

## FLATWATER INSTRUCTOR – OVERVIEW

---

### **Award Definition:**

Holders of the Flatwater Instructor Award are qualified to instruct, facilitate skill transfer to develop participants in order so that they may act independently or with minimal supervision in controlled conditions for inland kayaking and or canoeing

### **Skill Component:**

- Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia
- Launch and land efficiently
- Paddle the craft efficiently in moderate winds:
  - forwards, backwards, sideways and turning
  - using correct forward, reverse, draw and sweep strokes
- Show efficient use of low supports
- Competently participate in self and buddy rescues as rescuee and rescuer:
  - Buddy rescue:
    - Wedge rescue/T rescue
  - Self-rescue:
    - Swim to shore with craft and gear
- Competently perform a tow
  - Single tow
  - In line tow
- Form into and disperse from a raft
- Secure craft for transport, secure equipment to craft
- Plan and conduct a flatwater course:
  - arrange venues;
  - arrange equipment;
  - arrange staff or assistants;
  - coordinate timetables;
  - coordinate logistics
- Instruct:
  - strokes;
  - launch and land;
  - appropriate rescues;
  - navigation;
  - preparing for an expedition;
  - deliver a theory training session;
  - deliver a practical training session

## FLATWATER INSTRUCTOR – OVERVIEW

---

### **Knowledge Component:**

- Select appropriate equipment and clothing with consideration of sun sense and hypothermia
- Plan and navigate a three hour flatwater paddle
- Store, operate and maintain appropriate safety and communication equipment
- Interpret weather for a flatwater environment
- Minimal environmental impact
- Knowledge and maintenance of craft
- AC's role, membership structure, your rights and responsibilities
- Safety Guidelines, Minimal impact Guidelines, Risk Management Policy, Incident reporting requirements
- Hazard identification and risk management program for a trip (including expeditions)
- Licensing, permits and other legal and behavioural laws and requirements
- Understanding of selection of launching and landing sites
- Maintaining log books
- Instruction:
  - correcting and training skills;
  - training and correctional models;
  - training trainers

### **Experience component:**

- *Provide a verified log showing over the previous two years at least:*
  - Six trips of a minimum of three hours duration
  - Three guided flatwater activities of at least three hours duration as an observer under training or as an assistant Guide
  - As an observer under training or as an assistant Instructor:
    - three paddling instructional activities of at least three hours duration;
    - two off-water sessions
- Current First Aid and CPR qualifications

### **Communication component:**

- Establish and maintain an effective communication system within a group of novices
- Brief a group of novices on:
  - purpose and duration of trip
  - expected conditions
  - correct posture
  - setting up the craft
  - strokes as required
  - group movement requirements
  - launching and landing
  - actions in the event of an emergency
- Deliver directions in a clear and concise manner
- Debrief
- Instruction:
  - introduce a program including expectations, aims and outcomes, timing and movements;
  - demonstrate an understanding of recent developments in equipment and technique

## FLATWATER INSTRUCTOR – OVERVIEW

---

### **Leadership component:**

- Manage launch and landing of a group of novices
- Manage a group of novice paddlers on a trip, movement is based on prevailing conditions
- Manage multiple capsizes and emergencies of novice paddlers
- Manage group packing
- Manage tows in moderate conditions
- Lead a course:
  - lead participants in a training course;
  - direct staff and assistants in training courses;
  - demonstrate on water leadership in training courses

### **Theory Component**

- Complete a written assessment
- Complete an assessment project