



## **AMERICAN CANOE ASSOCIATION 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
  
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

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.