



# Level 1: Introduction to Canoeing

## 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 Minimum

**Course Location / Venue:** Calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore.

**Class Ratio: Tandem:** 6 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 12 : 2

**Solo:** 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10:2



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### Succeeding courses:

Level 2: Essentials of Canoe Touring

Level 2: Essentials of River Canoeing

Level 3: Freestyle Canoeing

Level 3: River Canoeing

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

### 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:** \_\_\_\_\_

**Quiet water 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.

STROKES	Bow	Stern	Solo	COMMENTS
Forward				
Forward w/Switch				
Forward w/Correction				
Forward w/rudder				
Forward w/stern pry				
Back				
Draws				
Draw to the Hip				
Bow Draw				
Cross Bow Draw				
Stern Draw				
Prys				
Pry at the Hip				
Stern Pry				

Demonstrate good balance and posture during all maneuvers

MANEUVERS	Bow	Stern	Solo	COMMENTS
Forward: 50 YDS in reasonably straight line				
Stopping: in 1 Boat Length from good speed				
Spin: 360 degree pivot to onside & offside				
Abeam: Sideways both sides 20 FT w/o headway				
Turns underway, with momentum				
Switch Positions in the canoe on water				
Canoe Carries: Overhead and Suitcase				
Launching and Landing: Low dock or bank to enter and exit safely				

RESCUE/SAFETY	P & N	COMMENTS
Understand the risks and dangers of quiet water and how to avoid them		
Signals: Whistle, Paddle and Hand		
Rescue Sequence: (RETHROG)		
Priorities: People, canoe, gear		
Responsibility: Individual, Group, Rescuer, Victim		
Cold Shock, Hypothermia: HELP/HUDDLE, clothing		
Hyperthermia: hydration, clothing		
Emergency Procedures		
Safety Equipment		
Deep water exits: Vault and Slide		



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Controlled capsizes		
Self Rescue: Swim 25 FT to shore with and without a canoe		
Empty a canoe full of water at shore line		
Canoe over canoe rescue (T Rescue)		
Side by side (Parallel)		
Re-entry: Self & Assisted; Heel Hook, Sling		

TECHNICAL KNOWLEDGE	P or N	COMMENTS
Environmental Issues: Leave No Trace etc, ecology		
Paddling Environment: 4 W's		
Personal Preparation: Planning, clothing, food and water		
Canoe: Types, parts, materials		
Paddle: Types, parts, materials, use		
Lifejacket: Types, materials, fit		
Concepts of Paddling (Flat Water)		
Group Organization & Travel		
Canoe Carries: Overhead & Suitcase		
Canoe Trim		
Trip Planning: How to prepare a day trip		
Knots: Figure 8 or bowline, truckers hitch and 2 half hitches		
Federal, State and Local Laws and Regulations		
Car Topping: Loading/Unloading (Use of straps and knots)		

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 #: _____		