



Level 3: Rafting - Oar

Skills Assessment

Assessment Overview: This ACA Assessment Course is designed to evaluate a participant's ability to perform all of the skills listed along with demonstrating an appropriate level of knowledge. This assessment course provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Course Prerequisites: Must be an ACA Member

Course Duration: 1 day

Course Location / Venue: This class is taught on moving water in Class I – II

Class Ratio: 6 students : 1 instructor; with an additional instructor or qualified assistant the ratio can be 12 : 2

Assessor: Level 3: Rafting – Oar Instructor (or higher)



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Succeeding courses:

Level 4: Whitewater Rafting – Oar Skills Assessment

The sequence of assessment should be adjusted to best fit the participant's needs, class location and time allowance.



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Skills Assessment

Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Explain assessment procedure
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

Conclusion & Wrap Up:

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Life sport / paddling options
- Local paddling groups / clubs
- Handouts / reference materials
- ACA Membership forms
- Course evaluation
- Temporary Assessment cards (if applicable)



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Participant: _____ **ACA #**

Date: _____

Location and venue: _____

Rating: ✓ - *Passing* N - *Needs more practice.*

Participant must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition the participant must demonstrate the appropriate level of knowledge for this skill assessment level.

STROKES & MANEUVERS: Note- All Strokes must be performed in flat and class III water setting as appropriate	P / N	COMMENTS
Lifting & Carrying: On side and over head with a group: maintaining good, safe technique and posture		
Launching: Low dock or bank for entering boat in a safe manner		
Efficient Forward Rowing: 50 yards in a reasonably straight line		
Stop: Stop the raft from a good speed, forward and reverse		
Efficient Back Rowing: 50 yards in a reasonably straight line		
Rotate 360° on the spot using single and double oar techniques		
Turning raft while under way while maintaining speed		
Figure of 8: Row a figure 8 pattern, forward and backward, maintaining speed throughout pattern.		
Landing: Return to dock / shore and exit boat in a safe manner, anchor boat properly		
Catch relatively small eddy class II rapid		
Maintain position in eddy on class II water		
Demonstrate clean entry, full pull through and exit of rowing stroke while maintaining proper body position		
Rowing: Experience of and endurance to row at least a short duration (1 hour) on relatively regular class II water		
Demonstrate a clear understanding of raft angle while in rapids and angle importance		



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RESCUE/SAFETY	P / N	COMMENTS
Empty raft - flip recovery		
Loaded raft - flip recovery		
Bulldozing raft to shore		
High side commands and technique		
Demonstrate a understanding of technical rescue- ropes, anchors and mechanical advantage systems		
Understanding of all pertinent rescue equipment		
Demonstrate comfort swimming in class II rapid		
Ability of hole recognition, avoidance and swim through techniques		

TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of all oar rafting equipment		
Safety: understand the dangers of rafting and how to avoid trouble		
Cold water shock		
Hypo / hyperthermia		
Environmental issues		
Trip planning for day trips and understanding all that this entails		
Group awareness		
Securing boats to rack, trailer, shore or other		
Proper river terminology and understanding of river dynamics		
Understand the difference between oar boats, paddle rafts and catarafts and ability to explain +/- of each.		



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FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<i>Assessor must be a currently certified ACA Instructor at or above this level.</i>		
IT or Instructor: _____		
Signature: _____		
ACA #: _____ Date: _____		
Assisting IT or Instructor: _____		
ACA #: _____		