



Level 2: Essentials of Kayak Touring

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 3 days (24 hours)

Course Location / Venue: Protected water near shore with winds up to 10 knots, waves up to one foot, and current up to one knot

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

Succeeding courses:

Level 3: Coastal Kayaking
Level 4: Open Water Coastal Kayaking
Level 5: Adv Open Water Coastal Kayaking

Level 2: SOT Surf Kayaking
Level 3: Essentials of Surf Kayaking
Level 4: Surf Kayaking

Level 2: Essentials of SOT Kayaking
Level 3: SOT Coastal Kayaking
(under development)



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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.

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 2: Essentials of Kayak Touring 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. This includes:
 - Forward stroke, to propel the kayak straight forward
 - Reverse/back stroke, to stop and reverse straight backward
 - Forward and reverse sweeps, to turn and or spin the kayak
 - Draw and sculling draw, to move the kayak sideways evenly



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- Low & High brace to avoid capsize
 - Rudder to glide straight and turn to paddle side
- 5) Demonstrate the ability to teach and model basic rescue techniques effectively:
- Controlled capsize and effectively wet exit the kayak with spray skirt
 - T-rescue
 - Side-by-Side
 - Rafted-T
 - Scoop
 - Paddle Float with and w/o sling
 - Unresponsive paddler rescue *e.g. Hand of God*
- 6) Demonstrate knowledge of, and ability to teach, the following effectively:
- Safety issues and hazards of flat water kayaking
 - Weather and tide conditions important to the kayaker
 - Hypothermia and hyperthermia; prevention and treatment
 - Signaling devices and safety equipment including VHF radios
 - Boat traffic safe practice, maps, charts, float plan
 - Kayak nomenclature & design
 - Kayak Paddle fit, hand placement & design
 - Safety Equipment: paddle float, pump, sling
- 7) Demonstrate ability to paddle and perform rescues efficiently and effectively, in up to 1 foot waves, 10 knot winds and up to 1 knot current. Venue should be protected water near shore.
- 8) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.