



AMERICAN CANOE ASSOCIATION LEVEL: 3 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 Update , Instructor Development Workshop, Instructor Certification Workshop
- Maintain ACA membership and SEIC registration annually
- Maintain appropriate First Aid and CPR certifications

Proficiency Requirements for Level 3: Coastal Kayaking Instructors:

L3: Coastal Kayaking instructor certification cannot be completed unless during some period two of the conditions necessary for assessment are present during some portion the certification course. The four criteria include:

- 10-15 knot winds
- 1-2 foot seas
- 1-2 foot breaking waves
- 1-2 knots of current

Teaching Ability:

Demonstrate knowledge and ability to efficiently / effectively plan and implement appropriate instructional sessions and assessments for the individuals in your course to address different learning styles and ability levels.

Level 3: Coastal Kayaking Instructor Skill / Knowledge Requirements:

Fundamentally, we expect that paddlers should be experienced sea kayakers in mild to moderate conditions.

Instructor Candidates should possess the appropriate level of competency by completing a Level 3 Coastal Kayaking Skills Assessment or possess equivalent skills commensurate with ACA Coastal Kayaking Curriculum outlined in Levels 1-3

1) Demonstrate the ability to efficiently/effectively perform, assess and teach the basic paddle strokes and maneuvers, to include:

- | | |
|--|--|
| <input type="checkbox"/> Forward (Touring & Power) | <input type="checkbox"/> Rudder |
| <input type="checkbox"/> Reverse & Stopping | <input type="checkbox"/> Low Brace Turn |
| <input type="checkbox"/> Forward and reverse sweeps | <input type="checkbox"/> High Brace Turn |
| <input type="checkbox"/> Draw (In-water / Out-of-water / Sculling) | <input type="checkbox"/> Bow Rudder |
| <input type="checkbox"/> High and low braces | <input type="checkbox"/> Side-Slip |
| <input type="checkbox"/> Sculling brace | |

2) Demonstrate the understanding of and the ability to efficiently/effectively perform, assess and teach boat control skills, to include:

- Edge awareness and control
- Launching and landing
- Forward paddling, reverse paddling and maneuvering in a variety of sea states, wind conditions, wind directions and tidal current up to the Level 3:CK certification course venue

3) Demonstrate the ability to efficiently/effectively perform, assess and teach rescue techniques in a variety of sea states, wind conditions, wind directions and tidal current up to the Level 3: CK certification course venue:

- Wet Exit w/ sprayskirt
- Self-Rescue (scramble, paddlefloat w/ and w/o sling)
- Boat over boat rescue (T-rescue)
- Eskimo Rescue (Bow / Stern / Paddle)
- Scoop Rescue
- Hand-of-God
- Swimmer recovery (bow, stern)

Also have working knowledge and individual proficiency in other rescues:

- Reentry and Roll w/ and w/o Paddle Float
- Eskimo Roll (individual proficiency – perform an Eskimo roll in conditions)

6) Demonstrate knowledge of, and ability to efficiently/effectively perform, assess and teach, the following:

- Safety issues and hazards of coastal kayaking
- Development of a float plan
- Equipment selection / packing
- Weather forecasting resources and interpretation
- Leave No Trace, understanding ecology, conservation and stewardship
- Basic chart reading and use
- 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 the ability to efficiently/effectively perform, assess and teach group and incident management skills and concepts, to include:

- Communication and signaling (VHF radio protocol / pyrotechnics / smoke)
- Situational awareness
- Appropriate leadership, judgment and group management in a variety of open water coastal environments