



# 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 hands-on learning in both a classroom and in calm, protected waters. Current ACA Paddling Instructors will earn the Adaptive Endorsement upon successful completion. All other ACA members, who are not certified ACA instructors, will earn a Certificate of Completion upon successful demonstration of endorsement criteria.

### 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:

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



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### Course Duration:

- 16 hours (minimum)

### Course Location / Accessible Venues:

- Classroom, covered boat outfitting area, ACA L1 venue (pool preferred)

### Class Ratios:

- 5 Endorsement Candidates to 1 Instructor Trainer; with an additional Adaptive Endorsed Instructor the ratio can be 10:2
- Minimum 1 Endorsement Candidate present for each paddlesport student with a disability
- Maximum 3 Endorsement Candidates for each paddlesport student with a disability

### 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



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- 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)