



FLATWATER INSTRUCTOR – OVERVIEW

Award Definition:

Holders of the Flatwater Instructor Award are qualified to lead and guide day and half day trips, plus instruct, facilitate and skill transfer to develop participants in order so that they may act independently or with minimal supervision on inland waters such as open lakes and rivers (but not on whitewater or at sea) in controlled conditions for inland kayaking and canoeing

- i.e.: - you are able to train a group of beginner students with practical and theory sessions to a level where they are able to plan and undertake a trip on their own (and/or pass the flatwater skills award), where if anything goes wrong, you have trained the students to deal with it.

Skill Component:

- Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia
- Secure craft for transport, secure equipment to craft
- Launch and land efficiently
- Demonstrate individual strokes to manoeuvre the craft:
 - forwards, backwards, sideways and turning
 - using correct forward, reverse, draw and sweep strokes
 - Show efficient use of bow and stern rudders, low supports and stopping
- Form into and disperse from a raft
- Competently perform self and buddy rescues:
 - Swim 50 metre in paddling gear
 - buddy rescue as rescuee and rescuer
 - self-rescue:
 - swim to shore with craft and gear
- Competently perform a tow
 - single tow
 - contact tow
- Complete an activity
- Rope work
- Individual situation awareness
- Role model paddle strokes
- Group situational awareness
- Instruct a group of novices



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Knowledge Component:

- Knowledge and maintenance of craft
- Select and advise on appropriate equipment and clothing with consideration of sun sense and hypothermia
- Store, operate and maintain appropriate safety and communication equipment
- Navigational aids
- Interpret weather
- Plan an activity
- Minimal environmental impact
- Maintain a log book
- Prepare a float plan
- Selection of launching and landing sites
- PA's role, membership structure, your rights and responsibilities
- PA's relevant guidelines and policies
- Hazard identification and risk management
- Licensing, permits and legal matters
- Instruction

Communication component:

- Establish and maintain an effective communication system within a group
- Conduct briefing
 - purpose and duration of trip
 - expected conditions
 - lifejacket fitting and appropriate clothing
 - correct posture
 - setting up the craft
 - launching and landing
 - strokes as required
 - limits, on water signals and capsize drill
 - actions in the event of an emergency
 - group movement requirements
- Conduct debriefing
- Instruction



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Experience component:

- Minimum log book requirements over the previous three years:
 - five flatwater trips of a minimum of three hours paddling duration
 - three flatwater activities of at least three hours paddling duration as an assistant guide or an observer under training
 - three flatwater activities of at least three hours paddling duration as lead guide under observation of a qualified guide
 - three practical instructional activities on flatwater of at least three hours duration as an assistant instructor or an observer under training
 - three practical instructional activities on flatwater of at least three hours duration as lead instructor under the observation of a qualified instructor
 - one theory session as an assistant instructor or an observer under training
 - one theory session as lead instructor under the observation of a qualified instructor
- First Aid and CPR certificates (appropriate to your organisations requirements & area of operation)

Leadership component:

- Manage launching and landing of a group
- Manage a group
- Manage multiple capsizes and emergencies
- Manage tows
- Lead a course

Theory Component

- Complete a written assessment
- Complete an assessment project