



# Level 2: Essentials of SOT Kayaking

## Instructor Criteria

**Overview:** Fundamentally, we expect that participants will have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this level of certification prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Exam (ICE).

### **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:** Completion of the appropriate level skills course, assessment course, or equivalent skills.

**Course Duration:** Combined IDW & ICE – Minimum 3 Days (24 hours)

**Course Location / Venue:** Calm, protected water with constant access to safe landing and within .5 nm from shore:

- Winds less than 10 knots
- Waves less than 1 foot (0.3 meters)
- Current less than 1 knot
- No surf - shore break less than 1 ft (0.3 meters)



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

**Succeeding Levels of Certification:**

Level 3: SOT Coastal Kayaking

*The following is a list of the criteria used to evaluate Instructor Candidates. The content covered and sequence of evaluation should be adjusted to best fit the participant's needs, class location and time allowance.*

**General Requirements for all Instructor Certifications:**

- Be at least 18 years old
- Meet the appropriate essential eligibility criteria
- Successfully complete an Instructor Certification Workshop (IDW & ICE)
- Be a full ACA member
- Upon successful completion, register with the Safety Education & Instruction Council
- Have and maintain First Aid and age appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform and teach all of the following material unassisted in the appropriate venue
- Instructors are expected to be able to demonstrate, teach, and model everything on the official ACA skills course and assessment course outlines which correspond to their level/craft.

Demonstrate knowledge and ability to efficiently/effectively plan and implement appropriate instructional sessions and assessments for a different learning styles and ability levels, to include:

- Differentiation of instruction based on the individual learner (student centered)
- Use of an appropriate skills progression when teaching complex skill sets
- Selection of appropriate teaching venue based on ability and desired outcomes
- Focus on core principals rather than specific technique
- Provides appropriate, specific and meaningful feedback

**Maintenance Requirements:**

- Teach at least two courses that meet ACA standards within the four-year certification period and report the results to the National Office
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually

**Level 2: Essentials of SOT Kayaking Instructor Requirements:**

- 1) Demonstrate a knowledge of ACA Paperwork:
  - How to register & report a course (with and without insurance)
  - An understanding of the ACA Waiver & Release of Liability
  
- 2) Demonstrate a knowledge of:
  - Teaching theory



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- Learning theory
  - Effective methods of providing feedback
- 3) Demonstrate the following:
- Positive interpersonal skills
  - Appropriate group management skills (including leadership and judgment)
  - Ability to choose an appropriate venue / class site
- 4) The ability to teach and model the basic kayak paddle strokes and maneuvers effectively. This includes:
- Forward stroke, to propel the kayak straight forward
  - Reverse/back stroke, to stop and reverse straight backward
  - Forward and reverse sweeps, to turn and or spin the kayak
  - Draw and sculling draw, to move the kayak sideways evenly
  - Low brace to avoid capsize
  - Rudder (stern) to glide straight and turn to paddle side
- 5) Demonstrate the ability to teach and model basic rescue techniques effectively:
- Controlled capsize and effectively wet exit the kayak
  - T-rescue (blown hatch)
  - Side-by-Side
  - Self Rescue to get back on the kayak w/o aid(s)
  - Towing, both in-line and contact towing
  - Bulldozing a capsized kayak to shore
  - Contact Towing
  - In Line Towing (demonstrate only)
- 6) Demonstrate knowledge of, and ability to teach, the following effectively:
- Safety issues and hazards of flat water kayaking
  - Weather and tide conditions important to the kayaker
  - Cold shock, Hypothermia and hyperthermia; prevention and treatment
  - Signaling devices and safety equipment including VHF radios
  - Boat traffic safe practice, maps, charts, float plan
  - SOT Kayak design and outfitting e.g., back bands, rod holders, etc
  - Kayak Paddle fit, hand placement & design
  - Safety for added equipment (e.g. gear, fishing rods and tackle, anchors etc)
- 7) Demonstrate ability to paddle and perform rescues efficiently and effectively in the Level 2 venue.
- 8) Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor.

**This Criteria is specifically for Sit On Top Kayak Instructors.**