



## AMERICAN CANOE ASSOCIATION LEVEL 2: ESSENTIALS OF RIVER CANOEING 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
- Demonstrate the ability to perform and teach all of the following material unassisted.

### 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

**Prerequisite:** Completion of the L2 Essentials of River Canoeing Skills Course; L2 Skills Assessment Course or equivalent skills.

### Level 2: Essentials of River Canoeing Instructor Requirements:

This certification is for teaching canoeing on moving water, with no rapids. Instructor candidates must be able to paddle comfortably on Class I rapids. The minimum duration of an Instructor Certification Workshop (ICW) is 3 days.

Fundamentally, we expect that paddlers should have paddling skills commensurate with the certification requirements, before presenting themselves for evaluation as instructor candidates as below:

- 1) ACA Paper Work
  - How to register and report a course
  - Waivers and know the insurance plan
- 2) Provide a safe teaching environment
  - How to choose an appropriate class site
  - What to do in case of emergency
  - Demonstrate leadership, group management skill, experience and judgment necessary to be a safe, effective instructor
- 3) Demonstrate ability to paddle efficiently and comfortably, in moving water utilizing versatile/whitewater canoes with proper outfitting and gear.
  - Boat stability
  - Vertical paddle
  - Safe and effective body usage: Bio-Mechanics (Body, Linkage and Rotation)
  - Parts of strokes: CPR (Catch, Power, Recovery)

- 4) The ability to teach and model the following canoe strokes:
  - Tandem (Bow): Forward (Basic); Back; Draw; Bow Draw; Push Away; Cross Bow Draw; Bow Sweeps; Pry
  - Tandem (Stern): Forward; Back; Draw; Stern Draw; Push Away; Stern Pry; Stern Sweeps; Rudder; J Stroke; Pry
  - Solo: Forward (Basic); Back; Draw; Push Away; Cross Bow Draw; Stern Pry; Forward Sweep; Reverse Sweep; Rudder; J Stroke; Pry; Stern Draw
  
- 5) The ability to teach and model the basic canoe maneuvers:
  - Launch and land (Parallel to shore, dock)
  - Forward to propel the canoe reasonably straight forward (50 YDS)
  - Reverse to stop and reverse reasonably straight backward (1 Boat Length)
  - Spins: (Onside and Offside)
  - Move canoe abeam (sideways) both directions in a reasonably straight line (20 FT)
  - Turns with leans
  - Forward Ferries (To a fixed point moving water)
  - Eddy Turns (Moving Water)
  - Peel-Outs (Moving Water)
  - C-Turns (Moving Water)
  - S-Turns (Moving Water)
  
- 6) Demonstrate, teach and perform rescues efficiently and comfortably in moving water:
  - Self rescue
  - Rescue priorities: People, Boats and Gear
  - Rescue sequence: Talk, Reach, Throw, Row and Go (RETHROG)
  - Towing a canoe
  - Towing a swimmer
  - Deep water exit (Vault and Slide)
  - Controlled capsized exit from the canoe, swim to shore with the canoe and empty of water
  - T-rescue
  - Side-by-Side
  - Re-entry, rescue sling
  - Throw bag use (Throwing and Receiving) Hit a moving target at 30 FT
  - Pinned Boat Rescues (Arm Strong)
  - Basic Wading
  
- 7) Demonstrate knowledge of, and ability to teach, the following:
  - PFD's (Life Vests): Types, Usage, Fitting and Regulations
  - 5-P's of prevention concept: Proper; Prior; Planning; Prevents; Problems
  - Safety issues and hazards of flat water canoeing
  - Weather conditions important to the canoeist: 4-W's (Water, Wind, Waves and Weather)
  - Cold shock, hypothermia and hyperthermia; prevention and treatment
  - Signaling devices and safety equipment
  - Boat traffic awareness and safe practice
  - Canoe nomenclature & design
  - Canoe Paddle design and fit
  - Safety Equipment : paddle float, pump, sling
  - Bio-mechanics of canoeing
  - Leave no trace

- 8) Demonstrate a knowledge and the ability to teach, the following river features and risks associated with them:
- Currents
  - Rocks (Upstream and downstream V's)
  - Ledges and low head dams (Horizon Line)
  - Broaching
  - Pins and entrapment
  - Strainers/Sieves
  - Bends
  - Undercut Rocks/Ice
  - Dams/Flow diversion structures and pipelines
- 9) Demonstrate a knowledge and the ability to teach the following skills related to leading a group on a moving water river:
- Planning a trip
  - Put-in Briefing
  - Scouting
  - Portage and Lining
  - Group (3 boat minimum)
  - Group Management (Lead /Sweep, Safety, Spacing)
  - River Signals
- 10) Demonstrate a knowledge of teaching and learning theory:
- Characteristics of different types of learners
  - Effective teaching methods
  - Effective prepared and impromptu presentations
  - Evaluate and provide feedback
- 11) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.