



Level 3: Coastal Stand Up Paddleboarding

Instructor Criteria

Overview: Fundamentally, we expect that participants will 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 Workshop (IDW & 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 in / out or on/off of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Reenter or remount 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: Coastal SUP skills assessment or have equivalent skills.

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



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Course Location / Venue: L-3 SUP Coastal certification cannot be completed unless during some period three of the four conditions necessary for rough water assessment are present during some portion of the certification course. Specified conditions must occur, but they do not have to be simultaneous. Area of escape from rough conditions must be accessible.

The four criteria include:

1. 10-15 knot winds
2. 2-3 foot seas
3. 1-2 foot breaking waves (required)
4. 2-3 knots of current

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

Succeeding courses:

Level 3: Surf SUP

Level 3: Whitewater SUP

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 current 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 board sports, 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
- 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



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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. One course must be a Level 3: Coastal SUP course
- 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: Coastal 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
- 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 ability to effectively and efficiently perform, assess and teach the following paddle strokes and maneuvers in Level 3: Coastal SUP venue(s) and conditions:

All items below unless otherwise specified are to be performed in regular & goofy stance. Only the dominant stance has to be at demo quality. Non-dominant stance should be evaluated to the standard of the candidate being comfortable and confident during execution.

- Forward & canted forward (touring and power)
- Cross forward
- Reverse and stopping
- Sweeps (forward / reverse)
- Draw (standard / sculling)
- Draws to nose, cross nose draw, & draw to tail (static & dynamic)
- Nose and cross nose pry, tail pry
- Bracing (low & high, sculling & slap, cross tail heel side low brace)
- Gliding low brace to steer and control the SUP while in motion



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- Use of static tail pry & draw for tracking and turning (Rudder)
 - Forward Paddling: 200 yards' paddle in a reasonably straight line (beam wind, head wind and tail wind)
 - Stop: stop the SUP from a good speed
 - Spinning: spin SUP using forward and reverse sweeps or draws in neutral and staggered stances (on and off side)
 - Paddle a Figure of 8 Course: using reasonable control in neutral and staggered stances
 - Lateral Movement: use draws to travel sideways (20 feet) in neutral and staggered stances
 - Turning on the Move: Sweep strokes, draws and prys while underway to turn board in neutral and staggered stances
 - Maneuvering: practicing weight transfers from nose to tail and rail to rail
 - Side slip (static shift onside and offside / pry and draw) (neutral and staggered)
 - Pivot Turn (dominant stance only)
 - Moving Pivot Turn with submerged tail (dominant stance only)
 - Cross Stepping (dominant stance only)
 - Endurance: to maintain 2-3 mph pace for minimum 1 hour
 - Ability to move from kneeling to standing and back to kneeling while maintain hand placement on paddle
- 5) Demonstrate the understanding of and the ability to effectively and efficiently perform, assess and teach board control skills in Level 3: Coastal SUP venue(s) and conditions, to include:
- All items below unless otherwise specified are to be performed in regular & goofy stance. Only the dominant stance has to be at demo quality. Non-dominant stance should be evaluated to the standard of the candidate being comfortable and confident during execution.*
- Edging and Board Tilt – paddle a circle while edging both toe and heel
 - Controlled surf launch and landing (dominant stance only)
 - Crossing, entering, and exiting moderate eddy lines
 - Use of ranges
 - Linking downwind waves
 - Surfing forward with control in swell (dominant stance only)
 - All strokes and maneuvering in a variety of sea states, wind conditions, wind directions and tidal current up to the Level 3: SUP certification course venue
- 7) Demonstrate the ability to effectively and efficiently perform, assess and teach rescue topics and techniques in a variety of sea states, wind conditions, wind directions and tidal current up to the Level 3: Coastal SUP certification course venue and conditions:
- Unassisted board remount (side and tail, pros vs. cons)
 - Retrieve stray paddle from SUP, return it to rider



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- Assisted Rescues
 - SUP towing techniques
 - Tow rigs: bags, belts, tow ropes
 - Towing board and rider with a variety of rigs for a variety of board types
 - Unresponsive paddler rescue
 - Swimmer recovery (nose - tail)
- 8) Demonstrate knowledge of, and ability to effectively and efficiently perform, assess and teach, the following:
- History of SUP in coastal venues
 - SUP terminology used in coastal venues
 - Awareness of coastal SUP destinations (local, regional, and national, international)
 - Safety issues and hazards of coastal SUP
 - Weather and tide conditions important to the coastal touring SUP
 - Hypothermia and Hyperthermia; signs, prevention, and treatment
 - Information gathering (i.e. forecast for swell, tide, wind speed and direction, weather)
 - Wind, waves, water & weather
 - USCG regulations / safety requirements and other regulations; access, private property, litter, and local laws or rules
 - Leash and PFD use for various venues
 - Development of a float plan
 - Leave No Trace, understanding ecology, conservation, stewardship, environmental ethics
 - Able to interpret basic chart datum, plot a course, and adjust for variation/declination
 - Down winders
 - Design and parts of a Stand Up Paddleboard (SUP) commonly used in coastal SUP, to include nomenclature & design
 - Paddle designs and parts commonly used in coastal SUP, to include nomenclature, design, and fit (including length and blade volume)
 - Fins set ups for different styles, locations, constructions, & application in coastal SUP
 - Equipment selection / packing
 - Deck: attachment points, tie down types, rigging for rider and application, weight distribution including trim
 - Safety Equipment:
 - Spare paddles
 - Dry bags and other waterproof containers
 - First aid kit, repair kit, emergency kit
 - Communication & signaling devices (VHF / pyrotechnics / smoke / EPIRB)
 - Leashes



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- 9) Demonstrate the ability to effectively and efficiently perform, assess, and teach group management and incident management skills and concepts, to include:
 - a) Planning a trip
 - b) Group management
 - c) Communication and signaling on trips with a group
 - d) Situational awareness
 - e) Appropriate leadership, judgment and group management in a variety of open water coastal environments