

Canoeing
Ireland

LEVEL 1
SIT ON TOP

INSTRUCTOR AWARD

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LEVEL 1 SIT ON TOP KAYAK INSTRUCTOR AWARD (L1SOTKIA)

GENERAL OUTCOMES

The Level 1 Sit on Top Kayak Instructor Award enable candidates to –

1. Outline the Canoeing Ireland Sit on Top Kayak awards programme and demonstrate the skills and knowledge described in the Canoeing Ireland Level 2 Sit on Top Kayak skills award.
2. Describe the role and qualities of a good paddle sports instructor
3. Plan and deliver skills development sessions to novice paddlers using Sit on Top kayaks in sheltered [flat water](#) conditions using a range of games which support the development of Paddlesport skills.
4. Train, assess and certify participants for the Canoeing Ireland Level 1 Sit on Top Kayak award.
5. Describe how to deliver activity sessions that are accessible and inclusive to the needs of a wide range of participants and how to support a safe environment for participation by children and vulnerable adults.
6. Complete a risk assessment for a paddling venue and apply the risk management procedures described.
7. Manage dynamic risk and perform rescues during a sit on top kayak session on sheltered flat-water conditions and describe how to manage a medical incident ashore or an incident afloat during a sit on top kayak session.
8. Identify the equipment used by both participants and instructors and its safe use, including the suitability of a sit on top craft.
9. Describe how to evaluate their own practice themselves and in review with participants.

NOTE - A Level 1 Sit on Top Kayak Instructor is specifically not qualified to journey with groups and is restricted to static sessions only (i.e., same entry and exit point). Static site means travelling no more than approximately 300m from the get-on point and no more than 50 metres offshore.

PREREQUISITES FOR LEVEL 1 SIT ON TOP INSTRUCTOR AWARD COURSE

To be eligible for the course, candidates must fulfil the following prerequisites:

- Be registered as a member with Canoeing Ireland.
- Garda Vetting completed.
- Hold the Level 2 Sit-On-Top Kayak Skills Award (L2SOTKSA).
- Be registered as a member with Canoeing Ireland.
- Attended an approved Sport Ireland Safeguarding 1 workshop.
- Minimum age of 18.
- A current First Aid certificate (minimum REC 3 or equivalent recognised course).
- Have unrestricted access to a fully equipped, rigid sit on top kayak**, personal equipment, and additional equipment as listed for a Level 1 Sit on Top Kayak Instructor Assessment.

***Inflatable Kayaks are not an acceptable craft for this award.*

REMIT AND SCOPE OF THE L1SOTKI AWARD

CORE RESPONSIBILITIES

The Level 1 Sit on Top Kayak Instructor Award (L1SOTKIA) is responsible for conducting safe, enjoyable, and educational sessions for sit on top paddlers in Grade 1 flatwater environments. The L1SOTKIA has a paddler centered fun approach, using game-based activities to meet the specific needs and skill levels of participants.

PARTICIPANT CRITERIA

The intended participant for L1SOTKIA are beginners and other Sit on Top paddlers in a flatwater environment.

SESSION CAPACITY

- Instructor to paddler ratio 1:6

OPERATIONAL LIMITATIONS

- The L1SOTKIA is a flatwater Grade 1 award as defined by Canoeing Ireland [here](#).
- The L1SOTKIA instructs Sit on Top Kayaks from a Sit on Top Kayak.
- The L1SOTKIA may not undertake journeys . (different get on and get off).
- To instruct independently, candidates must be at least 18 years old.

TO MAINTAIN THEIR QUALIFICATION, INSTRUCTORS MUST -

- Hold Canoeing Ireland Membership in a Canoeing Ireland club.
- Maintain outdoor first aid certification.
- Maintain Safeguarding training.
- Maintain Garda vetting.
- Hold a Canoeing Ireland CPD certificate.

COURSE OUTLINE

The Level 1 Sit on Top Kayak Instructor award requires that a candidate attends a registered Level 1 Sit on Top Kayak Instructor combined training programme and assessment.

The training programme is delivered over 4 days over 2 weekends.

The program includes training, consolidation and continuous assessment.

The training course is delivered in as practical a manner as possible, giving the participant’s practical hands-on experiences to develop practice and explore content. The course is a mix of indoor based sessions and outdoor and on the water sessions.

Where possible each course is tailored to the needs of participants on the course, however all courses cover the same module learning outcomes.

CANOEING IRELAND INSTRUCTOR AWARD SCHEME

The Level 1 Sit on Top Kayak instructor award is a craft-based variation on the existing Level 1 closed cockpit instructor award. It has an lower personal skills prerequisite as opposed to the standard closed cockpit award to reflect the more accessible nature of a Sit on Top Kayak.

White Water Kayaking	Sea Kayaking	Paddlesurf	Canoeing	Stand Up Paddle	Sit-On-Top
Level 5 River Instructor	Level 5 Sea Instructor		Level 5 Canoe Instructor		
Level 4 River Instructor	Level 4 Sea Instructor		Level 4 Canoe Instructor		
Level 3 River Instructor	Level 3 Sea Instructor	Paddlesurf Instructor	Level 3 Canoe Instructor		
Level 2 Kayak Instructor			Level 2 Canoe Instructor	Stand Up Paddle Instructor	
Level 1 Kayak Instructor			Level 1 Canoe Instructor		Level 1 Sit-On-Top Instructor

FORMAT

Level 1 Sit on Top Kayak Instructor Award

1. Group introduction and course administration
2. Canoeing Ireland award scheme.
3. Level 1 Sit on Top Kayak Instructor Award Introduction.
4. Remit and Scope of the L1SOTKIA

Weekend 1 –

Day 1

Module 1: THE CHARACTERISTICS OF A GOOD INSTRUCTOR

Module 2: CHOOSING A SUITABLE LOCATION

Module 3: SESSION PLANNING

Module 4: RUNNING A SESSION

Day 2

Module 5: EQUIPMENT FOR INSTRUCTORS AND PARTICIPANTS

Module 6: ADAPTIVE PADDLESPORTS AND DISABILITY

Module 7: RESCUES, TOWS, EMERGENCY ACTION PLANS

Weekend 2 -

Day 3

Module 8: CONSIDERATIONS IN PADDLESPORTS

Module 9: PRACTICE OF RUNNING A SESSION (CONSOLIDATION OF EXPERIENCE)

Day 4

Module 10: INSTRUCTOR ASSESSMENT (PRACTICAL)

ASSESSMENT

Assessment will be ongoing, and some tasks will be assessed in an instructor handbook and the remaining in practical part of the assessment.

The practical assessment will take place on the 4th training day .

Assessment ratio 2:10 maximum.

The two halves of the candidate group are divided between the assessors.

There is a collective 30 min gear check and session plan review for each group.

Each assessor will observe the individual sessions of their participants.

Then when the individual sessions are complete each assessor will complete the 30-minute group-based rescue session, where the candidates' rescues will be assessed.

The assessment group will be the peer participants on the training course.

Suggested 3hrs 45 min assessment schedule for each grouping.

Schedule

Activity	Total Time	Individual Time
Group Gear check and session plan review	30 mins	6 mins per person
On the water session, including brief	2.5 hours	30 mins per person
Group rescues and tows session	45 mins	9 mins per person

The 45-minute group-based rescue session is held after the individual sessions.

Following the above sessions assessors can facilitate the feedback and assessment outcomes for participants and complete paperwork.

During an assessment candidates must demonstrate the following Module learning outcomes to satisfy the program learning outcomes listed at the start of this document.

Module Learning outcomes to be assessed:

1. Describe the characteristics of a good adventure sports Instructor, coach or teacher.
 - 1.1. Participants will reflect on their own personal traits & qualities and identify what they want to develop as part of this programme.
2. Complete a basic risk assessment template for a real or hypothetical Level 1 Sit on top instructor operating location.
3. Participants will identify what they need to consider when planning a session and incorporate these into a planning template.
 - 3.1. Develop a lesson plan lasting up to 30 mins for an introductory session for a novice/basic level group on water of Grade I difficulty or in a Sheltered Tidal Area.
 - 3.2. Review a session that they have planned and delivered
4. Teach and assess any stroke, technique, or rescue applicable to flat water as outlined in the Level 1 Sit on Top Kayak Skills Syllabus
 - 4.1. Demonstrate techniques and skills as required by the Level 2 Sit on Top Kayak Skills Award, if requested to do so
 - 4.2. Structure and lead the delivery of a Sit on Top kayak session
5. Describe the equipment for a participant paddler on a session and the safety checks and fitting
 - 5.1. Describe the equipment carried by a level 1 Sit on Top instructor and why it is carried.
6. Describe how to support paddlers with a disability and the adaptations and considerations required to facilitate their participation in accessible and inclusive sessions.
7. Demonstrate an ability to carry out the following rescues efficiently and effectively: Tows, Self-Rescue, remounting a capsized paddler into a sit on top kayak
 - 7.1. Demonstrate an effective method of towing an empty SOT kayak, a kayak with a participant who has a minor injury or illness, a kayak with a participant who has a major injury or illness.
 - 7.2. Describe their response to an emergency and how they would manage a medical incident ashore or an incident afloat during a sit on top kayak session.
8. Describe aspects of canoeing Ireland scheme and Paddlesport disciplines covered during the Level 1 Sit on Top Kayak Instructor Training Course.
 - 8.1. Describe some of the considerations in Paddlesports beyond the skills and competencies of the sport
9. Demonstrate effective group control, group rapport, and instructional ability.

ASSESSMENT GUIDELINES

1. A Level 1 Sit on Top Kayak Instructor Qualification can only be assessed by a member of the Level 2 Kayak Instructor Qualification Assessor Panel. (Panel covers SOT and closed cockpit awards).
2. Candidates cannot depend on any assistance (material or practical) during the assessment.
3. No other award may be assessed at the same time as the Level 1 Sit on Top Kayak Instructor Assessment.
4. The candidate/assessor ratio should be maximum of 2:10
5. Candidates not yet at standard should be given written feedback by the assessor on what actions they need to take to come up to standard for their next assessment.

CERTIFICATION PROCESS

The developers assessing the trainee will complete the crib card for each candidate and the course checklist

These are both submitted it to the Canoeing Ireland development officer, who will certify the trainee as a Level 1 Sit on Top Kayak Instructor.

If the trainee is unsuccessful and not yet at standard, they can either book on to another upcoming course or arrange an assessment separate to a course.