear up and buddy check
- Quiz on river signals and other safety choices
- Get on the water
- Improve eddying/river running techniques
- Talk about how to run rapids as a self sufficient group
- Spend time working the river and letting the students lead.
- Get off, pack up
- Debrief

NCEA Level 3 Programme Schedule (Overnight Trip Option)

Day 1

- Drive to the river of choice for an overnight trip.
- We will require all students to lay out their personal/ group camping equipment, food and paddling gear that they have for the duration of the overnight trip. (list of required gear will be provided by NZWA / school staff and covered in class prior to departure)
- Students will give us an explanation and reasoning for each piece of gear.
- Pack gear into kayaks/ rafts
- Lunch at the put in.
- Refresh river signals/ safety talk
- We will then break into groups and paddle to camp.
- Once at camp students will store kayaks and gear safely and set up camp
- Students will cook food for themselves
- Go to bed

Day 2

- Students will cook/eat breakfast
- Load equipment into kayaks/rafts
- Gear up and buddy check
- Refresh river signals / Safety talk
- Paddle to take out/ Vehicles
- Debrief and finish the trip.

Quality Assurance

Your students safety and wellbeing is our main objective



**“Using the dynamic, stunning, and natural environment,
our world-class kayak instructors will build your skills,
knowledge and well-being”**