Level 2: Essentials of SOT 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 (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: 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: 5 Instructor Candidates : 1 Instructor Trainer; with an additional instructor or qualified assistant the ratio can be 10 : 2

Succeeding Levels of Certification:

Level 3: SOT Coastal Kayaking

Level 2: Essentials of Kayak Touring
Level 3: Coastal Kayaking
Level 4: Open Water Coastal Kayaking
Level 5: Advanced Open Water Coastal Kayaking

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 SOT 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. 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
- ☐ Low 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
   - ☐ T-rescue (blown hatch)
   - ☐ Side-by-Side
   - ☐ Self Rescue to get back on the kayak w/o aid(s)

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
   - ☐ SOT Kayak design and outfitting e.g.,back bands, rod holders etc
   - ☐ Kayak Paddle fit, hand placement & design
   - ☐ Safety for added equipment (e.g. gear, fishing rods and tackle, anchors etc)

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.

This Criteria is specifically for <u>Sit On Top</u> Kayak Instructors