



# Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction  
for ACA Instructors, Clubs & Affiliates

January 2013

Welcome to the  
**Journal of  
Paddlesport  
Education.**

## NATIONAL PADDLESPORTS CONFERENCE

### BEND, OR

That's right the ACA National Paddlesports Conference will be held in Bend, OR for 2013. Join us September 27-29 for education, stewardship, recreation and competition. For more information as it is available please visit [www.americancanoe.org/NPC](http://www.americancanoe.org/NPC)



## Dressing for Winter Paddling

By Mike Aronoff

Once upon a time, I had a bombproof roll, it lasted for almost 4 years, then I swam, then it came back, then I swam. It's sort of back now. Many of us have "bombproof rolls" until we do not. I am pretty sure that given the right (or wrong) circumstances anyone will swim. There just is not a "no matter what" guarantee. Knowing how to wet exit and to swim, both defensively and offensively is crucial. Usually a swim is not a big deal. However, with cold weather and water we have additional considerations and responsibility to those we paddle with. When we paddle under warm sun, clear blue skies, colorful leaves and 50+ air, it is easy to think about how a dry top and shorts will do fine. You pull on your long handles, shorts and dry top, ready to launch. You are with a couple paddling buds, have food, water and a trip your familiar with, perfect. Halfway down the run however, your buddy decides to try a new line, capsizes, misses his "bombproof roll"



because..... takes a swim, gets stuck on a rock with his boat pinned. Doesn't feel so warm now, and you are already feeling damp. Now with a rescue to perform, sure to be hands on and in the water, (bombproof roll, no help). Would you wish you were wearing that dry suit, or at least 3 m wetsuit? Dress for the swim. Cold water shock, hypothermia are considered to be a risk if a person is exposed to water of 60 degrees or less and if air isn't 70 plus, warming up is unlikely. Some of the best paddling is in fall and spring. Cold water shock and hypothermia are necessary con-

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## MEMBER BENEFIT

All ACA Members now receive a 50% discount on Hobie Polarized sunglasses. To take advantage of this new benefit you can visit [hobie.promotive.com](http://hobie.promotive.com) and use the [ACA code](#) to receive a discount off of your next pair of polarized sunglasses. In addition, a percentage of each purchase is donated by Hobie Polarized back to the ACA to continue our work promoting paddlesports education, stewardship, recreation and competition.



To learn about the other unique benefits you receive as an ACA member visit [www.americancanoe.org/benefits](http://www.americancanoe.org/benefits)

siderations. Layering for cold weather paddling with synthetics or wool as a base layer, then insulation, heavier fleece or wool topped off with a dry suit. Thick wool socks, gloves and a neoprene helmet liner also keep the warmth in, and the cold weather out. The wetsuit, heavy insulation

and dry top/paddle top with head, foot and hand covers are the minimum. No matter how great a paddler and how experienced you are, stuff happens to us and our buds. Dress for the swim, for yourself and for a friend in need of help. Get the right gear and go paddle.



*Mike Aronoff is an ACA Level 4: Open Water Coastal Kayak Instructor Trainer Educator, Level 4: Whitewater Canoeing Instructor Trainer Educator, Level 3: River Kayaking Instructor Training Educator, Level 3: River Safety & Rescue Instructor Trainer, Level 4: Swiftwater Rescue Instructor and Level 4: Whitewater Kayak Instructor.*

## New Stewardship Coordinator

### Gregory Rolf

Originally from Saint Louis, Missouri, Greg obtained his degree in Recreation, Parks and Tourism Administration with an emphasis in adventure recreation and camp administration from Western Illinois University, in Macomb. Greg's enthusiasm for the outdoors started as a young child going on backpacking trips with his brother and attending camp. He soon fell in love with the outdoors, and started working in the recreation field and teaching about the outdoors. He has worked as a wilderness instructor for two years in Missouri and Wisconsin. He has also worked as a backcountry photographer for two years in Colorado and taught English in the Amazon. In his free time, Greg likes to be doing a number of activities outside that includes, skiing, biking, climbing, and canoeing. You can reach Greg at [grolf@americancanoe.org](mailto:grolf@americancanoe.org)



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## SEI RESOURCES

### LEVEL 2: ESSENTIALS OF SUP & KAYAK INSTRUCTOR CERTIFICATION WORKSHOP

The ACA and the International Boating & Water Safety Summit are hosting a Level 2: Essentials of Kayak Touring Instructor Certification Workshop and a Level 2: Essentials of SUP Instructor Certification Workshop March 21—23, 2013 in conjunction with the International Boating and Water Safety Summit in San Antonio, TX

**Course Dates: March 21-23,**

**Times: 8:00 AM - 6:00 PM**

**Cost: \$350**

For more info or to register  
[www.americancanoe.org/  
ibwss/2013/sup](http://www.americancanoe.org/ibwss/2013/sup)

or

[www.americancanoe.org/  
ibwss/2013/kayak](http://www.americancanoe.org/ibwss/2013/kayak)

## SEI Department Update SUP Survey Report

As part of the ACA's role in the paddlesport and board-sport communities, the ACA conducted a SUP survey in the fall of 2012. The survey focused on the following as it pertains to SUP:

- Lifejackets
- Leashes
- Legislation

Anyone was eligible to participate in this survey and over 550 people participated. The results of this survey can be found at [www.americancanoe.org/sup-survey](http://www.americancanoe.org/sup-survey)

### Kokatat Instructor of the Month

#### Terry Hobbs—January

Terry is a Level 3: Coastal Kayaking Instructor with the adaptive paddling and camping endorsements. He owns Severn Kayaking, LLC in Safety Harbor, Florida. He enjoys the Tampa Bay area and the diversity of the Atlantic and Gulf coasts of Florida, teaching paddling and camping to newcomers in paddlesports and improving techniques for paddlers of all skill levels. He strives to remind them never to lose respect for the sea. He also works with veterans who have suffered loss of limbs and has started a quarterly program with the City of Safety Harbor establishing a place for people of all abilities to come and have fun on the water. He also volunteers with the City of St. Petersburg assisting with their Adaptive Paddling Program. Terry said people drive over fifty miles to paddle a kayak during these programs. His favorite comment from one of his students who lost an arm in Vietnam is, "I never in my life dreamed I could paddle across Tampa Bay!" Terry truly believes kayaking is a wonderful sport to pass on to anyone who wants to experience and develop seamanship skills. To learn more or see past recipients visit [www.americancanoe.org/?page=Instructor\\_Month](http://www.americancanoe.org/?page=Instructor_Month)

#### SUP Survey Report 2012 Lifejackets - Leashes - Legislation



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## SEI RESOURCES

### LEVEL 3: WHITewater SUP INSTRUCTOR CERTIFICATION WORKSHOP

The ACA National Office is excited to host a Level 3: Whitewater SUP Instructor Certification Course. This course will start on flat-water locally in Fredericksburg and move on to local whitewater. If you are looking to up your SUP instructor abilities to the next level this is the course for you.

**Course Dates: April 7-11,**

**Times: 8:00 AM - 6:00 PM**

**Cost: \$385**

For more info or to register click [here](#).



## How to Become an ACA Instructor

Have you ever wondered how to become an ACA instructor? If so, you are not alone. There are several ways to find or schedule a course either for yourself or others to attend. There are two ways in which you can take part in a certification course; you can either find a course to attend or schedule a course to come into your area. To find a course simply go to [www.americancanoe.org/find\\_courses](http://www.americancanoe.org/find_courses). To schedule a course you first need to know what discipline and level best suits your needs; you then can contact an appropriately certified instructor trainer (IT) to teach the course. To see a list and map of current instructor trainers you can visit [www.americancanoe.org/find\\_instructors](http://www.americancanoe.org/find_instructors) and scroll down to the IT portion of the page. The PDF lists are available in two ways; organized by either state or by discipline. To begin the process of scheduling a course, email IT's that are certified at or above the level you desire and off you go. As always if you run into any hiccups along the way just contact the SEI Dept. at [sei@americancanoe.org](mailto:sei@americancanoe.org) or visit [www.americancanoe.org/become\\_an\\_instructor](http://www.americancanoe.org/become_an_instructor) for more detailed information.



## Winter Boating Laws

Did you know that five states have created new mandatory life jacket wear laws in cold weather months?

As part of the ACA's role to educate all facets of the paddlesports community, visit [www.americancanoe.org/Cold\\_weather\\_PFD](http://www.americancanoe.org/Cold_weather_PFD) to see if these apply to where you live or paddle.



Special thanks to our partners at the National Safe Boating Council ([www.safeboatingcouncil.org](http://www.safeboatingcouncil.org)) for sharing this information with the ACA.



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## SEI RESOURCES

That's right! If you submit a paddling photo between now and January 31st on the [ACA Facebook page](#) or [Google+ page](#), you just might be a celebrity! Well, maybe not exactly a celebrity like Brad Pitt or Adele. But you will have thousands of paddlers checking out your skills! Don't delay, post your favorite paddling picture now!



## Rescue for River Runners Rescue Games



The first annual Rescue Games are going to be held in Sarapiquí Costa Rica Jan. 26 to Feb. 2, 2013. The concept behind this advanced training week is to allow teams of 4 to "Strut Their Stuff" and "Compete and Compare" their river rescue skills against other teams from around the world. Each team is permitted to carry a minimal amount of equipment per person per team/day. Daily competitions will consist of skills, drills and scenarios that will be judged on expertise, efficiency and expedience.



*Photo courtesy of Landmark Learning*

Evenings will consist of video review of the days events with expert analysis from the R3 Judging Team.

The Event winners will receive a \$1000 cash prize to be donated to their registered "Rescue Organization of Choice".

Visit [www.rescueforriverrunners.com/rescue-games/](http://www.rescueforriverrunners.com/rescue-games/) for more information.

## Volunteer

The heart of the ACA is the people who paddle, cherish, protect and enjoy the diverse waterways of America. There are many ways that you can help support the ACA and the greater paddling community, one is by volunteering your time in your own community. There are a number of events and efforts that happen in your area that you can help support in this way. To learn about these opportunities and to get involved visit [www.americancanoe.org/volunteer](http://www.americancanoe.org/volunteer).



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## PRO DEALS

### ASTRAL BUOYANCY

As an ACA instructor, trainer or educator we know you spend countless hours out on the water helping educate others about the sport you love. We also know that all this time paddling and teaching can be tough on your paddling equipment. This is why we work hard to provide you with pro deals that help cut down on the cost or updating and replacing the tools of the trade; so if you are looking for a new PFD in 2013 be sure to consider Astral Buoyancy and remember your ACA pro deal. To learn more contact [sei@americancanoe.org](mailto:sei@americancanoe.org)

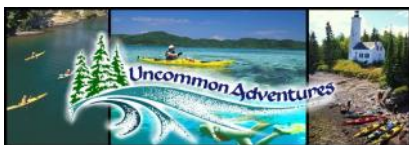


## ACA Members Only Excursions Island of Roatan, Honduras

Island of Roatan, Honduras – Sea Kayaking

Dates: February 2-7 and/or Feb 7-10, 2013

Hosts: Uncommon Adventures, ACA Instructor [Michael Gray](#), and ACA Instructor Trainer Educator [Josh Hall](#)



Nestled just thirty miles off the Caribbean Coast of Honduras, Roatan offers beautiful paddling, diverse local culture and world class snorkeling. This is a big experience combining kayaking, snorkeling and tropical biology all with a twist of the rich cultural soup of this island group. We don't insulate you from the local people, but instead work with them for our daily needs like seafood, bread, local transport. The people of Honduras are every bit as appealing as the water and mountainscapes. We'll venture daily from our comfortable tropical fruit farm base in the village of Punta Blanca. Our front yard is a coral reef! Meals are served from a central kitchen/deck area and are al fresco...as they should be. Professionally guiding since 1982, Michael Gray has been fortunate enough to be able to work out of a kayak in Alaska, Patagonia, New Zealand, Honduras, Belize, Florida and all over his home waters of the Great Lakes. He's been a speaker at over 50 kayak symposia nationwide. Whether its teaching outdoor cookery in New Zealand, teaching people to dive for lobster out of kayaks in the Caribbean, or fly fishing wild rivers of Idaho he has a wealth of experience that he enjoys sharing. He is an ACA Level 4 Coastal Kayak Instructor and an ACA Level 2 SUP Instructor.



For complete information about all of the 2013 ACA Members Only Backcountry Paddling Excursions (Honduras, western North Carolina, Greece, Alaska, Costa Rica, Rio Grande River), please visit: [www.americancanoe.org/excursions](http://www.americancanoe.org/excursions)



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## EXCURSIONS

### 2013

That's right, if you're an ACA member, you can join the ACA and high quality outfitters on an incredible paddling excursion in 2013. In cooperation with the host organizations, you will be able to have a unique backcountry paddling experience in one of the following amazing locations.

- Island of Rotan, Honduras
- Western North Carolina
- Island of Poros, Greece
- Resurrection Bay, AK
- Costa Rica
- Rio Grande River

For complete information on the 2013 Members Only Excursions visit

[www.americancanoe.org/excursions](http://www.americancanoe.org/excursions)



## Upcoming Outreach Events

This section of the Journal of Paddlesport Education will bring to you outreach events that include conferences, festivals, symposiums and more. Check out these great events that may be in your area and consider attending. For more events check out the [ACA Paddlesports Event Calendar!](#)

### Surf Expo—Orlando, FL

Surf Expo is produced in January and September in Orlando, Florida and draws buyers from specialty stores across the U.S., the Caribbean, Central and South America and around the world. Surf Expo features approximately 2,000 booths of apparel and hard goods and a full line-up of special events, including fashion shows, annual awards ceremonies, and demos. Average buyer and exhibitor turnout exceeds 12,000 attendees including retailers, exhibitors and media per show. To help further the ACA involvement and service to the SUP industry we are exhibiting at this event for the first time in 2013. Make sure to stop by the ACA booth in the SUP section of the show.



THE GLOBAL WATERSPORTS & BEACH LIFESTYLE TRADESHOW

### American Camp Association National Conference—Dallas, TX

The American Camp Association National Conference features more than 150 sessions on topics like: staff training and leadership; innovative programs and activities; youth development and behavior. The ACA is both an exhibitor and presenter at the 2013 National Conference. This conference is an important partnership as the ACA continues to expand its outreach and continues to help educate and inform other organizations, their members and industries on best practices for recreational paddling safety.



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## IMPORTANT DATES

Upcoming Important  
Dates to add to your Cal-  
endar!

March 15: SEIC Meeting  
(Fredericksburg, VA)

March 30-31: [Collegiate  
Race Series National  
Championship](#)  
(Dillsboro, NC)

September 27-29  
[National Paddlesports  
Conference](#) (Bend, OR)

## International Boating & Water Safety Summit—San Antonio, TX

The International Boating & Water Safety Summit is the premier event for training, awareness, meeting and networking for anyone involved in boating and water safety. General sessions cover a broad spectrum of national and international concerns with a focus on The Strategic Plan of the National Recreational Boating Safety (RBS) Program and implementation opportunities. Breakout sessions allow the individual to attend classes geared toward their profession including Education, Risk Management, Law Enforcement, Communication and Outreach. Make sure to see the ACA staff presentations or stop by the booth in the exhibit hall.



## Canoecopia—Madison, WI

Canoecopia is one of the largest paddlesport expositions in the world. At this annual event attendees will find education & inspiration; exposure to guides, outfitters & schools; charitable giving; and access to great gear at great prices. Be sure to stop by the ACA presentations and booth in the exhibit hall to learn more about how the ACA can help you enhance your paddlesports experience.



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## SUBARU PHOTOS

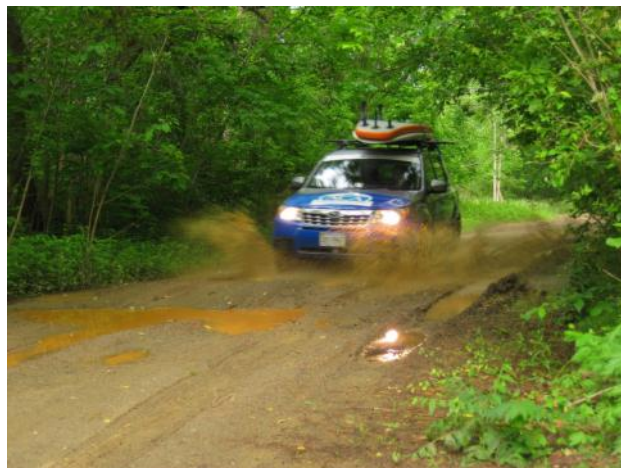


## Become a Subaru VIP

The American Canoe Association is proud to count Subaru of America among its corporate sponsors.

[Subaru is the official vehicle of the ACA.](#)

As part of Subaru's support for the association, ACA members are eligible to participate in the Subaru VIP Partners Program. VIP Partners participants can save up to \$3,300\* off the manufacturer's suggested retail price (depending on model and equipment selected) on the purchase or lease of any new Subaru from participating dealers. This discount is available to all eligible ACA members. No haggling is required.



Now that's a member benefit!



In addition to providing discounts to ACA members, Subaru is partnering with *your* ACA to support the ACA's stewardship and conservation programs. When an ACA member purchases a vehicle through the VIP Partners Program, Subaru makes a contribution to support ACA's stewardship work, providing the organization with much-needed resources for protecting our nation's waterways.

To learn more about the VIP Program visit:

[www.americancanoe.org/VIP](http://www.americancanoe.org/VIP)



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## Submit an Article

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