



Level 2: Essentials of Rafting - Paddle

Instructor Criteria

Overview: Fundamentally, it is expected that participants should possess 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 assessment course, or equivalent skills.

Course Duration: Combined IDW & ICE - 2 Day Minimum

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

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



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Succeeding Levels of Certification:

Level 3: Rafting – Paddle

Level 4: Whitewater Rafting - Paddle

Complementary Levels of Certification:

Level 3: Rafting – Oar

Level 4: Whitewater Rafting - Oar

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
- 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
 - Selects 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 four-year certification period
- Maintain ACA membership and SEIC registration annually

Level 2: Introduction to Stand Up Paddleboard (SUP) Instructor Requirements:

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

- 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



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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) Demonstrate the knowledge and ability to teach the following topics and skills:

PADDLE RAFT HISTORY

- History of the sport
- Rafting terminology

RAFT & EQUIPMENT

- Parts of a Raft: Types Materials
- Paddle design and parts,
- Life Jacket (PFD): types, material, fit
- Helmets
- Clothing and Footwear suitable for immersion and appropriate to the conditions
- Raft outfitting: Bow & stern lines, flip lines, chicken/life lines
- Proper Inflation
- Securing equipment
- Care of equipment

RIVER DYNAMICS

- Tongues
- Bends
- Eddies and how they change with river levels
- Waves
- Holes
- Rocks
- Hazards
- How each of these features effect rowing raft and why

5) Demonstrate the ability to teach and appropriately model these strokes and maneuvers:

LIFTING ~ CARRYING:

- Carries overhead
- Carries underhand

LAUNCHING:

- Lifting
- Stacking
- Shoreline
- Launching and Landing



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IN THE RAFT:

- Foot position
- Positions in the raft: stern, right, left, center
- Movements in the raft: high side, down

PADDLE:

- How to hold/orient paddle
- Vertical paddle shaft for forward paddling
- Foot position
- Positions in the raft: stern, right, left, center

STROKES:

- Forward
- Back
- Draw
- Pry
- Rudder
- Sweep

MANEUVERS (calm water) – as the paddle captain, lead the following

- FORWARD: Paddle in a straight line
- LEFT TURN: 200 yards paddle in a straight line (using different stances)
- RIGHT TURN: Stop the Raft from a good speed
- REVERSE: Stop & reverse reasonably straight backwards
- SPIN: Pivot the raft – left & right and stop spin
- TURN: Broad arcing turn while underway

MANEUVERS (moving water – class I)

- FERRIES: Front, Back
- EDDY TURNS: shallow, wide
- PEEL OUTS: shallow, wide
- SPIN: Pivot the raft – left & right and stop spin

6) Demonstrate the ability to teach and appropriately model these rescue techniques:

- RESPONSIBILITY: Group, Individual, Rescuer, Victim
- RESCUE Priorities: People, Boats & Gear
- SIGNALS: Whistle, Paddle, Hand
- RESCUE SEQUENCE: (RETHROG)
- REENTRY: Self, assisted
- SWIMMING IN CURRENT: defensive and aggressive, down river position
- THROW ROPE / BAG: use and practice
- BASIC WADING
- ENTRAPMENTS: show stabilization line
- BOAT PIN: strong arm, rope / vector
- BOAT FLIP & RECOVERY



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- BUMPING
 - TOWING ANOTHER RAFT
- 7) Demonstrate knowledge of, and the ability to teach, the following:
- RIVER ETIQUETTE: River rules of the road, safety in multi-use areas where others may be present.
 - WIND, WAVES, WATER AND WEATHER as it relates to paddlers
 - REGULATIONS – USCG / State / Local safety requirements
 - SAFETY: Understand the risks of SUP and hazard avoidance
 - HYPOTHERMIA ~ HYPERTHERMIA: Recognition and treatment HELP/HUDDLE
 - ENVIRONMENTAL ISSUES: Leave No Trace etc, ecology
 - TRIP PLANNING: Comfortable in preparing for a short day trip
 - GROUP AWARENESS: Familiar with whistle and paddle signals
 - GENERAL: Familiar with the different disciplines of paddle sport, seamanship
 - SECURING RAFTS TO VEHICLE: Attach raft to rack using padded crossbars, flat cam-straps or rope and suitable knots
 - PERSONAL PREPARATION: Planning, clothing, food and water
 - RAFT: types, parts, materials
 - PADDLE: Types, parts, materials, fit
 - CONCEPTS OF PADDLING
 - TRIP PLANNING: 6P's – prior proper planning prevents poor performance. Familiar with how to prepare for a short day trip
 - KNOTS: Figure 8 or bowline, truckers hitch and 2 half hitches

GROUP MANAGEMENT

- Planning a trip
- Put-in Briefing
- Group (3 person minimum) – consider sea kayak accompaniment of group for emergency supplies
- Group Management (Lead /Sweep, Safety, Spacing)
- Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor
- Group dynamic