



American Canoe Association Touring Canoe Instructor Criteria

General Requirements for all Certifications:

- 1) Be at least 18 years old.
- 2) Successfully complete an Instructor Development Workshop and Certification Exam.
- 3) ACA membership including the Safety Education & Instruction Committee.
- 4) Demonstrate a general knowledge of paddlesports and the ACA.

Maintenance Requirements:

- 1) Teach at least two courses that meet ACA standards within the four-year certification period and report the results to the National Office.
- 2) Attend for IT signature (within the four-year certification period) at least one of the following: Instructor Methods Workshop, Instructor Development Workshop, Instructor Certification Exam.
- 3) Maintain ACA membership and SEIC registration annually.

Proficiency Requirements for Introduction to Canoe Instructors: Fundamentally, we expect that paddlers should be experienced canoeists before presenting themselves for evaluation as Instructor candidates.

- 1) Demonstrate the ability to teach and model the basic paddle strokes:
 - a. Forward
 - b. Forward with Switch
 - c. Back
 - d. Draw
 - e. Pushaway/Pry
 - f. J correction (stern)
- 2) Demonstrate knowledge of and ability to teach the following:
 - a. Safety issues and hazards of canoeing
 - b. Hypothermia and hyperthermia prevention and treatment
 - c. Dehydration
 - d. Boat traffic and rules of the road
 - e. Canoe design and related equipment
- 3) Demonstrate the ability to teach and model basic rescue skills and techniques:
 - a. Hazard Recognition and Avoidance
 - b. RETHROG
 - c. Rescue Priorities
 - d. Water confidence
 - e. Emptying boat
 - f. Swimming boat
 - g. Boat-over-boat rescue
- 4) Demonstrate knowledge of and ability to teach the following:
 - a. Traveling forward in a straight line
 - b. Stopping in a reasonable distance
 - c. Spin
 - d. Turn
 - e. Move boat abeam

- f. Apply general paddling concepts
- 5) Demonstrate ability to paddle comfortably with grace and style, as well as to perform rescues efficiently in calm water

Proficiency Requirements for Touring Canoe Instructors:

- 1) Demonstrate the ability to teach and model the basic paddling strokes
 - a. Forward w/Switch, w/bent paddles
 - b. Forward, J and C corrections
 - c. Back
 - d. Draws: to hip, static, to bow, to stern
- 2) Demonstrate knowledge of and ability to teach the following
 - a. Safety issues and hazards of canoeing
 - b. Hypothermia and hyperthermia prevention and treatment
 - c. Dehydration
 - d. Boat traffic and rules of the road
 - e. Canoe design and related equipment
- 3) Demonstrate the ability to teach and model basic rescue techniques:
 - a. Hazard Recognition and avoidance
 - b. RETHROG
 - c. Rescue priorities
 - d. Water confidence and comfort
 - e. Empty a boat full of water
 - f. Swim boat
 - g. Boat-over-boat rescue
- 4) Demonstrate knowledge of and ability to teach:
 - a. Forward travel in a straight line
 - b. Stopping in a reasonable distance
 - c. Spin
 - d. Turn
 - e. Move boat abeam without headway
 - f. Sideslips
- 5) Demonstrate ability to paddle comfortably with grace and style and to perform rescues efficiently in rough and windy conditions.

Proficiency Requirements for Freestyle Instructors:

- 1) Demonstrate the ability to teach and model paddling strokes:
 - a. Forward, cross forward, compound cross forward
 - b. All draws in all quadrants
 - c. Back, far-back; combined, compound, and cross reverse
 - d. Reverse J, cross reverse J
 - e. Reverse C, cross reverse C
 - f. Sweeps in all quadrants
- 2) Demonstrate knowledge of and ability to teach the basic maneuvers:
 - a. Axle in all quadrants
 - b. Christy in all quadrants
 - c. Post in all quadrants
 - d. Wedge in all quadrants
 - e. Gimbals
- 3) Demonstrate knowledge of and ability to teach the following:
 - a. Safety issues and hazards of canoeing
 - b. Hypothermia and hyperthermia prevention and treatment
 - c. Dehydration prevention
 - d. Boat traffic and rules of the road
 - e. Proper use of the body
 - f. Proper use of the hull

- g. Types of heeling
 - h. Types of kneeling
 - i. Palm roll
 - j. Canoe design and related equipment
 - k. Parts of Freestyle maneuvers
- 4) Demonstrate the ability to teach and model rescue techniques:
- a. Boat over boat
 - b. 'H' rescue
 - c. Swimming with boat
- 5) Demonstrate ability to paddle comfortably with grace and style, combining and connecting maneuvers in a smooth and creative manner.