



## Level 3: Surf SUP (Instructor Criteria)

**Overview:** Fundamentally, it is expected that participants should have the paddling skills, SUP surfing skills, surf zone swimming skills, technical knowledge, rescue ability, teaching ability, group management skills, 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:** Must be an ACA Level 2: Essentials of SUP Instructor in good standing and have successfully completed a Level 3: Surf SUP skills assessment or equivalent skills.

**Course Duration:** IDW (8 hours – 1 day) & ICE (8 hours – 1 day)

**Course Location / Venue:** Surf break with 1 to 2 foot waves (as measured by the face of the wave) and

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offshore winds less than 10 knots.

**Class ratio:** 5 Instructor Candidates : 1 Instructor Trainer; with an additional instructor or qualified assistant the ratio can be 10 : 2.

### **Succeeding Courses:**

Level 4: Advanced Surf Stand Up Paddleboarding (*under development*)

*The following is a list of the criteria used to evaluate Instructor Candidates. The content covered and the 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 criteria
- Successfully complete an Instructor Certification Workshop (IDW & ICE)
- Be a full ACA member
- Upon successful completion, register with the Safety Education and Instruction Council
- Have and maintain First Aid and age appropriate CPR
- Demonstrate a general knowledge of the ACA, paddle sports, and surfing
- Demonstrate the ability to appropriately perform and teach all of the following material unassisted in the appropriate venue

Demonstrate knowledge and ability to efficiently/effectively plan and implement appropriate instructional sessions and assessments for a different learning styles and ability levels, to include:

- Differentiation of instruction based on the individual learner (student centered)
- Use of an appropriate skills progression when teaching complex skill sets
- Selection of appropriate teaching venue based on ability and desired outcomes
- Focus on core principals rather than specific technique
- Provides appropriate, specific and meaningful feedback

### **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 certification period
- Maintain ACA membership and SEIC registration annually

### **Level 3: Essentials of SUP Surfing Instructor Requirements:**

Fundamentally, we expect that paddlers should have basic paddling skills, before presenting themselves for evaluation as instructor candidates as below:

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### **Demonstrate knowledge of ACA Paperwork:**

- How to register and report a course (with and without insurance)
- An understanding of the ACA Waiver and Release of Liability

### **Demonstrate a knowledge of:**

- Teaching Theory
- Learning Theory
- Effective methods of providing feedback

### **Demonstrate the following:**

- Positive interpersonal skills
- Appropriate group management skills (including leadership and judgment)
- Ability to choose an appropriate venue and class site

### **Demonstrate knowledge of and the ability to teach about surf equipment and surf related topics:**

- SUP nomenclature and design
- Relate general surf board classifications to SUPs – short, fun, long
- Relate specific surf board shapes to SUPs – shortboard, fish, egg, progressive longboard, noserider, gun, alaia
- Paddle nomenclature, design and fit
- Weather and tide conditions important to the SUP Surfer
- Hypothermia and Hyperthermia; signs, prevention, and treatment
- Regulations; access, private property, litter, and local laws or rules
- On water ; signals (whistle, hand, paddle)
- Information gathering (ie. forecast for swell, tide, wind speed and direction)

### **The Candidates must have the ability to teach, model, and asses basic SUP paddle strokes and maneuvers effectively, which includes the following:**

- Forward strokes; to propel the SUP forward
- Reverse/Back; to stop and reverse straight backward
- Forward and Reverse Sweep strokes; to turn and spin the SUP
- Draw and Sculling draw; to move the SUP sideways evenly
- Bracing; Low/High and heel side low braces
- Gliding low brace to steer and control the SUP while in motion
- Smoothly transfer from one stroke into another
- Prone and knee paddling positions
- Footwork and stance variations
- Pivoting, edging, and using to paddle to turn

### **Demonstrate knowledge of and the ability to teach surf zone safety:**

- Checking out the surf break or beach

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- Break type
- Assessing surf conditions and surf zone dangers
- Rip currents, beach suitability, and other users
- Measuring wave height, water depth, tides, and wind conditions
- Time wave period and count sets
- Other features and dangers present at location
- Board control and using leashes
- No surfing zones
- Signaling and group management
- Other access and exit/entry points
- Swimming in the surf
- Rescuing another swimmer or surfer
- Preventing drowning (victim or yourself)

### **Demonstrate knowledge of and the ability to teach surf zone etiquette:**

- Priority when deepest in the pocket
- Priority when catching a wave furthest out
- Splitting the peak
- Dropping in
- Snake – sneaks into priority position out of turn
- Wave count awareness and cycling with a line-up
- Understanding equipment advantage and disadvantage
- Respecting others - sitting and waiting to take your turn
- Exit a high traffic down the line zone after wiping out
- Managing equipment around others
- Avoiding conflict and showing Aloha
- Respect the environment

### **Demonstrate the ability to teach, model, and assess board management and safety techniques:**

- Controlled fall off the SUP
- Self defense during unexpected wipe outs
- Going over the falls
- Pulling out, kicking out, and punching out the back of the wave
- Recover and remount the SUP on flat water, in the soup and in the impact zone
- Safely surf or paddle in
- Paddle back out to primary break

### **Demonstrate knowledge of and the ability to teach, model, and assess the following SUP surfing skills:**

- Setting boundaries and exit strategies from the designated surfing area
- The Line up and beach positioning



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- Using ranges to find the peak
- Paddling out (using a rip, punching out, timing, maintain safe spacing)
- Stance and stroke options to get through whitewater or bail out safely
- Managing the whitewater (the soup) and the impact zone
- Swimming in or through the surf zone with and without board
- Reaching the outside part of the break and monitoring incoming sets
- Making the proper wave selection
- Catching waves and taking off using various stance options
- Angled board positions for late take offs
- Setting the rail and getting down the line(developing)
- Riding the wave straight in if wave closes out
- Bottom turning and using the face of the wave(developing)
- Using the top half of the wave for cutbacks and re-entries(developing)
- Accelerating, trimming, and stalling (developing)
- Back foot over fins for better steering and turning
- Using the paddle for stability and more dynamic turning
- Cross stepping to adjust board trim and add style (developing)

**Demonstrate ability to teach, model, and asses rescues efficiently and effectively, in up to 3 foot surf and 10 knot winds.**

**Demonstrate Leadership, Group Management Skills, Experience, and Judgment necessary to be a safe and effective Instructor.**