



Level 3: Fundamentals of Surfski

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: Winds between 5 and 10 knots
Wind/Swell waves between 1 and 2 feet (.3 - .6M)
Breaking waves less than 2 feet
Current between 1 and 2 knots

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



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Assessor: Level 3: Fundamentals of Surfski Instructor (or higher)

Succeeding courses:

Level 4: Open Water Surfski Skills Assessment (*under development*)

Level 5: Surfski Advanced Open Water Skills Assessment (*under development*)

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

Course Content

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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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.

Conditions: Wind between 5 and 10 Knots with 1 to 2 foot (.3 - .6M) waves must be present at Assessment.

STROKES & MANEUVERS	P / N	COMMENTS
Lifting & Carrying: Good, safe technique		
Launching: Low dock, bank or ramp for entering boat in a safe manner		
Rafting up		
Efficient Forward Stroke		
Reverse Stroke and Stopping		
Forward and Reverse Sweep Strokes		
Draw Stroke out of water recovery		
Draw Stroke while underwav		
Static Low Brace		
Low Brace Recovery		
Capsize and exit surfski		
Paddling and turning in wind, swell, and waves		
Surfing basics		



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Landing: return to dock, bank or ramp and exit boat in a safe manner		
Beach launching and landing (not required to pass)		
Developing skill — Edging / boat tilt (not required to pass)		

RESCUE/SAFETY	P / N	COMMENTS
Rescue a swimmer (pushing/pulling/carrying)		
Rescue a surfski		
Deep water re-entry solo (straddle and/or side-saddle)		
Deep water re-entry (assisted/assisting)		
Rescue craft with flooded hatch (if applicable)		
Signaling		
Rescue sequence: RETHROG		



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TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of paddling equipment		
Safety: understand the dangers of surf ski paddling and avoiding them		
Cold Water Shock		
Hypo / Hyperthermia/		
Environmental Issues		
Trip Planning		
Group Awareness-emergency procedures, rules of the road, etc		
Securing boats to rack		

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 #: _____		