



## AMERICAN CANOE ASSOCIATION LEVEL 2: ESSENTIALS OF KAYAK TOURING 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 2: Essentials of Kayak Touring 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. This includes:
  - Forward stroke, to propel the kayak straight forward
  - Reverse/back stroke, to stop and reverse straight backward
  - Forward and reverse sweeps, to turn and or spin the kayak
  - Draw and sculling draw, to move the kayak sideways evenly
  - Low brace to avoid capsize
  - Rudder to glide straight and turn to paddle side
2. Demonstrate the ability to teach and model basic rescue techniques effectively:
  - Controlled capsize and effectively wet exit the kayak with spray skirt
  - T-rescue
  - Side-by-Side
  - Rafted-T
  - Scoop
  - Paddle Float with and w/o sling
  - Hand of God
3. Demonstrate knowledge of, and ability to teach, the following effectively:
  - Safety issues and hazards of flat water kayaking
  - Weather and tide conditions important to the kayaker
  - Hypothermia and hyperthermia; prevention and treatment
  - Signaling devices and safety equipment including VHF radios

IPC 05/2008

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- Boat traffic safe practice, maps, charts, float plan
  - 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 effectively, in up to 1 foot waves, 10 knot winds and up to 1 knot current. Venue should be protected water near shore.
  5. Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.