



## AMERICAN CANOE ASSOCIATION LEVEL 3: COASTAL 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.
- Attend for IT signature (within the four-year certification period) at least one of the following: Instructor Methods Workshop, Instructor Development Workshop, Instructor Certification Workshop
- Maintain ACA membership and SEIC registration annually.

### Proficiency Requirements for Level 3: Coastal Kayaking Instructors:

L3: Coastal Kayaking instructor certification cannot be completed unless during some period two of the conditions necessary for assessment are present during some portion the certification course. The four criteria include:

- 10-15 knot winds
- 1-2 foot seas
- 1-2 foot breaking waves
- 1-2 knots of current

### Level 3: Coastal Kayaking Instructor Skill / Knowledge Requirements:

Fundamentally, we expect that paddlers should be experienced sea kayakers in mild to moderate conditions, before presenting themselves for evaluation as instructor candidates at Level 3: Coastal Kayaking.

- 1) Demonstrate the ability to teach and model the basic paddle strokes:
  - Forward (Touring & Power)
  - Reverse & Stopping
  - Forward and reverse sweeps
  - Draw (In-water / Out-of-water / Sculling)
  - High and low braces
  - Sculling brace
  - Rudder
  
- 2) Demonstrate the ability to teach and model the following maneuvers:
  - Low Brace Turn
  - High Brace Turn
  - Bow Rudder
  - Side-Slip

- 3) Demonstrate the ability to teach and model basic rescue techniques:
  - T-rescue
  - Side-by-Side
  - Rafted-T
  - Paddle Float
  - Contact rescue (tow / push another kayaker w/o use of towline)
  - Eskimo Rescue (Bow / Stern / Paddle)
  
- 4) Also have working knowledge of other rescues
  - Scramble
  - Reentry and Roll with Paddle Float
  - Reentry and Roll
  - All-In
  - Scoop
  - Sling
  
- 5) Demonstrate ability to perform a reliable Eskimo roll.
  
- 6) Demonstrate knowledge of, and ability to teach, the following:
  - Safety issues and hazards of coastal kayaking
  - Basic chart reading and use
  - Weather conditions important to the kayaker
  - Hypothermia and hyperthermia; prevention and treatment
  - Signaling devices and safety equipment
  - Boat traffic, Rules of the Road
  - Kayak design and equipment
  - Kayak towing technique
  
- 7) Demonstrate ability to paddle comfortably with grace and style, as well as to perform rescues efficiently, in calm water.
  
- 8) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.