



AMERICAN CANOE ASSOCIATION LEVEL 2: ESSENTIALS OF RIVER 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 2: Essentials of River Kayak 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 strokes and maneuvers effectively.
 - Forward stroke, to propel the kayak straight forward
 - Reverse/back stroke, to stop with control and reverse straight backward
 - Forward and reverse sweeps, to turn and or spin the kayak , including stern draw
 - Draw and sculling draw, to move the kayak sideways evenly
 - Low brace to avoid capsize
 - Rudder to glide straight and to turn to paddle side
- 2) Demonstrate the ability to teach and model basic rescue techniques effectively:
 - Controlled capsize and effectively wet exit kayak with a spray skirt
 - T-rescue and deep water re entry
 - Swimming with boat and gear
 - Bull doze empty boat to shore with correct angle
 - Towing boats and swimmers
 - Hand of God
 - Throw rope applications as rescuer and victim
- 3) Demonstrate knowledge of, and ability to teach, the following effectively:
 - Safety issues and hazards of river kayaking AWW Code
 - Water reading and paddling in current
 - Eddies , eddy turns and peel outs
 - Front ferry with control
 - Weather reading conditions important to the kayaker
 - Hypothermia and hyperthermia; prevention and treatment
 - River Signaling , hand , paddle, whistle

IPC 05/2008

- Maps, guide books, float plan
 - Kayak nomenclature & design
 - Kayak Paddle fit, hand placement & design
 - Safety Equipment : throw ropes, carabiners, pump, sling
- 4) Demonstrate ability to paddle and perform rescues efficiently and effectively, in moving water through class 1. Venue should be flat water and Rivers of no more than class 1 difficulty.
- 5) Demonstrate leadership, group management skills, organization, experience and judgment necessary to be a safe, effective instructor.