



# Level 1: Introduction to Kayaking

## Instructor Criteria

**Overview:** Fundamentally, we expect that participants should have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this level of certification prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Exam (ICE).

**Essential Eligibility Criteria:** In order to participate in an Instructor Development Workshop (IDW), an Instructor Candidate must satisfy the following essential eligibility criteria:

- Be 18 years or older
- Be a current ACA member in good standing
- Be able to independently participate in all skills, activities and rescues listed in the appropriate ACA Certification Course Outline and Instructor Criteria documents
- Be able to effectively communicate with the Instructor Trainer and other course participants
- Be able to manage all personal care and mobility independently

In order to participate in an Instructor Certification Exam (ICE), an Instructor Candidate must satisfy the following essential eligibility criteria:

- Be 18 years or older
- Be a current ACA member in good standing
- Be able to independently complete all skills, activities and rescues listed in the appropriate ACA Certification Course Outline and Instructor Criteria documents
- Be able to effectively communicate, including effective verbal communication
- Be able to manage all personal care and mobility independently

**Course Prerequisites:** Completion of the appropriate level skills course, assessment course, or equivalent skills.

**Course Duration:** Combined IDW & ICE - Minimum 2 days (16 hours)

**Course Location / Venue:** Flatwater (swimming pools are not sufficient)

**Class Ratio:** 1 Trainer for every 5 candidates (1:5) – 2:10 with a qualified assistant

**Succeeding courses:**

Level 2: Essentials of Kayak Touring	Level 2: Essentials of River Kayaking
Level 3: Coastal Kayaking	Level 3: River Kayaking
Level 4: Open Water Coastal Kayaking	Level 4: Whitewater Kayaking
Level 5: Adv Open Water Coastal Kayaking	Level 5: Adv Whitewater Kayaking
Level 2: SOT Surf Kayaking	Level 2: Essentials of SOT Kayaking
Level 3: Essentials of Surf Kayaking	Level 3: SOT Coastal Kayaking
Level 4: Surf Kayaking	(under development)

The following is a list of the criteria used to evaluate Instructor Candidates. The content covered and sequence of evaluation should be adjusted to best fit the participant's needs, class location and time allowance.



# Level 1: Introduction to Kayaking

## Instructor Criteria

### General Requirements for all Instructor Certifications:

- Be at least 18 years old
- Meet the appropriate essential eligibility criteria
- Successfully complete an Instructor Certification Workshop (IDW & ICE)
- Be a full ACA member
- Upon successful completion, register with the Safety Education & Instruction Council
- Have and maintain First Aid and age appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform and teach all of the following material unassisted in the appropriate venue

### 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 four-year certification period
- Maintain ACA membership and SEIC registration annually

### Level 1: Introduction to Kayaking Instructor Requirements:

- 1) Demonstrate a knowledge of ACA Paperwork:
  - How to register & report a course (with and without insurance)
  - An understanding of the ACA Waiver & Release of Liability
- 2) Demonstrate a knowledge of:
  - Teaching theory
  - Learning theory
  - Effective methods of providing feedback
- 3) Demonstrate the following:
  - Positive interpersonal skills
  - Appropriate group management skills (including leadership and judgment)
  - Ability to choose an appropriate venue / class site
- 4) The ability to teach and model the basic kayak paddle strokes and maneuvers effectively:
  - Forward to propel the kayak reasonably straight forward
  - Reverse to stop and reverse reasonably straight backward
  - Forward and reverse sweeps to turn and or spin the kayak
  - Draw and sculling draw to move the kayak sideways straight
  - Rudder to glide straight and turn to paddle side
- 5) Demonstrate the ability to teach and model basic rescue techniques effectively:
  - Controlled capsized and wet exit the kayak, swim to shore with the kayak and empty of water
  - T-rescue
  - Side-by-Side



# Level 1: Introduction to Kayaking

## Instructor Criteria

- Rafted-T
  - Scoop
- 6) Demonstrate knowledge of, and ability to teach, the following effectively:
- Safety issues and hazards of flat water kayaking
  - Weather conditions important to the kayaker
  - Hypothermia and hyperthermia; prevention and treatment
  - Signaling devices and safety equipment
  - Boat traffic awareness and safe practice
  - Kayak nomenclature & design
  - Kayak Paddle fit, hand placement & design
- 7) Demonstrate ability to paddle and perform rescues efficiently and comfortably, in very protected calm water.
- 8) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.