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

**Context**
Canoe (Level 3) provides the knowledge and skills to plan for, participate in and control a canoe on:
- **Grade 2 white water.** This requires the negotiation of some rough water under flow conditions, maybe some rocks, small drops, might require manoeuvring.

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

- **Demonstrate navigations skills in a controlled environment**
  - Navigate by using a map and compass following a planned route
  - **Apply canoeing 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.

- **Guide canoeing 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

**Senior First Aid (Must be held by applicant)**

**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.
- Leading student groups in a similar location on a minimum of 3 occasions.
- Personally participating in similar or higher level trips to other venues on at least 3 occasions.
- Conducting and recording the risk assessment process for the trips with students
- Planning and successfully leading the trips with students
- Concluding the activity successfully and recording the process and results.

**Further Information**
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