



AMERICAN CANOE ASSOCIATION LEVEL 5: ADVANCED WHITEWATER CANOEING 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
- Demonstrate the ability to perform and teach all of the following material unassisted.

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

Discipline Requirement:

- Has been an active ACA L4 Whitewater Instructor for a minimum of **TWO years**.
- Completion of an L4 Swiftwater Rescue Course.

Level 5: Advanced Whitewater River Canoeing Instructor Requirements:

This certification is for teaching canoeing on Class III sections of rivers not exceeding Class IV. Instructor candidates must be able to paddle comfortably on Class IV rapids. The minimum duration of an Instructor Certification Workshop (ICW) is 2 days.

Fundamentally, we expect that paddlers should have paddling skills commensurate with the certification requirements, before presenting themselves for evaluation as instructor candidates as below:

- 1) ACA Paper Work
 - How to register and report a course
 - Waivers and know the insurance plan
- 2) Provide a safe teaching environment
 - How to choose an appropriate class site
 - What to do in case of emergency
 - Demonstrate leadership, group management skill, experience and judgment necessary to be a safe, effective instructor

- 3) Demonstrate ability to teach efficiently in a Class III venue, and paddle comfortably in Class IV using properly outfitted whitewater canoes, floatation, outfitting, end lines and gear.
 - Boat stability
 - Vertical paddle
 - Safe and effective body usage: Bio-Mechanics (Body, Linkage and Rotation)
 - Parts of strokes: CPR (Catch, Power, Recovery)

- 4) The ability to teach and model the following canoe strokes:
 - Tandem (Bow): Forward (Basic); Back; Draw; Bow Draw; Push Away; Cross Bow Draw; Bow Sweeps; Pry; Sculling Draw; Sculling Pry; Stationary Draw; Stationary Pry; Low Brace; High Brace; Reverse J; Cross Bow Reverse; Slice; On Side Duffek; Offside Duffek; Cross Forward; Jam
 - Tandem (Stern): Forward; Back; Back; Draw; Stern Draw; Push Away; Stern Pry; Stern Sweeps; Rudder; J Stroke; Pry; Sculling Draw; Sculling Pry; Stationary Pry; Low Brace; High Brace; Far Back; Compound Back; Pitch; (Cross Stern Strokes)
 - Solo: Forward (Basic); Back; Draw; Push Away; Cross Bow Draw; Stern Pry; Forward Sweep; Reverse Sweep; Rudder; J Stroke; Pry; Stern Draw; Sculling Draw; Sculling Pry; Stationary Draw; Stationary Pry; Low Brace; High Brace; Reverse J; Cross Bow Reverse; Slice; On Side Duffek; Offside Duffek; Cross Forward; Far Back; Compound Back; Jam; Pitch

- 5) The ability to teach and model the canoe maneuvers: (Class III)
 - Launch and land (Parallel to shore, dock)
 - Forward to propel the canoe straight forward (50 YDS)
 - Backwards in a straight line (25 YDS)
 - Reverse to stop (1 Boat Length)
 - Spins: (Onside and Offside)
 - Move canoe abeam (sideways) 20 FT both directions in a straight line
 - Sideslips (10 FT both directions with forward momentum)
 - Turns with leans
 - U-Turn (with initiation and lean 1 ½ boat lengths)
 - Inside Circle (Power Circle) Both directions
 - Forward Ferries (To a fixed point)
 - Eddy Turns (1 boat length)
 - Peel-Outs
 - C-Turns
 - S-Turns
 - Back Ferries to a fixed point
 - Front Surfing
 - Side Surfing a hole w/ bracing
 - Attainments
 - Use the pitch stroke while doing attains or hard ferries
 - Use the jam stroke in the bow while doing eddy turns
 - (Tandem) If in the Gemini position have the stern paddler do cross stroke when doing eddy turns and peel outs to their off side.

- 6) Demonstrate, teach and perform rescues efficiently and comfortably in Class III current:
 - Self rescue
 - Rescue priorities: People, Boats and Gear
 - Rescue sequence: Talk, Reach, Throw, Row and Go (RETHROG)
 - Towing a canoe

- Towing a swimmer
 - Deep water exit (Vault and Slide)
 - Controlled capsized exit from the canoe, swim to shore with the canoe and empty of water
 - T-rescue
 - Side-by-Side
 - Re-entry, rescue sling
 - Throw bag use (Throwing and Receiving) Hit moving target at 50 FT
 - Pinned Boat Rescues (Arm Strong, Rope/Vector)
 - Basic Wading
 - Strainer Drills
- 7) Demonstrate knowledge of, and ability to teach, the following:
- PFD's (Life Vests): Types, Usage, Fitting and Regulations
 - 5-P's of prevention concept: Proper; Prior; Planning; Prevents; Problems
 - Safety issues and hazards of flat water canoeing
 - Weather conditions important to the canoeist: 4-W's (Water, Wind, Waves and Weather)
 - Cold shock, hypothermia and hyperthermia; prevention and treatment
 - Signaling devices and safety equipment
 - Boat traffic awareness and safe practice
 - Canoe nomenclature & design
 - Canoe Paddle design and fit
 - Safety Equipment : paddle float, pump, sling
 - Bio-mechanics of canoeing
 - Leave no trace
- 8) Demonstrate a knowledge and the ability to teach, the following river features and risks associated with them:
- Currents
 - Rocks (Upstream and downstream V's)
 - Ledges and low head dams (Horizon Line)
 - Broaching
 - Pins and entrapment
 - Strainers/Sieves
 - Bends
 - Undercut Rocks/Ice
 - Dams/Flow diversion structures and pipelines
- 9) Demonstrate a knowledge and the ability to teach the following skills related to leading a group on a whitewater river:
- Planning a trip
 - Put-in Briefing
 - Scouting
 - Portage and Lining
 - Group (3 boat minimum)
 - Group Management (Lead /Sweep, Safety, Spacing)
 - River Signals
- 10) Demonstrate a knowledge of teaching and learning theory:
- Characteristics of different types of learners
 - Effective teaching methods

- Effective prepared and impromptu presentations
- Evaluate and provide feedback

11) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.