



# Adaptive Paddling Workshop

## Instructor Endorsement Criteria

### Course Overview:

Designed for instructors, outfitters, recreation program managers, trip leaders, rehabilitation specialists and those who want to include people with disabilities in paddlesport programs, Adaptive Paddling Workshops teach instructors how to compensate for a paddler's loss of function due to disability and how to adapt equipment and instruction, focusing on the paddler's ability. Adaptive Paddling Workshops include classroom and hands on learning, a pool session and open water paddling. Current ACA Paddling Instructors will earn the Adaptive Endorsement upon successful completion. All others who are not certified ACA instructors will earn a Certificate of Completion upon successful demonstration of endorsement criteria.

### Course Prerequisites:

- Be a current certified ACA Paddling Instructor at L-1 or above (for the Endorsement)
- Be a current ACA Member (for Certificate of Completion)

### ACA Essential Eligibility Criteria:

- In order to participate as an instructor or assistant instructor in an Adaptive Paddling Workshop, each individual must meet the following essential eligibility criteria:
  - Be 18 years or older, or accompanied by an adult.
  - Be able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.\*
  - Be able to get in and out of a canoe or kayak independently or with the assistance of a companion.
  - Have prior experience paddling a canoe or kayak, paddling safely on flat water.
  - Be able to perform a wet exit independently.
  - Be able to re-enter the canoe or kayak following a deep water capsize independently, or with the assistance of one other paddlecraft.
  - *Note: If a companion accompanies a participant and also participates fully in the instructional activities, the companion may be charged as a participant, at the discretion of the sponsoring organization.*

### Course Duration:

- 2-day Workshop (16 hours)
- 4-day Workshop (32 hours)

### Course Location / Accessible Venues:

- 2-day Workshop: Classroom, boat outfitting area, ACA L1 venue (pool preferred)
- 4-day Workshop: Classroom, boat outfitting area, swimming pool & calm, flat water, protected from wind, waves, current & boat traffic

### Class Ratios:

- 1 Instructor Trainer per 5 Endorsement Candidates, or (2:10) with an additional Adaptive Endorsed Instructor
- Minimum 1 Endorsement Candidate present for each paddlesport student with a disability
- Maximum 3 Endorsement Candidates for each paddlesport student with a disability

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### Endorsement Maintenance Requirements:

- Maintain current ACA Paddling Instructor Certification
- Teach and properly report at least 2 courses that include at least 1 paddling student with a disability within a 4-year period.

### Adaptive Paddling Instructor Endorsement Criteria:

- 1) Demonstrate understanding of core ACA Instructional skills:
  - Teaching theory
  - Learning theory
  - Effective methods of providing feedback
- 2) Demonstrate knowledge & ability to perform & convey the following current best practices:
  - Development and application of Essential Eligibility Criteria
  - Interaction with persons with disabilities
  - Medical information collection and rules about disclosure
  - Transfers and carries
- 3) Demonstrate ability & knowledge necessary to create safe outfitting to compensate for varied losses of function & to meet student needs:
  - Skin protection
  - Paddlecraft outfitting design and construction
  - Paddle outfitting design and construction
- 4) Demonstrate ability to work collaboratively in an instructional team environment:
  - Work well with students, including demonstrated ability to effectively listen & apply student concerns & desires
  - Work well with other members of instructional teams
  - Actively participates in discussions throughout APW on pertinent topics & issues
  - Assesses students need in instruction & teaches to student abilities within context of an ACA Level 1 curriculum
- 5) Demonstrate ability to paddle and perform rescues efficiently & comfortably, while maintaining appropriate situational awareness & group management in protected calm water
- 6) Demonstrate leadership, group management skills, experience and judgment necessary for proper risk management and effective instruction

**Course Textbook:** *Canoeing and Kayaking for People with Disabilities* (2009)