



AMERICAN CANOE ASSOCIATION LEVEL 4: OPEN WATER 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 4: Open Water Coastal Kayaking Instructors:

L4: OWCK certification cannot be completed unless during some period two of the conditions necessary for rough water assessment are present during some portion the certification course. Two conditions must occur, but they do not have to be simultaneous. Area of escape from rough conditions must be accessible. The four criteria include:

- 3-5 foot seas
- 15-20 knot winds
- 3-4 foot surf
- 3-4 knots of current

Level 4: Open Water 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)
 - Solo & Assisted Towing
 - Eskimo Rescue (Bow / Stern / Paddle)
 - Eskimo Roll
 - Re-enter & Roll
- 4) Also have working knowledge of other rescues
 - Scramble
 - All-In
 - Scoop
 - Sling
- 5) Demonstrate ability to perform a reliable Eskimo roll.
 - 3 rolls w/i 1 minute (one must be from a non-set-up position)
- 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 in surf, tides and rough water.
- 8) Demonstrate the ability to perform rescues efficiently in rough water.
- 9) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.