



Paddlesports Safety Facilitator (PSF) Certification Criteria - Canoe Module

Paddlesport Safety Facilitator (PSF) Course Overview

Fundamentally, we expect that Paddlesports Safety Facilitators (PSF) should have the ability to manage groups, have background knowledge of paddling safety and environmental hazards, and possess the ability to effectively maneuver their craft to perform and demonstrate effective rescue techniques. This certification allows the facilitator to introduce paddlecraft safety and knowledge to the beginner paddler in a land-based setting. This is a 4-year, non-renewable certification.

If you're a student who would like a resource to prepare for this course, ACA is pleased to provide a free online paddling safety course, [here](#). A certificate of completion is included!

Course Prerequisites

- Acknowledgment of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a current ACA Member

Course Duration

General Knowledge Module Duration: Minimum of 4 hours

Discipline Specific Module Duration: minimum of 1 hour per module

Course Location / Accessible Venues

Flat water, protected from wind, waves and outside boat traffic, with current less than 0.5 knots and within swimming distance of shore.

Course Size

12 Participants : 1 Instructor; with an additional qualified assistant, the ratio can be 24 : 2. The maximum number of participants permitted is 24.

Instructor

The PSF course may be offered by Level 3 (or higher) ACA Instructors, Instructor Trainers, or Instructor Trainer Educators within the discipline of canoe. Additionally, this course may be offered by currently certified ACA Level 1 and 2 instructors who hold the Paddlesports Safety Facilitator (PSF) Endorsement. If the ACA Instructor would like to offer PSF module(s) in the other disciplines of kayak or SUP (other than which they are currently certified), they must hold an ACA Level 1 Skills Assessment (or higher) in that additional discipline to offer that module.

Succeeding Courses

Level 1: Introduction to Kayaking, Canoeing, or SUP Skills, Assessment, or Certification Course

Community Paddlesports Leader (CPL) Certification Course

Certification Maintenance Requirements

- Maintain ACA membership annually

ACA Paddlesport Safety Facilitator (PSF) - Canoe Module Requirements

Demonstrate the following:

- Securing boat for transport on car or trailer using proper tie downs, straps, or knots
 - Knots: Figure-8, bowline, truckers hitch, and 2 half hitches
- Techniques for safely loading and unloading the canoe from a car, trailer, or rack

- Safely carry the canoe to and from the water
- Enter and launch the boat from shore in a controlled manner, checking for clear departure
- Determine boat stability (trim, stance, bow to stern, gunwhale to gunwhale, etc.)

Demonstrate the ability to perform the following safety and rescue skills:

- Calmly exit the boat after a capsize, using proper body position and contact with the craft and paddle
- Deep water exits: vault and slide performed in flat water
- Swim a canoe 30 feet (9 meters) to shore
- Maneuver the canoe to rescue a person in the water and their capsized boat
 - Strategies and techniques for boat and paddle recovery including bumping, bulldozing, towing, or swimming equipment to shore
- On-water assisted rescues: boat over boat or side by side or others appropriate to conditions
- Self and assisted swimmer re-entry techniques (i.e., heel hook, rescue sling, paddle float)
- Perform an unresponsive paddler rescue
- Emptying water from the boat (on shore, bailers, pumps, sponges, etc.)

Satisfactorily complete the PSF General module

Successfully complete the Paddlesports Safety Facilitator Exam

Conclusion and Wrap Up

- This has been a great class! Let's talk through what we've learned with a group debrief and/or Individual feedback
- Course limitations: there is always more to learn, and the skills and concepts we discussed require more practice and experience

- First aid and CPR training is a very valuable tool and could make the difference between a “near miss” and an emergency requiring outside rescue / first responders
- Paddling is a lifetime sport - there are local organizations, clubs, events, competitions, and classes through which you can continue your learning and build community. Get connected!
- Handouts and reference materials (if applicable)

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This curriculum is managed by the ACA Introduction to Paddling (IPC) Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on [the ACA website](#).