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 in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. 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 Minimum
Course Location / Venue: Sections of whitewater rivers rated up to class I-III

Assessor: Level 5: Advanced Whitewater SUP Instructor

Class Ratio: 4 Students : 1 instructor; with an additional instructor or qualified assistant the ratio can be 8 : 2

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)
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.

<table>
<thead>
<tr>
<th>STROKES &amp; MANEUVERS</th>
<th>P / N</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifting &amp; Carrying: efficient, safe technique</td>
<td></td>
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<tr>
<td>Launching &amp; Landing: Low dock or bank for entering board in a safe manner</td>
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<tr>
<td>Board trim: nose – tail / rail – rail</td>
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<tr>
<td>Paddle: proper grip / orientation while kneeling &amp; standing</td>
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<tr>
<td>Stances: prone / sitting / kneeling / neutral / offset surf variations / rail stomping</td>
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<tr>
<td>Efficient Forward Paddling: 200 yards in a reasonably straight line</td>
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<tr>
<td>Stop from a moderate speed within one to one and a half board lengths, forward and reverse</td>
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<tr>
<td>Bracing techniques (low brace, high brace, offside and cross tail–heel side low brace)</td>
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<tr>
<td>Spinning: forward &amp; reverse sweeps / draw</td>
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<tr>
<td>Figure of 8: paddle a figure of 8 course using reasonable control</td>
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<tr>
<td>Lateral Movement: use draws to travel sideways</td>
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<tr>
<td>Maneuvering: weight transfers from nose – tail and rail – rail</td>
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<tr>
<td>Pivot Turn</td>
<td></td>
<td></td>
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<tr>
<td>Moving Pivot Turn with submerged tail</td>
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<tr>
<td>Cross Stepping</td>
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<tr>
<td>Edging and Board Tilt: Paddle a circle while edging both toe and heel side</td>
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<tr>
<td>Sideslip: board moves sideways with headway</td>
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<tr>
<td>Front Ferry</td>
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<td></td>
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<tr>
<td>Paddling on edge in and out of current</td>
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<td></td>
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<tr>
<td>Eddy Turns (wide / shallow)</td>
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<td></td>
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<tr>
<td>Peel Outs (wide / shallow)</td>
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<tr>
<td>C-Turn</td>
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</table>
### S-Turn
Front Surfing (2-3 foot waves)
Tripping: Show evidence of at least one day-trip of at least 3 river miles

### RESCUE/SAFETY

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Describe Rescue Priorities & Responsibilities of Individuals
Recover board and paddle after fall into deep water (without leash)
Deep Water Rescue: remount board in deep water
Swim Rescue: swim to shore with gear (25 yards) in full paddling gear
Demonstrate a board assisted rescue
Towing: use leash or PFD tether to pull a weak or injured paddler
Consistently throw a throw bag at least 40 feet to a swimmer in a rapid.
Demonstrate a proper 1-person wade
Safety Equipment: whistle / knife
Demonstrate a foot entrapment rescue

### TECHNICAL KNOWLEDGE

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History of the sport
SUP terminology
Equipment: working knowledge of SUP paddling equipment for whitewater
Appropriate leash wear
Appropriate PFD wear (inherently buoyant vs. inflatable)
Safety: wind, waves, water & weather
Cold Water Shock / Hypo / Hyperthermia
Nautical Rules of the Road
USCG regulations
Safety and Rescue Equipment
Environmental Issues
Trip Planning
Group Awareness
Securing boards to rack

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## Level 5: Advanced Whitewater Stand Up Paddleboarding Skills Assessment

<table>
<thead>
<tr>
<th>FINAL ASSESSMENT</th>
<th>COMMENTS</th>
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<tbody>
<tr>
<td>PASS</td>
<td>NEEDS MORE WORK</td>
</tr>
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</table>

### 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 #: ____________________________