Coast to Coast Grade 2 Kayak Certificate Course

4 days | Peel Forest, South Canterbury | About 2 hours from Christchurch

The kayak stage of the Coast to Coast runs down the Grade 2 Waimakariri River, and you need a Grade 2 Kayaking Skills Certificate to enter. Our four-day course teaches you the river skills to get down it safely and fast, then assesses you for that certificate.

We're based at Peel Forest, about two hours' drive from Christchurch. Kayaks, safety gear and on-site accommodation are all included, so you can come down for four days and focus on paddling.

Course at a glance

Price	$999 per person, inc GST
Length	4 days
When	October to April
Where	Day 1: CBay Aquatic Centre (Timaru) or Geraldine Pool, then flat water close to the pool. Days 2–4: based at Peel Forest Outdoor Centre, paddling the Rangitata and/or Orari Rivers.
From Christchurch	About 2 hours' drive
Age	16+
Group size	Minimum 4. Small coaching groups: 1 instructor to 4 paddlers, or 1 instructor plus an assistant to 6.
Instructors	NZOIA Kayak 1 and Kayak 2 qualified
Included	Instruction and assessment, whitewater kayak, paddle, helmet, wetsuit, buoyancy aid, windbreaker, group safety gear, and cabin accommodation for the course
Bring	Your own food, bedding and personal gear (see Gear List)
Outcome	Coast to Coast Grade 2 Kayaking Skills Certificate, when you meet the standard

Why train with us

- **Your certificate is accepted for the Coast to Coast.** The race accepts Grade 2 certificates signed by instructors holding a current NZOIA Kayak 1. Our assessors hold NZOIA Kayak 1 or Kayak 2.
- **No boat needed.** We supply whitewater kayaks and all the safety gear. That suits first-timers who haven't bought a race boat yet.
- **Accommodation included.** Stay in our off-grid cabins at Peel Forest for the whole course at no extra cost. No daily driving back and forth from Christchurch.
- **Small groups, more coaching.** We coach at 1 instructor to 4 paddlers, or 1 instructor plus an assistant to 6.
- **Room to keep improving.** If you're not at the standard after four days, we'll tell you exactly what to work on and offer discounted private coaching or further days on a future course.

About the certificate and your boat

At the end of the course, your instructor assesses you against the Coast to Coast Grade 2 Kayaking Skills Certificate (a copy is on the last page of this sheet). If you meet the standard, they sign your certificate. You then send it to the Coast to Coast organisers before their entry deadline.

The certificate records the boat you were assessed in and a recommended boat type: Stable, Intermediate or Elite. The race requires you to do your first Coast to Coast in that class. We teach and assess in whitewater kayaks, because they're forgiving, they let you learn faster, and they don't wreck your race boat on the rocks.

Being assessed in a whitewater kayak doesn't limit you to a Stable boat. The recommended boat type is the assessor's call, based on the skill and control you show. If you paddle with enough competence, you can be signed off for an Intermediate or Elite boat. Talk to your instructor on Day 1 about the boat you plan to race in.

Is this course right for me?

The course starts from the basics, in the pool and on flat water, so you don't need river experience. It suits:

- First-time Coast to Coast entrants who need a Grade 2 certificate
- Paddlers who want to build real river skills and confidence
- Past competitors whose certificate is more than two years old and who haven't raced in the last five years

There is a set skill level for the certificate. Most people reach it by the end of the four days, but not everyone, and we must be confident you can get down the river safely on race day. The more time you spend in a kayak on flat water before the course, the better your chances. But don't stress too much. Kayaking is fun, and our instructors will support you all the way.

If you need more time

Your Grade 2 certificate isn't automatic. It's signed only when your instructor judges you've reached the standard, because the Waimakariri doesn't care how many days you've paid for. If you're not there by the end of the course, we'll tell you exactly what to work on. You can then book private coaching at a discounted rate, or join further days on a future course, within 12 months, so you don't need to repeat the full course.

Accommodation and food

Accommodation is included. You'll stay in our off-grid cabins at Peel Forest for the length of the course, at no extra charge. Bring your own bedding (sheets, pillow and duvet, or a sleeping bag) and a towel. The bedrooms aren't heated, so bring enough to stay warm. We provide hand towels, bathmats, tea towels and cleaning cloths.

Bring your own food. You'll need all your meals and snacks, plus a packed lunch in a dry bag each day. There's no fridge in the accommodation, so plan food that keeps.

Getting here from Christchurch

Peel Forest Outdoor Centre is at 1222 Peel Forest Road, Peel Forest, near Geraldine, about two hours' drive from Christchurch. Day 1 starts at 8:30 am at either CBay Aquatic Centre in Timaru or Geraldine Pool. We'll confirm which a week out. Some people from Christchurch drive down the evening before. Please get in touch if you'd like to stay the night before Day 1.

Course schedule

This is our typical plan. Times and locations may change to suit the group, the weather and river flows.

Day 1 – Pool and flat water	
8:30 am – 11:30 am	**Pool session.** Meet at CBay Aquatic Centre, Timaru, or Geraldine Pool (confirmed a week out). Boat fitting, then: • Water confidence progressions • Rescues • Introduction to rolling
11:30 am – 1:00 pm	Lunch and travel to the flat water site, close to the pool
1:00 pm – 4:00 pm	**Flat water skills session:** • Paddle strokes • Boat edging and control • Driving your boat • Water confidence, above and below the water
4:00 pm	Debrief and plan for the next day, based on weather, river flows and the group
Day 2 – Introduction to moving water	
9:00 am	Meet at Peel Forest Outdoor Centre, 1222 Peel Forest Road
10:00 am – 1:00 pm	**Introduction to moving water:** • River features • Boat control in flow • Rescues on the river
2:00 pm – 4:00 pm	Short river trip
Day 3 – River day	
9:00 am – 4:00 pm	**Meet at Peel Forest Outdoor Centre.** Full-day river trip on the Rangitata and/or Orari: • River skill drills • Rolling • Stroke recap and advancement • Rescue practice
Day 4 – River day and assessment	
9:00 am – 4:00 pm	**Meet at Peel Forest Outdoor Centre.** Full-day river trip: • Stepping up to more challenging water • Demonstrating skills for assessment

Gear list

You'll spend lots of time in the water, upside down and swimming, so come prepared for it. We use whitewater kayaks for the whole course. The skills transfer straight to your race boat, and we don't want to bash your race boat on the rocks.

Please tell us which items you'd like us to supply, and your sizes, before the course starts. That saves us bringing heaps of gear to the pool on Day 1.

You must bring

- Thermal polypro or woollen top
- Fleece jersey or second polypro top
- Woollen or polypro socks
- Running shoes (these will get wet)
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks in a dry bag
- Sunscreen
- Any medications you take

Pool kit

- Togs plus a thermal or rash top
- Nose plug and/or goggles (optional, but they make learning much more pleasant)

Optional

- Cap
- Beanie
- Thermal leggings (highly recommended on cooler days)
- Thermos

We supply

- Whitewater kayak
- Paddle
- Helmet
- Wetsuit
- Buoyancy aid (PFD)
- Windbreaker jacket
- Group safety gear: throw bag, pin kit, first aid kit, split paddle, bothy and more

We can supply on request

- Thermal top or leggings
- Fleece top
- Beanie

Booking and contact

Courses run from October to April, with a minimum of four people per course. Book online when a course is listed, or contact us for the next dates or a group booking.

Book online: peelforestoutdoors.org.nz/grade-2-kayak-certificate-course

Phone: 03 696 3832

Email: info@peelforestoutdoors.org.nz

Address: 1222 Peel Forest Road, RD22, Geraldine, South Canterbury

Peel Forest Outdoor Centre is a registered Adventure Activity Operator, audited by AdventureMark (certificate AAO 134).

Kathmandu Coast to Coast Grade 2 Kayaking Skills Certificate

Candidate name:	**Candidate assessed in:** Whitewater boat / Long boat
Assessor name:	**Recommended boat type*:** Stable / Intermediate / Elite
Assessor phone:	**Assessor Qualification**:**
Assessor Company (if applicable):	**Assessor email:**

Grade 2 Whitewater Kayaking Skills *(this section not required for non-steering paddler in tandem team)*	**Initial**
Identifies and responds appropriately to Grade 2 river features. *Eddylines, wave trains, holes, buffer waves, bluffs, side currents and boils.*	
Identifies and demonstrates paddling safe and efficient lines.	
Demonstrates efficient and effective forward paddling.	
Demonstrates efficient and effective forward and reverse sweep strokes. Remains balanced.	
Demonstrates effective low brace. Can right self from tipping point. Can use appropriately while paddling in rapid.	
Demonstrates breaking in and out of eddies. Can hold desired line. Remains balanced.	
Demonstrates ferry gliding. Can hold desired line. Remains balanced.	

Grade 2 River Safety Skills	**Initial**
Understands correct use of personal kayaking and safety equipment. Can identify appropriate and inappropriate equipment. Including kayak, PFD, helmet, thermals, paddle, spraydeck.	
Recognises and understands hazards associated with kayaking, including broaching, strainers and foot entrapment. The appropriate actions required to avoid or deal with these hazards are described and/or demonstrated.	
Demonstrates self rescue with kayak and gear. Candidate capsizes, stays calm, gathers equipment and efficiently moves to bank. Empties boat and paddling again within efficient timeframe.	
Demonstrates safe rapid float position (on back, feet first, feet up etc).	
Demonstrates assertive white water swimming across wave train and eddyline.	
Demonstrates being rescued with aid of another craft (kayaker and/or jetboat).	
Receives a throw bag as a swimmer in Grade 2. Correct holding of rope and body.	
Can describe and identify, prevention, symptoms and treatment of hypothermia.	
Recognises basic river signals and describes appropriate response.	

I have received instruction and completed practical training in Grade 2 River skills, and certify that I feel competent in the above listed skills.	
Candidate signature:	Date:
I have completed a thorough assessment of the candidate and certify they are competent in the above listed skills.	
Assessor signature:	Date:
* Stable – eg seakayak, Eclipse, Intrigue or similar. Intermediate – eg Rockstar, Total Eclipse, Sprinter etc. Elite – eg UFO, Addict, Evo Edge ** Refer to website for acceptable qualifications	**If any clarification is required contact the Kathmandu Coast to Coast River Manager: riversafety@coasttocoast.co.nz**