

Level 4 River Kayak Instructor – L4RKIA

Applying to attend a Level 4 River Kayak Instructor Assessment

Before applying to attend a Level 4 Kayak Instructor Assessment, a candidate must:

1. Be a Level 3 Kayak Instructor for a minimum of one year.
2. Be currently registered as a [member](#) with Canoeing Ireland.
3. Hold the Level 5 River Kayak Skills award.
4. Observed one Level 4 Kayak Skills Assessments.
5. Deliver under the supervision of an instructor the component skills of the RSR3 recorded in their logbook.
6. Be at least 18 years of age at the time of application.
7. Have unrestricted access to a suitable kayak, personal equipment and additional equipment as listed for the Level 5 Kayak Skills award
8. Possess a current Canoeing Ireland approved First Aid Certificate (REC 3 or equivalent)
9. Have completed a Sport Ireland approved Child Protection Awareness Workshop (Safeguarding 1).
10. Return a completed Level 4 Kayak Instructor Logbook to Canoeing Ireland no later than three weeks prior to the assessment date.
11. Completed your [Garda vetting](#) application.

Format of a Level 4 Kayak Instructor Assessment

The Level 4 Kayak Instructor Assessment will take place over one day and must include a river trip on Grade 3+ difficulty over a distance of 2-5 miles (4-8 kilometres)

The Assessment Group on the river trip of the assessment should consist of the following:

Assessors	Minimum of two registered Assessors on the Level 4 Kayak Instructor Assessor Panel
Assesses	Minimum of two and up to a maximum of four Assesses
Other River Trip Participants	Minimum of three and up to a maximum of eight participants who must hold at minimum the Level 3 Kayak Skills Award and be working towards Level Kayak 4 Skills standard

During the assessment a candidate must

- Satisfy the assessors that they are mature, responsible and competent to instruct, lead and control a group on a river trip of Grade 3+ difficulty.
- Show an ability to instruct a group of students on a river trip of Grade 3+ difficulty.
- Have knowledge, both theoretical and practical, of advanced white-water techniques, skills and rescues.
- Have knowledge, both oral and practical, of First Aid and CPR as applied in a grade 3+ river environment.
- Have maintained a skills level equivalent to that of the Level 5 Kayak Skills.

As part of the Level 4 Kayak Instructor Assessment, a candidate will be expected to

1. Present a suitable kayak correctly fitted out for instruction and other appropriate personal equipment (See Instructor List of Equipment). It would be expected that a candidate's equipment would be of a standard consistent with the responsibilities likely to be encountered by a Level 4 Instructor. Examination of equipment will form part of the overall assessment.
2. Organise and lead a group of intermediate level paddlers on a river trip of Grade 3+ difficulty over a distance of 2-5 miles (4-8 kilometres)
3. During the course of the river trip teach any stroke, technique or rescue applicable to Grade 3 water while demonstrating effective group control, group rapport, and instructional ability. In addition, teach any modern river running technique as outlined on Level 5 Kayak Skills syllabus such as boofs, flares etc.
4. Satisfy the assessors that he/she is mature, responsible and competent to instruct, lead and control a group on a river trip of Grade 3 difficulty.
5. Be able to demonstrate white water and deep-water rescue techniques on a Grade 3+ water
6. As part of an interview give a debrief of the river trip for the Assessors and answer questions on relevant aspects of kayaking such as modern kayak design, advanced river grading, feedback techniques, suitable kayaks for students and activity and assessing skills.
7. A Level 4 Kayak Instructor Qualification can only be assessed by members of the Level 4 Kayak Instructor Assessor Panel
8. Clear guidelines should be given in writing should a candidate be not yet at standard to the areas that need to be improved on.
9. Candidates cannot depend on any assistance (material or practical) during the course of an assessment.
10. No other award may be assessed at the same time as the Level 4 Kayak Instructor Qualification.
11. The candidate/assessor ratio should be a maximum of 4:2 and should include the candidates group in ratios.



Equipment required for the Level 4 Kayak Instructor Assessment

A correctly equipped kayak must include:

Rigid end loops and/or toggles
 Suitable buoyancy
 Suitable foot rest
 A kayak must be of sufficient volume to carry all necessary safety equipment and perform any rescue as required by the Level 4 Kayak Instructor Qualification.

Personal canoeing equipment must include:

Wetsuit or sufficient thermal clothing Canoe Booties or adequate footwear Cagoule Helmet Buoyancy Aid with integrated harness Spray Deck Paddle	Flask and Emergency Food Bivvy Bag or equivalent Spare Clothes Group Shelter First Aid Kit Repair Kit Throw Bag
Map/or method of navigation Split Paddle Whistle Torch Mobile phone and method of keeping it dry Watch	River Knife Slings x 2 Prussic Loops x2 Karabiners x 2 Towing System with quick release Waterproof Bag or other method of keeping equipment dry

Recommended Contents of First Aid Kit:

Surgical gloves Paramedic shears Roll of first aid tape Roller bandages (assorted 3´ sizes) Notebook and pencil	Vent aid or resuscitation barrier device Tweezers Triangular 3´ bandages Foil blanket or emergency blanket Sam splint	Assorted plasters Safety pins 3´ Wound dressings (assorted sizes) Penlight or snap light Waterproof container (to keep supplies dry) 1x Large Wound dressing to stop large bleed.
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- Candidates must present suitable personal equipment plus any additional equipment deemed to be appropriate to support other members of the group.
- Equipment should reflect such things as the season, the abilities of the group, and the grade of the river being undertaken.
- Borrowed equipment will be assessed as if it were a candidate's own.
- A candidate should be aware that on advanced grade rivers, having too much or inappropriate equipment can nearly be as hazardous as having too little.

