



BASIC KAYAK TOURING PROFICIENCY COURSE & QUALIFICATION

This outline provides a comprehensive structure for basic kayak touring skills on inland rivers and dams. The curriculum combines practical and theoretical components to ensure participants have the necessary skills and knowledge to safely and effectively lead kayak tours, ensuring safety and enjoyment for all participants.

Note that paragraphs in blue are generic for proficiency courses, and are dealt with in joint sessions.

1. Accident Prevention

- **Understanding Common Kayaking Hazards:** Identify and mitigate risks such as capsizing, drowning, hypothermia, dehydration, wildlife encounters, and navigation errors.
- **Risk Assessment and Management:** Conduct simulated emergency scenarios and risk assessments.
- **Communication in Emergencies:** Effective communication techniques during emergencies.
- **First Aid Basics:** Emergency response, including the use of first aid kits and CPR techniques specific to water emergencies.

2. General Safety and Preparedness

- **Essential Gear and Clothing:** Appropriate gear for different weather conditions, including personal flotation devices (PFDs), wetsuits, dry suits, and proper footwear.
- **Nutrition and Hydration:** Nutritional needs and hydration techniques; methods of carrying and purifying water.
- **Packing a Kayak:** Efficiently packing a kayak with essential items, balancing weight, and securing gear.
- **Setting Up a Campsite:** Safe and effective campsite setup along riverbanks or dam shores.

3. Group Control

- **Leadership Styles and Group Dynamics:** Understanding various leadership styles and managing group dynamics.
- **Roles of Leader and Assistants:** Clear definition of functions & responsibilities
- **Communication Skills:** Effective communication techniques for guiding groups on water, signalling
- **Role-playing Group Scenarios:** Simulated group control scenarios to practice leadership.
- **Leading Small Group Kayak Tours:** Practical experience in leading small group tours, implementing effective communication on water.



4. Environmental Awareness



- **Ecosystem and Wildlife Knowledge:** Understanding the ecosystems and wildlife encountered in inland rivers and dams.
- **Environmental Impact and Conservation:** Importance of Leave No Trace principles and conservation practices.
- **Identifying Local Flora and Fauna:** Recognizing local plant and animal species.
- **Participating in Conservation Projects:** Engagement in a river or dam maintenance project.

5. Navigation and Route Planning

- **Understanding Topographic Maps:** Reading and interpreting topographic maps.
- **Using a Compass and GPS:** Basic use of compass and digital navigation tools specific to water routes.
- **Route Planning:** Planning and following a route using maps and GPS, accounting for water currents, weather, and access points.

7. Paddling skills

- **Launching and landing:** positioning the craft, use of paddles, body placement.
- **Essential strokes:** forward, back, sweep, rudder strokes, scull, draw.
- **Capsize drills:** self-rescue, methods of assisted rescue, deep water rescue and swimming

- **Sailing:** improvised sails, full mast and sails, running, tacking, outrigger paddles
- **Paddling in rough water:** direction of craft, balance, rafting with mutual support, getting to shore.
- **Emergencies:** identifying incident, accident, emergencies, the principles of A-C-T-I-O-N-!, recovery and getting help with ETHANE.

6. Interpretive Information and Research

- **History and Cultural Significance:** Researching and understanding the history and cultural significance of the area route.
- **Finding Interpretive Information:** Sources for obtaining information about sites.
- **Engaging Storytelling Techniques:** Techniques for engaging storytelling and interpretation on tours.
- **Presenting Information:** Research and present information on specific sites.
- **Conducting Guided Interpretive Tours:** Practical experience in conducting interpretive tours.

7. Group Satisfaction and Enjoyment

- **Understanding Group Needs:** Assessing and responding to group needs and motivations.
- **Enhancing the Experience:** Strategies for making kayak tours enjoyable and memorable.



- **Feedback Evaluation:** Collecting and analyzing feedback to improve future tours.
- **Engaging Activities:** Implementing fun and engaging activities during tours.

8. Costing and Planning

- **Budgeting for Kayak Trips:** Creating a budget for kayak tours.
- **Cost Considerations:** Gear, permits, transportation, and accommodation expenses.
- **Funding and Sponsorship:** Exploring funding and sponsorship opportunities.
- **Logistics Planning:** Planning logistics, including permits, transport, and accommodation.
- **Managing Expenses:** Effective management of trip expenses.

9. Trip Feedback and Review

- **Post-trip Evaluations:** Importance of evaluating trips after completion.
- **Collecting and Analyzing Feedback:** Methods for collecting feedback and making improvements.
- **Implementing Changes:** Using feedback to make meaningful changes to future kayak tours.

10. Marketing Kayak Tours

- **Marketing Principles and Strategies:** Basic marketing principles for promoting the tours.
- **Social Media and Digital Platforms:** Utilizing social media and digital platforms for promotion.
- **Community Engagement:** Engaging with communities and customers to promote tours.

11. Ethics and Law

- **Tourism Act and Guide Qualifications:** Understanding relevant tourism laws and required qualifications for guides.
- **Trail Ethics and General Good Practice:** Ethical considerations and best practices for kayak touring.

Course

Duration: 2,5-day course, alternating between theory (1-2 hours) and practical (4-5 hours) sessions for each topic.

Assessment

- **Written Tests:** Assessing theoretical knowledge.
- **Practical Demonstrations and Evaluations:** Evaluating practical skills and group management.
- **Group Projects and Presentations:** Conducting group projects and presenting findings.

Awarded: AsAfrica Technical Certificate for Basic Kayak Touring Proficiency. This certificate is officially recognised when put towards the Generic Adventure Site Guide qualification.

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