



Level 2: Essentials of Prone River Paddling

Instructor Criteria

Overview: Fundamentally, we expect that participants should have the prone 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 skills course, assessment course, or equivalent skills.

Course Duration: 3 days (24 hours)

Course Location / Venue: Moving water through class 1 whitewater

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

Succeeding courses: Level 3: Prone River Paddling



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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.



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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, 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

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 2: Essentials of River Paddling Instructor Requirements:

- 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) The ability to teach and model the basic prone paddlecraft strokes and maneuvers effectively. Variety of ways to mount the prone paddlecraft and demonstrate proper trim fore and aft, using the handles to change positions.

Alternating Sweep Stroke: to propel the prone paddlecraft straight forward.

Demonstrate efficient stroke dynamics: proper ergonomics for alternating and simultaneous sweep strokes.



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Reverse/back stroke, to stop with control and travel in reverse.
Forward and reverse sweeps, to turn and or spin the prone paddlecraft, including simultaneous and alternating strokes

Transitions from prone to seated, seated to prone, prone to kneeling, kneeling to prone

Demonstrate primary and secondary stability, paddling while on edge to demonstrate technique for eddy turns and peel outs

Demonstrate Superman Brace to Avoid Capsize

Rear Rudder to glide straight and to turn to paddle side

- 5) Demonstrate the ability to teach and model basic rescue techniques effectively:
 - Controlled capsize and effectively re-enter prone paddlecraft from deep water. Swimming next to and remounting in moving water
 - Flipping and directing prone paddlecrafts back to swimmer
 - Towing swimmer who is separated from their prone paddlecraft
 - Throw rope applications as rescuer and victim
- 6) Demonstrate knowledge of, and ability to teach, the following effectively:
 - Safety issues and hazards of prone river paddling
 - AW Whitewater Safety Code
 - Water reading and paddling in current
 - Eddies, eddy turns and peel outs
 - Front ferry with control
 - Weather reading conditions important to the prone paddler
 - Hypothermia and hyperthermia; prevention and treatment: knowledge that extra care is to be taken dressing correctly for water and air temp.
 - River Signaling , hand , paddle, whistle
 - Maps, guide books, float plan
 - Prone Paddlecraft nomenclature & design
 - Safety Equipment : throw ropes, carabiners, sling
- 7) Demonstrate ability to paddle and perform rescues efficiently and effectively, in moving water through class 1. Venue should be flat water and Rivers of no more than class 1 difficulty.
- 8) Demonstrate leadership, group management skills, organization, experience and judgment necessary to be a safe, effective instructor.