



# Level 3: Coastal Stand Up Paddleboarding

## 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):**

All water-based programming participants (including all paddlesport programs) must acknowledge the ability to perform the following EEC:

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 head / neck 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 the 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 or on / off of a paddlecraft independently or with a reasonable amount of assistance
9. Independently get out from under a capsized paddlecraft
10. Reenter or remount 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 an adaptive paddling program, a participant must meet only the first six EEC listed above. The adaptive paddling program will include teaching and practicing the last five EEC listed above.*

**Course Prerequisites:** Must be an ACA member

**Course Duration:** This assessment is intended to be accomplished in a single day; however, it may be conducted over a longer period of time at the assessor's discretion.

**Course Location / Venue:** The L3: Coastal SUP Assessment cannot be completed unless 2 of the following conditions necessary for assessment are present, but not required at the same time:

- 10-15 knot winds
- 2-3 foot seas
- 1-2 foot breaking waves (required)



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- 2-3 knots of current

**Assessor:** Level 3: Coastal SUP Instructor (or higher)

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

**Succeeding courses:** Level 3: Coastal SUP Instructor IDW

**Equipment:** Candidates shall come prepared to manage themselves on a day-long trip. The following is a list of required items:

- General purpose, touring or similar stand up paddleboard equipped with deck attachments and leash plug
- Personal paddling equipment to include: U. S. Coast Guard approved and sport specific lifejacket (PFD), appropriate leash, paddle, whistle, spare clothing, hiker's compass, and paddling clothing suitable for immersion and appropriate to the conditions
- Food and water for the day
- Any additional items that may be required on the water

### 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
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

**Assessment:** Candidates will be assessed in two areas: Technical skills and knowledge

### Technical Skills

- Effective board remount from deep water
- Launching and landing
- Effective forward paddling
- Effective reverse paddling
- Pivot board 360°
- Turning with forward momentum
- Sideways movement—static
- Sideways movement with forward momentum
- Preventing falls
- Sculling for support
- Unconscious paddler rescue



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- Self-rescue
- Towing

### Knowledge

- Weather (knowledge of weather resources and the impact of weather on stand up paddleboarders)
- Basic navigation (interpret basic chart datum, plotting a course and adjusting for variation/declination)
- Leave No Trace skills and ethics
- Group awareness and communication
- Hazard assessment and avoidance
- Recognition, treatment, and avoidance of hypothermia and hyperthermia

### 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*

**Technical Skills:** Participant must be able to demonstrate each of the technical skills in a safe, effective and efficient manner in L3 conditions. The focus of the assessment will be on achieving desired results in context rather than on specific technique, i.e., while performing authentic tasks in conditions.

TECHNICAL SKILLS	P / N	COMMENTS
Effective launching and landing—demonstrate launching and landing in a variety of contexts and conditions.		
Effective forward paddling—demonstrate the ability to maintain directional stability through a variety of techniques, and maintain speed appropriate to the environment while paddling forward.		
Pivot 360°—spin their SUP using combined draws and sweeps.		
Turning with forward momentum—demonstrate the ability to turn their SUP with a variety of techniques with forward momentum to include: edging, nose rudders, tail rudder (to go straight) tail draw, and tail pry.		
Sideways movement, static—demonstrate sideways movement using draw to the hip and sculling draw.		
Sideways movement with forward momentum—demonstrate sideways movement with forward momentum using a draw on the move, hanging draw, or static pry.		
Sculling for support—effectively and efficiently scull for support.		



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Deep water rescue—demonstrate a variety of rescues in L3 conditions.		
Self-rescue—demonstrate the ability to successfully self-rescue in conditions using the technique of their choice.		
Towing—demonstrate proficiency in a variety of towing techniques to include: contact tows, rafted tows, inline tows, towing/carrying a swimmer, etc.		
Unconscious paddler rescue		

**Knowledge:** An individual’s knowledge shall be assessed using a variety of methods that may include: Observation, self-assessment, feedback, and questioning.

KNOWLEDGE	P / N	COMMENTS
Weather—Is able to explain the effect of weather on stand up paddleboarders and show knowledge of various weather resources.		
Basic navigation—able to interpret basic chart datum, plot a course and adjust for variation/declination.		
Leave No Trace (LNT) skills and ethics—possesses a fundamental knowledge of Leave No Trace (LNT) skills and ethics.		
Group awareness and communication—demonstrate an understanding and proper use of on water signals and the importance of maintaining a small group profile.		
Hazard assessment and avoidance—demonstrate an understanding of hazard assessment, and avoidance of same, both on and off the water.		
Recognition and avoidance of hypothermia and hyperthermia—demonstrate an understanding of the causes, treatments, and prevention of both hyperthermia and hypothermia.		



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FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<p style="text-align: center;"><i>Assessor must be a currently certified ACA Instructor at or above this level.</i></p>		
<p>Assessor: _____</p>		
<p>Signature: _____</p>		
<p>ACA #: _____ Date: _____</p>		
<p>Assisting IT or Instructor: _____</p>		
<p>ACA #: _____</p>		