



Level 3: River Safety & Rescue

Instructor Criteria

Course 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 - 3 Day (24 hour) Minimum



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Course Location / Venue: RSR instructor courses are taught on class II rapids

Class Ratio: 12 Instructor Candidates: 1 Instructor Trainer; with an additional instructor the ratio can be 24 : 2

Succeeding Levels of Certification:

Level 4: Swiftwater Rescue

Level 5: Advanced Swiftwater Rescue

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 of the ICE, 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



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- 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 3: River Safety and Rescue Instructor Requirements:

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

Demonstrate knowledge of ACA Policies & Procedures:

- € How to register & report a course (with and without insurance)
- € Understanding of the ACA Waiver & Release of Liability
- € Instructor Maintenance Requirements

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
- € Effective documentation of skill assessments

Demonstrate the following:

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

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

Class Management

- € Collect and administer all appropriate course paperwork
- € Establish an appropriate learning environment

Rescue Philosophy

- € Focus on prevention and preparation as the keys to managing river accidents
- € Establish rescue priorities and apply them throughout the course
- € Focus on simpler, safer, faster techniques as highest priority

Scene Management

- € Describe common roles in the incident command system (ICS). Understand the differences between formal (ICS) used by professional rescuers and the informal system used by recreational boaters.
- € Appropriately apply formal and informal incident command systems to course evolutions and scenarios
- € Establish / review appropriate communication techniques



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Medical Issues

- € Appropriately manage medical events during courses
- € Encourage participants to further their medical training
- € Understand how to obtain more advanced medical and rescue care at the teaching site, and recognize challenges associated with medical care in remote / aquatic environments.

Equipment

- € Focus on how to choose appropriate gear, instead of focusing on what the instructor
- € personally prefers
- € Emphasize prior planning and practice when using rescue equipment
- € Understand the strengths and limitations of personal gear and rescue equipment

Throw Ropes

- € Discuss rope construction and characteristics desired in a river rescue rope
- € Discuss and demonstrate appropriate rope care
- € Explain advantages and disadvantages of all throwing techniques
- € Discuss and demonstrate appropriate belay techniques
- € Discuss and demonstrate proper rope receiving techniques
- € Discuss and demonstrate multiple techniques for restuffing bags
- € Discuss and demonstrate multiple techniques for recoiling ropes
- € Demonstrate a vector pull and discuss its applications to rope rescue
- € Consistently throw a bag at least 30 feet to a swimmer in a rapid using multiple techniques including a coil.

- € Coil and make a second accurate throw to a victim in a rapid at least 25 feet away within 30 seconds.
- € Consistently throw a bag at least 30 feet and cross a stationary, on-land, 4 foot wide target, using multiple techniques, including a coil

Water Hazards and Hydrology

- € Create effective teaching modules using blackboards, handouts, sand tables, video, etc., as well as using natural features while alongside a river
- € Appropriately apply hydrology to site selection and to all in-water modules

Swimming

- € Choose appropriate swimming venues, with lower risk to students
- € Discuss and demonstrate appropriate techniques for entering rivers
- € Discuss and demonstrate defensive and aggressive swimming techniques
- € Effectively and repeatedly peel out, catch eddies and ferry. Effectively swim through waves and hydraulics
- € Aggressively swim a downstream class I or higher whitewater course at least 75 yards long, with multiple ferries and eddy moves
- € Discuss appropriate techniques for managing strainer, holes and drops

Wading

- € Discuss and demonstrate multiple wading techniques
- € Choose appropriate techniques for application in other skill modules
- € Discuss and demonstrate practical applications of wading solo with a paddle, wading with a partner and line astern

Boat-based rescue



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- € Paddle candidate's craft of choice effectively and comfortably in class I+ whitewater
- € Demonstrate a working knowledge of all types of boat-based rescue, for all paddle craft
- € Emphasize the importance of paddling skill for effective boat-based rescues
- € Discuss the rationale for boat-based rescue over potentially lower risk techniques

Pins

- € Focus on avoiding pins and early self rescue
- € Understand rescuer hazards associated with pin release
- € Focus on rescue priorities – people over equipment
- € Use multiple techniques to effectively release pinned craft and equipment

Entrapments

- € Focus on avoiding entrapments and maintaining rescue safety
- € Identify common causes of entrapment
- € Use appropriate skills to contact the victim and release the entrapment
- € Discuss and demonstrate use of stabilization and snag lines

Scenarios

- € Create scenarios appropriate for specific sites and participants
- € Effectively manage scenarios
- € Provide effective feedback to scenario participants
- € Effectively participate in appropriately challenging scenarios