



Level 2: Essentials of Prone River Paddling Skills Assessment

Assessment Overview: This ACA Assessment Course is designed to evaluate a participant's ability to perform all of the skills listed along with demonstrating an appropriate level of knowledge. This assessment course provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability.

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: Must be an ACA Member

Course Duration: 1 day

Course Location / Venue: Moving water through class 1 whitewater



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Skills Assessment

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

Assessor: Level 2: Essentials of Prone River Paddling Instructor (or higher)

Succeeding courses: Level 3: Prone River Paddling

The sequence of assessment should be adjusted to best fit the participant's needs, class location and time allowance.

Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Explain assessment procedure
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

Conclusion & Wrap Up

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Assessment cards (if applicable)



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Skills Assessment

Participant: _____ **ACA #** _____ **Date:** _____

Location and venue: _____

Rating: ✓ - *Passing* N - *Needs more practice.*

Participant must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition the participant must demonstrate the appropriate level of knowledge for this skill assessment level.

STROKES & MANEUVERS	P / N	COMMENTS
Lifting & Carrying: Good, safe technique		
Launching: Low dock or bank for entering prone kayak in a safe manner: demonstrate proper trim		
Efficient Forward Paddling: 50 yards in a reasonably straight line using alternating sweep strokes		
Stop: Stop the prone kayak from a good speed, forward and reverse		
Reverse: 10 yard paddle with reasonable control		
Rotate 360° on the spot using forward & reverse sweeps		
Turning on the move: sweep strokes while underway		
Transition from prone to seated, back to prone, and from prone to kneeling and back to prone		
Landing: return to dock / shore and exit boat in a safe manner		
Be able to effectively hold the prone kayak on edge while paddling forward		
Ruddering: dragging alternate hand		
Preventing capsize: Superman Brace		
Eddy Turns & Peel Outs using appropriate lean		
Ferrying (Forward)		
Kayak Tripping: one moving water day trip of 3 or more river miles		



Level 2: Essentials of Prone River Kayaking Skills Assessment

RESCUE/SAFETY	P / N	COMMENTS
Exit and Remount prone kayak in deep water		
Flip and re-enter boat with partner assist		
Swim Rescue: swim to shore in moving water using defensive and offensive techniques (if separated from prone kayak)		
Throw Rope: <ul style="list-style-type: none"> • Rescue rope throw across a 4' wide target from 30 feet • Proper rope technique as a swimming victim 		
Developing Skills (not required to pass) <ul style="list-style-type: none"> • Bow draw • Edging / Boat Tilt • Back Ferry • Moving water remount • Prone Kayak Roll 		

TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of paddling equipment		
Safety: understand the dangers of kayaking and how to avoid trouble		
Cold Water Shock/Hypo-/Hyperthermia		
Environmental Issues		
Trip Planning		
River Hazards (up to class I rivers)		
Group Awareness		
Securing boats to rack		



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FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<i>Assessor must be a currently certified ACA Instructor at or above this level.</i>		
IT _____ or _____ Instructor: _____ _____ Signature: _____ _____ ACA #: _____ Date: _____		
Assisting IT _____ or _____ Instructor: _____ _____ ACA #: _____		