



AMERICAN CANOE ASSOCIATION LEVEL 4: WHITEWATER KAYAKING INSTRUCTOR CRITERIA

General Requirements for all ACA 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 4: Whitewater 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 II- III prior to attending ICE as below.

Generally demonstrate ability to paddle and perform rescues efficiently and effectively with mental tranquility, in moving water through class III rapids

Generally demonstrate leadership, group management skills, organization, experience and judgment necessary

To be an effective instructor

Class conditions are level II- III 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 II- III rivers.

- 1) Effectively perform, model and teach basic kayak strokes and maneuvers listed 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 of all types 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) in class III rapids to move laterally with effective boat control.
 - Back Ferry (downstream) in class II rapids to stop in current and move laterally to avoid hazards
 - Maneuvering on Class II-III water using various techniques, including, but not limited to surfing and playing the river with comfort and control.
- 2) Effectively teach and model the basic rescue techniques below
- Demonstrate and teach methods that provide underwater composure and confidence prior to Wet Exit
 - Controlled capsize and wet exit kayak with a spray skirt
 - Boat over boat 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 swimmers from kayak bow/stern, and kayak using quick release waist tow
 - Eskimo / T-rescues using bow etc.
 - Use of throw rope as rescuer and victim along with Talk, Reach, Throw, Row, Go basics
 - Instructors should be able to perform and demo a Hand of God rescue
 - Pinned craft , unpinning concepts including wading
- 3) Demonstrate solid knowledge of, and ability to effectively teach, the material listed below :
- 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 scouting and group management on the river
 - Weather reading and weather protocols, including (lightning plan) important to kayakers
 - 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 designs and uses include river running, play boating and creeking
 - Whitewater kayak outfitting
 - Kayak Paddle fit, hand placement & designs
- 4) Demonstrate knowledge of teaching and learning theory:
- Characteristics of different types of learners
 - Barriers to learning
 - Effective general teaching methods
 - Effective prepared and impromptu presentations
 - Evaluate and provide feedback effectively
 - Team teaching and co teaching
 - Use of progressions in skills/venue and mental comfort

- 5) Perform and be able to teach reliable Kayak rolls using techniques that avoid injury to muscles and joints.

Taking an ACA SWR class for further training on rescue is strongly suggested as is WFR or WFA at minimum.