



Maroon Outdoor Education Centre



RTO No. 32122

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

Contact:

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MOEC

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