



# Level 3: Prone River Paddling

## 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:** 4 days (32 hours) Minimum

**Course Location / Venue:** Class conditions are level I-II rapids where limited maneuvering in current may be required to avoid obstacles. All of the following instructor requirements are to be



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completed in the course venue: class I-II rivers.

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

**Succeeding courses:** Swiftwater Rescue Training Strongly Encouraged

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 3: Prone River Paddling 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 effectively perform, model and teach basic prone paddlecraft strokes and maneuvers as below
  - Forward stroke, to propel the prone paddlecraft straight forward with good form
  - Reverse/stop stroke, to stop with control and paddle backward with



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control Forward and reverse sweeps, for turning and spinning, including simultaneous forward/reverse strokes for quick spins  
Superman Brace to maintain stability  
Double Handed Boof Stroke to maintain stability/increase speed through river features.  
Feathering Strokes to control spin and provide controlled turns to either side  
Eddy turns and peel outs using good form with body and prone paddlecraft  
Front ferry (upstream) to move laterally with effective boat control.  
Back Ferry (downstream) to stop in current and move laterally to avoid hazards  
Maneuvering on Class I-II water using various techniques, including but not limited to wave surfing with control.

- 5) Demonstrate the ability to teach and model basic rescue techniques as below effectively:  
Controlled dismount and re-entry in deep water, showing rear entry and side entry  
Assisted Rescue in deep water (not moving water)  
Swimming beside boat and self rescue  
Instructors should be able to perform and demo an unresponsive paddler rescue using prone paddlecraft.

- 6) Demonstrate knowledge of, and ability to teach, as below effectively:  
Overall knowledge of paddlesports  
Safety issues including using the American Whitewater Safety Code  
River features and hazards and how to use and or avoid them  
River running strategies, including group management on the river  
Weather reading and weather protocols (lightning) important to the prone paddlecrafter Cold water shock, hypothermia and hyperthermia; prevention and treatment River Signaling ,with hand , paddle, whistle  
Maps, guide books and value of local knowledge for trip planning  
Developing a float plan  
Trip (day) and class planning considerations  
Prone Paddlecraft nomenclature & designs  
Optional Prone Paddlecraft outfitting  
Webbed Gloves: types, applications, fit  
Safety Equipment use (basic)  
Talk, Reach, Throw, Row, Go

- 7) Demonstrate knowledge of teaching and learning theory:  
Characteristics of different types of learners  
Effective teaching methods  
Effective prepared and impromptu presentations  
Evaluate and provide feedback effectively

- 8) Effectively re-enter prone paddlecraft in moving water and successfully

roll Taking an ACA SWR class for further training on river rescue is strongly suggested