

## Grade 2 Certificate Course

The Coast to Coast is no small task! Our team knows this, and we will drill the skills needed to keep you upright and racing fast and efficiently.

### Overview

4 days

Based out of Peel Forest, South Canterbury

The first two days of our course you will learn the core skills needed to move a boat around a river and navigate down river. The Second two days we will introduce these skills to more challenging white water while also learning the necessary rescues and safety skills need to deal with going for a dip.

There is a specific skill level needed to meet the requirements for the Grade Two Certificate. Most people will reach that level by the end of the four days, but not everyone. Please be aware that for safety during the race we must be confident that you can safely navigate the river. To increase your chance of success we highly recommend spending time in your boat on flat water prior to the course. But don't stress too much! Kayaking is fun, and our instructors will give you lots of support along the way.

### Accommodation

We provide accommodation in our off-grid [Cabins](#) at no extra charge for the duration of the course.

You will need to bring your own bedding (sheets, pillows and duvets or sleeping bag) and towels. We provide hand towels, bathmats, tea towels and cloths for cleaning. The bedrooms are not heated so please make sure you bring enough bedding to keep warm.

### Food

You need to provide your own food for the duration of the course.

### Gear

All gear provided for the duration of the course as described in gear list below – just bring warm clothes!

## Course Schedule

*Note: the schedule and or location may change to suit both the group and the weather/conditions.*

| Day One       |                                                                                                                                                                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30am-11am   | <p>Meet local pool (Either Geraldine Pool or EA Networks in Ashburton to be confirmed)</p> <p>Boat fitting</p> <p>Pool session developing:</p> <ul style="list-style-type: none"> <li>• Water confidence progressions</li> <li>• Rescues</li> <li>• Introduction to rolling</li> </ul> |
| 11:30am – 1pm | Lunch and travel to flat water site                                                                                                                                                                                                                                                    |
| 1pm – 4pm     | <p>Flat water skills session developing:</p> <ul style="list-style-type: none"> <li>• Paddle strokes</li> <li>• Boat edging and control</li> <li>• Driving your boat</li> <li>• Continue gaining water confidence both above and below the water</li> </ul>                            |
| 16:00pm       | Wrap up debrief and explain the plan for the following day based on weather, river flow and ability of group                                                                                                                                                                           |
| Day Two       |                                                                                                                                                                                                                                                                                        |
| 9:00am        | Meet at <a href="#">Peel Forest Outdoor Centre</a> base                                                                                                                                                                                                                                |
| 10:00am – 1pm | <p>Introduction to moving water focusing on:</p> <ul style="list-style-type: none"> <li>• River features</li> <li>• Boat control in flow</li> <li>• Rescues on the river</li> </ul>                                                                                                    |
| 2:00pm – 4pm  | Short river trip                                                                                                                                                                                                                                                                       |
| Day Three     |                                                                                                                                                                                                                                                                                        |
| 9:00am – 4pm  | <p>Meet at <a href="#">Peel Forest Outdoor Centre</a> base</p> <ul style="list-style-type: none"> <li>• Full day river trip</li> <li>• Drill river skill</li> <li>• Rolling</li> <li>• Stroke recaps and advancement</li> <li>• Rescue Practice</li> </ul>                             |
| Day Four      |                                                                                                                                                                                                                                                                                        |
| 9:00am – 4pm  | <p>Meet at the <a href="#">Peel Forest Outdoor Centre</a> base</p> <p>Full day river trip</p> <ul style="list-style-type: none"> <li>• Demonstrating skills for assessment</li> <li>• Stepping up to more challenging water</li> </ul>                                                 |

## Gear List

On the course we will be spending lots of time in the water, upside down and swimming come prepared for this.

We will use white water kayaks for the duration of the course, the skills are very transferable, and we don't want to bash your nice race boats on the rocks.

Please inform us of the items you need us to supply before the start of your course and the sizes. This saves us bring heaps of gear out to the pool on the first day.

### Compulsory Gear:

- Thermal Polypro or woollen shirt
- Fleece jersey or second polypro shirt
- Woollen or Polypro socks
- Pair of running shoes (these will get wet)
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks
- Sunscreen
- **Any medications you take**

### Pool Kit

- Togs + a thermal or rash top
- Nose Plug and or goggles optional but can make the learning experience much more pleasant.

### Gear We Will Supply:

- Helmet
- Windbreaker jacket
- Wetsuit
- Personal Flotation Device (Life jacket)
- White water kayak
- Paddle
- Safety equipment related to kayaking e.g. throw bag, pin kit, first aid kit, split paddle, bothy etc...

### Optional Gear:

- Cap
- Beanie
- Thermal leggings (highly recommended on cooler days)
- Thermos

### Gear We Can Supply on Request:

- Thermal top or leggings
- Fleece Top
- Beanie

### Kathmandu Coast to Coast Grade 2 Kayaking Skills Certificate

|                                          |                                                              |
|------------------------------------------|--------------------------------------------------------------|
| <b>Candidate name:</b>                   | <b>Candidate assessed in:</b> Whitewater boat / Long boat    |
| <b>Assessor name:</b>                    | <b>Recommended boat type*:</b> Stable / Intermediate / Elite |
| <b>Assessor phone:</b>                   | <b>Assessor Qualification**:</b>                             |
| <b>Assessor Company (if applicable):</b> | <b>Assessor email:</b>                                       |

| <b>Grade 2 Whitewater Kayaking Skills</b> <i>(this section not required for non-steering paddler in tandem team)</i>                                   | <b>Initial</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Identifies and responds appropriately to Grade 2 river features. <i>Eddy lines, wave trains, holes, buffer waves, bluffs, side currents and boils.</i> |                |
| Identifies and demonstrates paddling safe and efficient lines.                                                                                         |                |
| Demonstrates efficient and effective forward paddling.                                                                                                 |                |
| Demonstrates efficient and effective forward and reverse sweep strokes. Remains balanced.                                                              |                |
| Demonstrates effective low brace. Can right self from tipping point. Can use appropriately while paddling in rapid.                                    |                |
| Demonstrates breaking in and out of eddies. Can hold desired line. Remains balanced.                                                                   |                |
| Demonstrates ferry gliding. Can hold desired line. Remains balanced.                                                                                   |                |

| <b>Grade 2 River Safety Skills</b>                                                                                                                                                                                       | <b>Initial</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Understands correct use of personal kayaking and safety equipment. Can identify appropriate and inappropriate equipment. Including kayak, PFD, helmet, thermals, paddle, spraydeck.                                      |                |
| Recognises and understands hazards associated with kayaking, including broaching, strainers and foot entrapment. The appropriate actions required to avoid or deal with these hazards are described and/or demonstrated. |                |
| Demonstrates self rescue with kayak and gear. Candidate capsizes, stays calm, gathers equipment and efficiently moves to bank. Empties boat and paddling again within efficient timeframe.                               |                |
| Demonstrates safe rapid float position (on back, feet first, feet up etc).                                                                                                                                               |                |
| Demonstrates assertive white water swimming across wave train and eddyline.                                                                                                                                              |                |
| Demonstrates being rescued with aid of another craft (kayaker and/or jetboat).                                                                                                                                           |                |
| Receives a throw bag as a swimmer in Grade 2. Correct holding of rope and body.                                                                                                                                          |                |
| Can describe and identify, prevention, symptoms and treatment of hypothermia.                                                                                                                                            |                |
| Recognises basic river signals and describes appropriate response.                                                                                                                                                       |                |

|                                                                                                                                                                                                      |                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I have received instruction and completed practical training in Grade 2 River skills, and certify that I feel competent in the above listed skills.</b>                                           |                                                                                                                                                                                |
| Candidate signature:                                                                                                                                                                                 | Date:                                                                                                                                                                          |
| <b>I have completed a thorough assessment of the candidate and certify they are competent in the above listed skills.</b>                                                                            |                                                                                                                                                                                |
| Assessor signature:                                                                                                                                                                                  | Date:                                                                                                                                                                          |
| * Stable – eg seakayak, Eclipse, Intrigue or similar. Intermediate – eg Rockstar, Total Eclipse, Sprinter etc. Elite – eg UFO, Addict, Evo Edge<br>** Refer to website for acceptable qualifications | <b>If any clarification is required contact the Kathmandu Coast to Coast River Manager: <a href="mailto:riversafety@coasttocoast.co.nz">riversafety@coasttocoast.co.nz</a></b> |