



ACA Level 1: Introduction to Kayaking Instructor Criteria

General Requirements for all Certifications:

- Be at least 18 years old.
- Successfully complete an Instructor Certification Workshop (IDW & ICE)
- ACA membership including the Safety Education & Instruction Council (SEIC)
- Demonstrate a general knowledge of Paddlesports and the ACA

Maintenance Requirements:

- Teach at least two courses that meet ACA standards within the four-year certification period and report the results to the National Office
- Complete an Instructor Update, at the highest level of certification, during the certification period. Alternatively, at the discretion of the facilitating IT/ITE, instructors may assist an IDW / ICE or co-teach skills course at the appropriate level in conjunction with a review of SEIC policies and procedures.
- Maintain ACA membership and SEIC registration annually

Level 1: Introduction to Kayaking Instructor Requirements:

Fundamentally, we expect that paddlers should have basic paddling skills, before presenting themselves for evaluation as instructor candidates as below:

- 1) The ability to teach and model the basic kayak paddle strokes and maneuvers effectively:
 - Forward to propel the kayak reasonably straight forward
 - Reverse to stop and reverse reasonably straight backward
 - Forward and reverse sweeps to turn and or spin the kayak
 - Draw and sculling draw to move the kayak sideways straight
 - Rudder to glide straight and turn to paddle side

- 2) Demonstrate the ability to teach and model basic rescue techniques effectively:
 - Controlled capsized and wet exit the kayak, swim to shore with the kayak and empty of water
 - T-rescue
 - Side-by-Side
 - Rafted-T
 - Scoop
 - Paddle Float with and w/o sling

- 3) Demonstrate knowledge of, and ability to teach, the following effectively:
 - Safety issues and hazards of flat water kayaking
 - Weather conditions important to the kayaker
 - Hypothermia and hyperthermia; prevention and treatment
 - Signaling devices and safety equipment
 - Boat traffic awareness and safe practice
 - Kayak nomenclature & design
 - Kayak Paddle fit, hand placement & design
 - Safety Equipment : paddle float, pump, sling

- 4) Demonstrate ability to paddle and perform rescues efficiently and comfortably, in very protected calm water.

- 5) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.