



## AMERICAN CANOE ASSOCIATION LEVEL 3: RIVER KAYAKING INSTRUCTOR CRITERIA

### General Requirements for all Certifications:

- Be at least 18 years old.
- Successfully complete the appropriate 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 as required by SEIC policies and procedures.
- Maintain ACA membership and SEIC registration annually

### Level 3: River Kayak Instructor Requirements:

Candidates should have safety awareness, general technical knowledge, general river kayak paddling and teaching skills on both flat /moving water and rivers with rapids rated up to class I-II prior to attending ICE as below.

Generally demonstrate ability to paddle and perform rescues efficiently and effectively, in moving water through class II rapids

Generally demonstrate leadership, group management skills, organization, experience and judgment necessary  
To be an effective instructor

Class conditions are level I-II rapids where limited maneuvering in current may be required to avoid obstacles.  
All of the following instructor requirements are to be completed in the course venue: class I-II rivers.

- 1) The ability to effectively perform, model and teach basic kayak strokes and maneuvers as below
  - Forward stroke, to propel the kayak straight forward with good form
  - Reverse/back stroke, to stop with control and paddle backward with control
  - Forward and reverse sweeps, for turning and spinning, including stern draw
  - Draw and sculling draw, to move the kayak sideways evenly
  - Low and high braces using good form to avoid capsize
  - Draws to control spin and provide controlled turns to either side
  - Eddy turns and peel outs using good form with body boat and paddle
  - Front ferry (upstream) to move laterally with effective boat control.
  - Back Ferry (downstream) to stop in current and move laterally to avoid hazards

- Maneuvering on Class I-II water using various techniques, including but not limited to wave surfing with control.
- 2) Demonstrate the ability to teach and model basic rescue techniques as below effectively:
- Controlled capsize and wet exit kayak with a spray skirt
  - T-rescue technique for deep water re entry (not in rapids)
  - Swimming with and without boat and gear
  - Bull dozing boat to shore with correct angle and recovering gear
  - Towing boats and swimmers
  - Eskimo bow rescues
  - Use of throw rope as rescuer and victim
  - Instructors should be able to perform and demo a Hand of God rescue
- 3) Demonstrate knowledge of, and ability to teach, as below effectively:
- Overall knowledge of paddlesports
  - Safety issues including using the American Whitewater Safety Code
  - River features and hazards and how to use and or avoid them
  - River running strategies, including group management on the river
  - Weather reading and weather protocols(lightning) important to the kayaker
  - Cold water shock, hypothermia and hyperthermia; prevention and treatment
  - River Signaling ,with hand , paddle, whistle
  - Maps, guide books and value of local knowledge for trip planning
  - Developing a float plan
  - Trip (day) and class planning considerations
  - Kayak nomenclature & designs
  - Whitewater kayak outfitting
  - Kayak Paddle fit, hand placement & designs
  - Safety Equipment use (basic) . Talk, Reach, Throw, Row, Go
- 4) Demonstrate knowledge of teaching and learning theory:
- o Characteristics of different types of learners
  - o Effective teaching methods
  - o Effective prepared and impromptu presentations
  - o Evaluate and provide feedback effectively
- 5) Perform a safe reliable Eskimo roll.

Taking an ACA SWR class for further training on rescue is strongly suggested