# Level 4 Instructor Development Workshop

**Day 1 / AM:**

Introductions

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

Demonstrate a knowledge of:

Teaching theory

Learning theory

Effective methods of providing feedback

 **Move to put in**

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| Lifting & Carrying: Good, safe technique  |
| Launching: Low dock or bank  |
| Efficient Forward Paddling: 500 yards in a reasonably straight line  |
| Stop: Stop the kayak from a good speed, forward and reverse  |
| Reverse: efficient reverse paddling over a figure of 8 course with good boat control, using correct strokes and edging  |
| Rotate 360° on the spot using forward & reverse sweeps  |
| Edging / Boat Tilt: edging to assist turning in a circle. Forward & reverse  |
| Turning on the move: turn with minimum speed loss, initiate with a forward sweep - Low brace with onside tilt - High brace turn with onside tilt - Bow rudder with tilt  |
| Figure of 8: paddle a figure of 8 course using a variety of strokes  |
| Landing: return to dock / shore and exit boat in a safe manner  |
| Draw sideways: Move the boat sideways 15 feet (both sides) - Draw to hip - Sculling draw - Draw on the move (forward & rev) - Side-slip (forward & reverse)  |
| Ruddering  |
| Preventing capsize: Low & High brace  |

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| **Lunch Break****Day 1/ PM:**Negotiate Moderate Wind & Sea Conditions - Paddling comfort in moderate seas - Ability to paddle in a head sea / bean sea / quartering sea / following sea - Ability to turn up and down wind efficiently - Ability to hold position Video Tape Strokes (optional) |

**5-7 Dinner (Pizza) View video of strokes &
 View “Deficiencies” Video**

**Day 2 / AM: Rescues in the ‘Rough”**

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| Wet-exit w/ sprayskirt  |
| Self-Rescue: using technique such as re-enter & roll / paddlefloat re-entry / cowboy - scramble  |
| Boat over Boat rescue & deep water re-entry |
| Towing - Solo - Assisted  |
| Contact rescues: tow / push another kayaker without the use of a towline  |
| Swimmer Rescue: Stern toggle tow / bow push / back-deck  |
| Bow, Stern & Paddle Recovery  |
| Kayak Roll  |
| Re-enter & Roll **Roll Clinic** |

**Day 2 / PM:

Goals**

Surf zone dynamics, etiquette, and hazards
Group communications and safety in surf
How to swim in surf
How brace in breaking waves
Launching and landing techniques
Basic boat control and positioning on the wave

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| Negotiate Moderate Surf - Launch & land forward - Launch & land backward - Hold position - Surf, broach and side surf  |
| Negotiate Moderate Current - Establish ferry-angle (forward & reverse) - Control peeling out / eddy turns  |

**Day 3:**

**Transit through areas of moderate current or tidal rip, if available**

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| Trip Planning  |
| Group Awareness  |

Navigation
L4 Journey w/ Sims
Coach Advanced Strokes

 De Briefs

**Special Notes**

 L4: OWCK certification cannot be completed unless during some period three of the four conditions (one must be surf) necessary for rough water assessment are present during some portion of the certification course. Specified conditions must occur, but they do not have to be simultaneous. Area of escape from rough conditions must be accessible.

The four criteria include:

3-5 foot seas

15-20 knot winds 2-4 foot surf ***(required)***2-4 knots of current

**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)

Basic field repair

Nautical rules of the road

Situational awareness

Avoidance, assessment and management of minor injuries

Avoidance, assessment and management of coldwater shock, hypo/hyperthermia

Appropriate leadership, judgment and group management in a variety of open water coastal environments

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| **TECHNICAL KNOWLEDGE**  |  |   |
| Equipment: working knowledge of paddling equipment  |
| Safety: understand the dangers of kayaking and how to avoid trouble  |
| Cold Water Shock / Hypo / Hyperthermia  |
| Environmental Issues  |
| Trip Planning  |
| Group Awareness  |
| Group Leadership  |
| Marine Environment: effects of wind, tide, land masses and current  |
| Knots: bowline / figure 8 / clove hitch / round turn / two-half-hitches / trucker’s hitch  |
| Repairs in the Field  |
| Packing / Trimming of the boat  |
| Navigation - Charts - Compass use  |
| Rescue Aides - Visual - Auditory  |
| Nautical Rules of the Road  |

**See below**

**L-4 Open Water Candidates Should Be Prepared for:**

On-Water questions including (Nav. & Marine Environment)

Working with current

Possible Navigation Talk

Preparation for inlet paddle

Determination of eddies etc..

Crossing channels with current

Dealing with overfalls

Standing Waves (inlet mouth)

Discussion of Group Management in inlet

Launch to overfalls

Practice ferrying

Circles in eddy

Crossing of inlet mouth and practice in standing waves

Taking turns landing group through surf

Demo of proper technique

Talks – Beach Dynamics, launching and landing

Practice launching group

Establishing a launching & landing drill

 Head out to shoals (if conditions warrant)

Towing in swells

Rescues in rough water

Return back through inlet with incoming tide

Practice surfing Inlet waves

Possible on-water scenarios