



Advanced White Water Canoe – Tandem Level 5 (Class III) INSTRUCTORS' GUIDE

COURSE OVERVIEW/PURPOSE: To take the skills and knowledge the student has learned in the Level 4 - Class II White Water course and apply then to Class III+ water. Added to those skills are the finer points of reading white water, boat control, safety and good judgment. **The focus is more on 1. How to use the river and “play” the river. 2. Increased hazards of paddling on Class III+ white water. 3. Increasing the efficiency and effectiveness of how the participant executes in more challenging water. Everyone can catch the eddy. Did they do it well, with precision, less effort and few strokes.**

COURSE OBJECTIVES: Participant will learn

- Increased hazards of paddling on Class III
- Finer river reading skills
- Improved boat handling skill and placement in Class III
- Finer development of strategy for running rapids
- Improved eddy turns
- Improved ferries
- Front surfing
- Importance of paddling with a strong group
- Importance of strong rescue skills

PARTICIPANT'S QUALIFICATIONS: Be able to physically perform the above task and be in good health. Be able to keep head above water when wearing a proper fitting PFD. Must have taken White Water course or have the equivalent skills and knowledge.

MINIMUM PERSONAL EQUIPMENT FOR THE CLASS: Properly fitted PFD, canoe paddle, tandem canoe, thigh straps, air bags, foot braces, helmets and appropriate clothing for weather and immersion.

COURSE DURATION: 1 Day (6-8 hours)

LOCATION/VENUE: This class is taught on white water up to and including Class III.

INSTRUCTORS: ACA Advance White Water Tandem Canoeing Instructor or higher

PARTICIPANT/INSTRUCTOR RATIO: 6:1 or with a qualified assistant the ratio can be 12 participants

SUCCESSIVE COURSES: River Safety and Rescue, Rolling an Open Canoe



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The following is a general summary of course content for Advance White Water Tandem Canoeing (Class III). The content and sequence of instruction should be arranged to best fit the student's needs, safety, the class location, and time allowance.

Instructor hints are in blue

The Instructor should cover the topics below. The focus is applying white water skills to Class III. Also, instead of just going down the move, the focus is on finer skills and how it is done.

COURSE OUTLINE

- 1) Introduction and Expectations**
(30 minutes)
 - Enrollment/registration/liability
 - Welcome and Introductions
 - Student and Instructor expectations
 - Course Itinerary and sight logistics
 - No alcohol/dangerous drugs
 - Proper etiquette on and off the water
 - Respect private property, litter, noise and Leave No Trace

- 2) On Shore Presentations**
(30 minutes)
 - Personal clothing, wetsuits, helmets and gear
 - PFD's,
 - Safety equipment
 - Check air bags, thigh straps and boats

- 2) EQUIPMENT CHANGES**
(20 minutes)
 - Canoe design, materials and outfitting
 - Design features that are favorable to white water
 - Materials favorable to white water
 - How to better outfit a canoe for white water
 - Canoe Paddles
 - Paddles for white water, material and cost

- 3) RESCUES**
(10 minutes)
 - Review individual and group responsibilities during a rescue

- 4) RIVER RUNNING**
(20 minutes) Review

- Strategies in Running Rivers
 - How to paddle in current
 - Spacing, Avoid "tunnel vision"
- Scouting
 - From boat and shore
 - How to establish the "best"
 - Rout and alternatives
- Portaging Hazards
- Use of good judgment
- Group Organization on the River
- Group cohesiveness (lead, sweep boats, etc.)
- Universal River Signals System
- Emergency Procedures

5) STROKES and MANUEVERS

(120 minutes)

Strokes:

Review strokes as necessary

Maneuvers:

- Eddy turns into small eddies
- Front ferries in Class III current
- Back ferries in Class III current
- Peel outs in Class III current
 - Wide exit from eddy line
 - Shallow exit, close to eddy line
- Combinations in Class III Current
 - C-turns, peeling out and into the same eddy
 - S-turn, peeling out of one side and eddy into opposite side
- Practice bracing
- Practice heeling the boat during turns
- Attainments

6) Broaden the Concepts

(2 ½ hours)

- Fine tune and broaden the concepts of river paddling. **How did they catch the eddy? Can they catch it several different ways, i.e. entering it high and stopping or catching it lower and keeping their hull speed up, carve back up and out on the same side, or carve back up and peel out on the opposite side. Can they do a jet ferry, a slow ferry, a ferry part way across and then change direction and come back.**
- Front surfing
- Side surfing-

7) CONCLUSION and WRAPUP

-(30 minutes)

- Reinforce paddling in a group
- Group debriefing
- Course evaluations
- Explain what is next in the learning progression
- Give out hand outs
- Individual feedback

Personal comments from Bob Foote:

Of all the skills I teach, side surfing and rolling put my heart in my throat. The risk management is so difficult. Extending arms is such a natural instinct. Even when you have worked one on one with someone and then they practice on their own, the tendency is to extend their arms. On side surfing, there usually is a rock under the water just up stream that is making the side surf wave. Heads, arms and shoulders are at risk. I feel, I have better control when I am teaching wading, swimming into a make believe strainer, and then I do teaching rolling and surfing. I am just stating my feeling from a risk management view.

American Canoe Association

Instructor Certification Requirements for Open Canoe

General Requirements for all levels

General Requirements for all level of Certifications:

- Be at least 18 years old.
- Successfully complete an Instructor Certification Exam.
- ACA membership including membership on the Safety Education & Instruction Committee (SEIC).
- Demonstrate a general knowledge of Paddlesports and the ACA.

Maintenance Requirements for all levels of Certifications:

- Teach at least two courses that meet ACA standards within the four-year certification period and report these to the National Office.
- Attend 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.

General Proficiency Requirements for all levels of Certifications:

Physical abilities

- Instructor Candidates and Instructors must be able to demonstrate and model **ALL** skills (rescues, strokes and maneuvers, etc.) including the Proficiency Requirements for Instructors (in all discipline areas and course levels) independently and to a mastery level.

Pre Course Skill and Paper Work

- Know a brief history of the ACA and it's current mission
- How to register and report a course
- Explain the ACA Waivers and know how the insurance plan works

Demonstrate a working knowledge on how to teach and discuss the following:

- How dress for canoeing
- Rules of the Navigable Road
- Leave no Trace
- Paddling Ethics
- Hypothermia/Hyperthermia
- Wind and Waves
- Understand the need for CPR and First Aid training

How to provide a safe teaching environment:

- How to choose an appropriate class site
- What to do in case of an emergency
- Demonstrate leadership, group management skill, experience and judgment necessary to be a safe, effective instructor

The candidate should be able to discuss, teach and demonstrate **anything** on the student course outlines at the level in which they are seeking certification, on the venue at which they will be teaching.. The individual strokes etc. are not listed on each of the levels, but it is a given that the candidate will know them. The testing environment for the Flat Water Course will be on flat water. For certifications above flat water will be tested at one level higher then they will be teaching at. (Moving Water candidates will be tested in Class II and Whitewater candidates will be tested in Class III etc.)

Instructor candidates will be expected to paddle at demonstration quality at the venue on which they will be teaching their courses. They will be expected to paddle with control, fluidity, grace and mental tranquility on a venue one level above which they will be teaching. i.e. a Level 3 Moving Water Instructor will be expected to paddle at demonstration quality on moving water up to and including Class I. They should be comfortable in Class II and paddle with grace and mental tranquility, not just surviving.

**American Canoe Association
Advanced White Water Canoe – Tandem
Level 5 (Class III)
Proficiency Requirements**

The White Water Instructor should be experienced, possess a broad basic knowledge of tandem white water canoeing, and have the skills and knowledge to pass the Endorsement, before presenting themselves for the Advance White Water Endorsement.

In addition to the General requirements listed above the Advance WW candidate has:

- Been teaching for two years and has taught at least two WW courses
- Completed a Swift Water Rescue class. Both the ACA's Swiftwater Rescue course and Rescue 3's Whitewater Rescue Technician are acceptable

b) Execute all rescue skills for whitewater instructors

The following is to be done on moving water and **Class III +**

- Describe the difference in equipment for White Water
 - Canoes – design and materials
 - Paddles
 - PFD's
 - Rescue equipment – throw ropes, painters, pulley's
 - Outfitting for white water – air bags, thigh straps, foot braces etc.
- Describe the different river classifications
 - Describe what classification this course was meant to prepare the student for. Know their limits
- Describe basic river characteristics
 - Eddies, bends, downstream and up stream V's, horizon lines, strainers, bridge abutments/rocks, hydraulics, dams,
- Describe and review rescue principles and be able to execute all rescue skills for whitewater instructors
- Describe strainers, foot entrapment, simple unpinning principles
- Describe river running strategies, scouting and good judgment
- Do eddy turns and peel out small eddies on Class III+
- Do front ferries in Class III+ white water
- Heel the boat while doing turns
- Use the pitch stroke while doing attains or hard ferries
- Use the jam stroke in the bow while doing eddy turns
- If in the Gemini position have the stern paddler do cross stroke when doing eddy turns and peel outs to their off side.

Demonstrate a well rounded knowledge of paddling a tandem canoe on **Class III+**. Paddling demonstrations should be done with precision, fluidity, grace and mental tranquility. The candidate should demonstrate an understanding of blade control and boat control.

The candidate will be asked to lead and to participate in scenarios, such as:

- **How would they set up safety for class to work or run a Class III rapid?**
- **They see a canoe tip over. As the canoe tipped, it hit one of the participants in the head and they are not moving. As the Instructor, what would they do?**
- **One of the canoes tips over and is pinned in a Class III rapid, what would they do?**
- **One of their students is stuck on a rock, what would they do?**
- **They are to do a beach talk and lead the class down river from point A to point B. Do they cover the necessary safety material, set up parameters, lead and sweep?**
- **During rescue scenarios, they should demonstrate the ability to paddle backwards, do tight turns and have speed and control when warranted.**



Advanced White Water Canoe – Tandem Level 5 (Class III)

INSTRUCTOR TRAINER’S TOOL BOX

This is to clarify the goal of this course for the Instructor Trainer so that they can focus on these goals during the Endorsement process.

- Advance White Water Certification is to be done by an Advance White Water Tandem Canoe Instructor Trainers.
- This is a 2 day Certification (IDW/ICE)
- The Advance White Water Tandem Canoe Certification focus is to qualify candidates to work with clubs and groups to enhance and fine-tune the paddlers white water skills.
- As the IT, your main goal is to check these candidates off concerning the whole package of strokes and maneuvers on Class III+ white water. But more importantly, to be sure the candidate has good group management and rescues skills. The candidate should have an excellent working knowledge and skills to perform rescues on Class III.
- The candidate should be able to get the boat where they need to, in a rescue situation, quickly and in control, moving the boat backwards, performing side slips, tight turns when necessary. They should also have a good understanding of group management on the water.
- Of all the testing criteria, the scenarios probably carry the most importance.

The IT needs to constantly remind themselves of the goal of this certification. The Level 5 -Advance White Water Instructors will be leading their students down Class III rivers. That is why as the IT, you will be asking them to perform with precision, fluidity, grace and mental tranquility on Class III+, to build in a margin of safety. The group management, rescues skills and judgment of the candidate are of the highest priority.

ADVANCE WHITE WATER INSTRUCTOR CERTIFICATION
OUTLINE

COURSE OBJECTIVES: To review the skills need to be an Advance White Water Instructor and to certify those candidates that qualify.

PREREQUISITES: Has been an active White Water Instructor for two years.

COURSE DURATION: Minimum of two days.

LOCATION: Minimum of class III+ whitewater. Maximum of class IV whitewater. Site should include a variety of features to meet the course objectives.

COURSE OUTLINE

I. JUDGMENT:

Unlike on easier whitewater where the emphasis is on hard skills which are easily defined, on advanced whitewater judgment, personal and group responsibility and safety are of key importance.

Self Awareness	hat if?
Understanding your level of anxiety	-Rescue considerations
Understanding your personal style and risk tolerance	Group Evaluation
Responsibility to the group	Skill level of the group
River and group awareness	Size of the group
Rapid Analysis Scenarios	Group consequences
What moves are required to successfully run the rapid?	Condition of the group
What are the consequences of missing the required moves?	Water Reading
	Current speed, direction and changes to either caused by streambed features.

II. SAFETY/RESCUE

Should have taken the ACA Swiftwater Rescue course or equivalent!

Knowledge of and proficiency in these modules as a minimum:

Rescue Philosophy, Equipment, Rope Skills, Swimming, Releasing and Avoiding Pins, Entrapment Strategies, Boat Based Rescue, and Rescue PFD use.

III. PADDLING TECHNIQUES AND MECHANICS

Should have an advance understanding of the following:

Body Mechanics;

1. Three Ranges of Motion; tuck, twist, C [example; roll]
 - Posture enhances twist, balance, comfort.
 - Torso Rotation to use large muscle groups, improve reach.
2. Minimize Shoulder Problems; correct body positioning, paddle placement; the box
 - Power transfer varies with flexibility and strength
 - Advantages of turning torso into boat's new direction versus steering with stern strokes
3. Lower Body Balance: heeling [J-lean], bell buoy, fake leans, head dinks
 - Value of Warm Up and Stretching

Boat Factors:

1. Carving verse Skidding; affected by steadiness, range of boat heel, power application
2. Glide; determined by boat pitch, yaw, roll
3. Hull Design; resistance of the boat through water

Steering and Corrections; done at both ends of boat depending on situation.
Pressure Control to Transfer Force; feet, knees and pelvic thrust
Pivot point of the boat changes with hull speed
Outfitting; to improve efficiency of force transfer

Blade Factors:

1. Propulsive; blade close to boat centerline to minimize turning [vertical paddle]
2. Turning: blade as far from centerline and pivot point to maximize turn
vary power, blade angle and distance from pivot point for fine control
define quadrants [angle relative to boat]
define blade angle; degrees, open, closed, etc
3. Moving the Boat is the Object, blade angle relative to direction of travel
Efficiency of force application; pull instead of punch accelerate blade and recover quickly to increase stroke
rate stroke timing

Note: The intent of this certification is to verify that the candidate has an advance understanding of white water paddling and has the paddling skills to teach on Class III+ white water. It is also to verify that the candidate has the paddling skills to be able to show the difference between just getting by and catching an eddy, but can focus on how it is caught and now how to catch it in a number of different ways. But most importantly, does the candidate have good judgment and the rescue skill to provide a safe environment to the participants in a class.