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 rescue skills 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: 2 day (16 hours) minimum

Course Location / Venue: A chute of water with deep, clean wave action, well-defined eddy lines and no immediate hazards or risks below. Ideally, the site should contain class II rapids, although it may be taught on less difficult rapids. Protected space is needed for on-land work, with adequate shelter for inclement weather

Assessor: Level 5: Advanced Swiftwater Rescue Instructor

Class Ratio: 12 Students: 1 Instructor; with an additional instructor the ratio can be 24: 2
Introduction, Expectations, & Logistics:
- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- 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 use
- Proper etiquette on & off the water

Conclusion & Wrap-Up:
- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid/CPR and Wilderness First Aid
- Importance of additional instruction, practice, experience
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards
Level 5: Advanced Swiftwater Rescue
Skills Assessment

Participant: _____________________ ACA # _____________________ Date: _____________________

Location and venue: ________________________________________________________________

Rating: ✓ - Passing   N - Needs more practice.

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

<table>
<thead>
<tr>
<th>The Paddling Environment</th>
<th>P / N</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shore based scouting explaining river features and hazards as well as alternative paddling routes</td>
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<table>
<thead>
<tr>
<th>Personal Protective Equipment</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Minimize risk of personal injury by wearing properly fitted personal protective equipment</td>
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<tr>
<td>Avoid cold water shock, hypothermia and hyperthermia by choosing proper clothing and other safety gear.</td>
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<table>
<thead>
<tr>
<th>Personal Rescue Equipment</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Consistently demonstrate the ability to minimize hazards associated with wear and use of a Type V PFD with QRHS</td>
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<tr>
<td>Properly thread tri-glide buckle on QRHS</td>
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<tr>
<td>Buddy Check for QRHS</td>
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<tr>
<td>Consistently demonstrate the ability to minimize hazards associated with wear, stowing, and use of a rescue tether.</td>
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<table>
<thead>
<tr>
<th>Rescue Strategy</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Minimize potential hazards and risks through proper trip planning.</td>
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<tr>
<td>Use and follow effective communication techniques including hand, paddle, and whistle signals</td>
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<tr>
<td>Describe characteristics of stable and unstable subjects and explain how these two conditions would impact rescue strategies</td>
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</table>
## Level 5: Advanced Swiftwater Rescue
### Skills Assessment

<table>
<thead>
<tr>
<th>Rescue Strategy (continued)</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Apply appropriate rescue strategies and principles during course scenarios</td>
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<table>
<thead>
<tr>
<th>Wading Skills</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Minimize risk of foot entrapment while wading</td>
<td></td>
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<tr>
<td>Demonstrate an understanding of the factors that affect success in wading by selecting appropriate wading locations</td>
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<tr>
<td>Four Point Crawl</td>
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<tr>
<td>Single Person Assisted Wade</td>
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<tr>
<td>Two-Person Wade</td>
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<tr>
<td>Line Astern</td>
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<tr>
<td>Wedge Wade</td>
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<tr>
<td>Line Abreast Wade</td>
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<tr>
<td>Fence Wade</td>
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<tr>
<td>Tethered Wading Techniques</td>
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<tr>
<td>Actively participate in scenarios that apply wading skills for rescues of foot entrapments</td>
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<thead>
<tr>
<th>Throw Rope Skills</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Demonstrate an understanding of the factors that affect success in throw rope applications by selecting appropriate throwing locations and techniques</td>
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<tr>
<td>Consistently demonstrate proper rope receiving techniques</td>
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<tr>
<td>Throw a throw bag to a stationary target in a rapid at least 30 feet away</td>
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<tr>
<td>Throw a throw bag to a swimmer moving downstream in a rapid at least 30 feet away</td>
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<tr>
<td>Two-person throw bag technique</td>
<td></td>
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<tr>
<td>Hip belay and back-up belay</td>
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<td></td>
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<tr>
<td><strong>Throw Rope Skills (continued)</strong></td>
<td><strong>P / N</strong></td>
<td><strong>Comments</strong></td>
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<tr>
<td>Using a rope coil make a successful throw to a stationary target in a rapid at least 30 feet away.</td>
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<tr>
<td>Participate in practical application of a vector pull to assist a swimmer holding a rope</td>
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<tr>
<td>Participate in practical application of pendulum use for crossing current</td>
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<table>
<thead>
<tr>
<th><strong>Swimming Skills</strong></th>
<th><strong>P / N</strong></th>
<th><strong>Comments</strong></th>
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</thead>
<tbody>
<tr>
<td>Consistently minimize risk of foot entrapment while swimming</td>
<td></td>
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<tr>
<td>Consistently perform effective ferry maneuvers using aggressive swimming techniques</td>
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<tr>
<td>Self-Rescue: swimming with equipment</td>
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<tr>
<td>Swiftwater entries: In &amp; Out of water starting positions</td>
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<tr>
<td>Aggressive swim into and over simulated strainer</td>
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<tr>
<td>Non-tethered Rescue Swimming</td>
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<tr>
<td>Tethered Rescue Swimming</td>
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<tr>
<td>Direct Line Lower of Rescuer using QRHS</td>
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<tr>
<td>While deployed on a line using the QRHS, demonstrate the following: effective communication with belayers, appropriate body positioning, maintaining appropriate distance from belayers, ability to stay calm and in control, and effective release of QRHS.</td>
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<tr>
<td>Demonstrate an effective downstream swim of a rapid in the appropriate course venue. Swim must include a mix of defensive and aggressive swimming techniques, multiple ferries, eddy moves, and techniques to minimize foot entrapments.</td>
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<tr>
<td>Rigging Skills</td>
<td>P / N</td>
<td>Comments</td>
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<td>------------------------------------------------</td>
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<tr>
<td><strong>Tie and properly tie:</strong></td>
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<tr>
<td>- Figure 8 (Standard, on bight, follow-through, Flemish bend, in-line, double-eye)</td>
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<tr>
<td>- Overhand (On Bight and bend)</td>
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<tr>
<td>- Double Fisherman</td>
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<tr>
<td>- Prusik Hitch</td>
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<td>- Munter Hitch</td>
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<td>- Clove Hitch</td>
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<tr>
<td><strong>One-pint Anchors: Friction Wrap, 3 Bight, &amp; Single Loop, Wrap 3 – Pull 2</strong></td>
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<tr>
<td><strong>Two-point Anchors</strong></td>
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<tr>
<td><strong>Simple Systems: 2:1 &amp; 3:1</strong></td>
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<tr>
<td><strong>Multi-point Anchors</strong></td>
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<tr>
<td>Load Releasing Hitch: Mariners Hitch</td>
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<tr>
<td><strong>Compound Systems: 4:1 (w/pig-rig), 5:1, &amp; 9:1</strong></td>
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<tr>
<td><strong>Participate in the creation and practical application of a tensioned diagonal</strong></td>
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<table>
<thead>
<tr>
<th>Craft-Pins</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td><strong>Effectively release simple pinned craft in a class I rapid via unbalancing forces using one of the following techniques:</strong></td>
<td></td>
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<tr>
<td>- Vector Pull</td>
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<tr>
<td>- Progressive Vector Pull</td>
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<tr>
<td>- 1:1 with Change of Direction</td>
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<tr>
<td><strong>Create a multi-point anchor on a paddle craft to be used as an anchor point to un-pin the craft.</strong></td>
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</table>
# Level 5: Advanced Swiftwater Rescue

## Skills Assessment

<table>
<thead>
<tr>
<th>Craft-based Rescues</th>
<th>P / N</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Demonstrate the ability to competently and confidently paddle chosen craft in the appropriate course venue</td>
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<tr>
<td>Swimmer tow</td>
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<tr>
<td>Craft towing</td>
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<tr>
<td>Swimmer re-entry/re-mount techniques</td>
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<tr>
<td>Craft bumping/bulldozing</td>
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<tr>
<td>Craft specific rescues</td>
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<tr>
<td>Unresponsive Paddler Rescue</td>
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<tr>
<td>Tethered Craft Rescue</td>
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<table>
<thead>
<tr>
<th>Strategies &amp; Skills for Entrapments</th>
<th>Comments</th>
</tr>
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<tbody>
<tr>
<td>Stabilization Line</td>
<td></td>
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<tr>
<td>Snag Line</td>
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<tr>
<td>Participate in an entrapment scenario that uses the following techniques to successfully rescue a simulated foot entrapment subject:</td>
<td></td>
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<tr>
<td>- Kiwi or U-Cinch (choose one)</td>
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<tr>
<td>- Simple Cinch</td>
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<tr>
<td>- Y-Cinch, Shrinking-Loop/Lasso, Box Cinch (choose one)</td>
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## Final Assessment

| PASS | NEEDS MORE WORK |

### Assessor

*Assessor must be a currently certified ACA Instructor at or above this level.*

IT or Instructor: ______________________________

Signature: ___________________________________

ACA #: __________________ Date:______________

Assisting IT or Instructor: _____________________

ACA #: __________________