



Level 5: Advanced Whitewater Kayaking

Instructor Criteria

Overview: Fundamentally, we expect that participants should 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: The candidate must have taught and successfully reported at least two Level 4: Whitewater Kayaking skills courses or assessments. Completion of an L4 Swiftwater Rescue Course is required.

Course Duration: Combined IDW & ICE - 2 Days (16 hours) Minimum

Course Location / Venue: Class conditions are class II- III- IV rapids where precise maneuvering in current will be required to avoid obstacles. All of the following instructor requirements are to be completed in the course venue: class II- IV rivers.



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Class Ratio: 3 Instructor Candidates : 1 Instructor Trainer; with an additional instructor or qualified assistant the ratio can be 6 : 2

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 5: Advanced Whitewater 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) Effectively perform, model and teach basic kayak strokes and maneuvers listed below
- Advanced forward paddling techniques and variation, including weighting (advanced edging).
 - Reverse paddling moves and variation ,including weighting the boat
 - Advanced turning and spinning, techniques with weighting technique
 - Advanced draw strokes and sculling draws, compound strokes
 - Advanced bracing techniques to avoid capsize
 - Boofing techniques – how- why- when
 - Advanced river reading knowledge of verticals, hydraulics and other hazards
 - Maneuvering on Class II-IV rapids using various techniques, including, but not limited to surfing, attaining and playing the river with comfort and control.
- 5) Effectively teach and model the basic rescue techniques below as in L 4 in L 5 venue
- Demonstrate and teach methods that provide underwater composure and confidence prior to wet exit
 - Wet exits must be modeled and taught two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip
 - Controlled capsize and wet exit kayak with a spray skirt
 - Boat over boat rescue technique for deep water re-entry
 - Swimming with and without boat and gear
 - Bull dozing boat to shore with correct angle and recovering gear
 - Towing swimmers from kayak bow/stern, and kayaks using a quick release system
 - T-rescues using bow etc.
 - Use of throw rope as rescuer and victim along with Talk, Reach, Throw, Row, Go basics
 - Instructors should be able to perform and demo an unresponsive paddler Pinned craft , unpinning concepts including wading and shore based
 - Rafting up technique for distressed paddler in rapids, boat(s) to boat method
- 6) Demonstrate solid knowledge of, and ability to effectively teach, the material listed below :
- Overall knowledge of paddlesports
 - Safety issues including using the American Whitewater Safety Code
 - River features and hazards and how to use and or avoid them
 - Advanced River running strategies, including scouting and group management on the river
 - Weather reading and weather protocols, including (lightning plan) important to kayakers
 - Cold water shock, hypothermia and hyperthermia; prevention and treatment
 - River Signaling ,with hand , paddle, whistle considering possible L 4 venue
 - Maps, guide books and value of local knowledge for trip planning

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- Developing a float plan for a class 4 river trip
 - Trip and class planning considerations for day and multi day river trips
 - Kayak designs and uses including river running, play boating and creeking
 - Whitewater kayak outfitting for all types, e.g. creeking and playboating
 - Kayak Paddle types, fit and design
- 7) Perform and be able to teach reliable Kayak rolls using techniques that avoid injury to muscles and joints. With solid knowledge of most currently used rolls and the ability to explain pros and cons of each. Perform rolls on each side in course conditions. Instructors will have their own favorites but need to be knowledgeable of other rolling options and must avoid being dogmatic.