



Level 2: Essentials of Stand Up Paddleboarding

Instructor Criteria

Overview: Fundamentally, we expect that participants have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this level of certification (Level 2) 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.

Instructor Trainer: This certification course may be offered by Level 2 or higher ACA Instructor Trainers or Instructor Trainer Educators in their discipline.

Course Duration: Combined IDW and ICE - Minimum 3 days (24 hours) for one discipline. IDW (16 hours – 2 days) & ICE (8 hours – 1 day)

Course Location / Venue: Flat water with less than 10 knots wind, 1 foot/0.3 meters waves or smaller, or 1-2 knots current.



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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 Courses: Instructor Skills, Assessment, and Certification courses in the appropriate discipline:

- Level 3: Surf Stand Up Paddleboarding
- Level 3: Coastal Stand Up Paddleboarding
- Level 3: River Stand Up Paddleboarding
- Level 4: Whitewater Stand Up Paddleboarding
- Level 5: Advanced Whitewater SUP

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, and be craft appropriate.

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 boardsports, 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 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



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Maintenance Requirements:

- Teach at least two courses that meet ACA standards within the four-year certification period (at least one should be at your highest level of certification) 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 Stand Up Paddleboarding (ESUP) Instructor Requirements:

Fundamentally, we expect that paddlers should have basic paddling skills, before presenting themselves for evaluation as instructor candidates as below

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 and learning theory:

- Have an understanding of multiple modalities of teaching and how they impact different learners
- Differentiate instruction targeting different learners
- Use effective teaching methods
- Present information effectively (both prepared and impromptu)
- 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) Demonstrate the understanding of and the ability to effectively and efficiently perform, assess and teach the following board control, strokes, and maneuvers in Level 2: Essentials of SUP venue(s) and conditions.

Board Control

- Carrying: 2 person, solo hand well, solo overhead, solo one shoulder and elbow
- Launching: Beach, dock, shoreline
- Board Trim: Nose to tail, rail to rail
- Stance: Prone, sitting, kneeling, neutral with variation/slight stagger, offset surf
- Edging and Board Tilt – paddle a circle while edging both toe and heel sides



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Strokes

- Forward
- Cross Forward
- Reverse (back stroke)
- Sweeps (Forward / Reverse)
- Draw (standard / sculling)
- Draws to nose/tail and Cross Nose (Static and Dynamic)
- Bracing (Low/High, Sculling, Slap, Cross Tail – Heel Side Low Brace)
- Canted Forward Stroke

Maneuvers

- Forward Paddling: 200 yards/183 meters paddle in a straight line without changing on-side
- Stop: stop the SUP from a good speed
- Bracing
- Spinning: Spin SUP using full forward and reverse sweeps and draw (on and off side)
- Paddle a Figure of 8 Course: Using reasonable control
- Lateral Movement: Use draws to travel sideways (20 feet/6 meters)
- Turning on the Move: Sweep strokes and static draws while underway to turn board
- Landing: At low dock/bank under control (without use of paddle pushing off dock/bank) and no damage to board or bank
- Maneuvering: practicing weight transfers from nose to tail and rail to rail
- Side Slip
- Pivot Turn
- Moving Pivot Turn with submerged tail
- Cross Stepping
- Endurance: to maintain 2-3 mph/3-5 kph pace for minimum 1 hour

5) Demonstrate the ability to effectively and efficiently perform, assess and teach rescue topics and techniques in Level 2: Essentials of SUP certification course venue and conditions:

- Recoveries: (with and without leash)
- Unassisted board remount – Self Rescue in moderate conditions (wind, waves, current)
- From SUP, retrieve stray SUP and return it to swimmer
- Swim SUP to retrieve stray paddle
- Towing a swimmer/board – in Level 2 conditions
- Deep Water Rescue: unassisted remounting of board from side or back of board
- Swim Rescue: Swim to shore (25 yards/23 meters) in full paddling gear
- Towing: Use leash or PFD tether to pull a weak or injured paddler
- Unresponsive paddler rescue (passive victim rescue)
- Safety Equipment: Whistle – Knife



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- Signals: universal signals: Paddle, hand, whistle
- 6) Demonstrate technical knowledge of, and ability to effectively and efficiently perform, assess and teach, the following:
 - SUP History: history, terminology, awareness of SUP destinations (local, regional, national)
 - SUP Paddle
 - Types, parts, materials, fit
 - Paddle nomenclature and sizing
 - How to hold/orient paddle while kneeling and standing
 - Identify on and offside
 - Technique for switching sides
 - Vertical paddle shaft for forward paddling
 - Paddle design and parts
 - Paddle blade length and volume variations
 - SUP Board Designs
 - Types, parts, materials of a Stand Up Paddleboard (SUP)
 - Board dimensions: general vs. specialized
 - Board volume: displacement for size of rider and application
 - Construction (outer shell materials: epoxy, polyester, polyethylene vs. inner core foam types: EPS, polyurethane)
 - Nose: rocker, width, shape
 - Tails: square, swallow, pin etc.
 - Deck: E-Z plugs, deck bungees
 - Bottom: rocker, flat, concave (single concave vs. double concave)
 - Rail: soft vs. hard, volume, step rail
 - Fins: single fin, three fin thruster, 2+1, quad fin, five fin.
 - PFDs
 - Inflatable
 - Inherently buoyant
 - SUP Leash
 - Safety Equipment
 - Spare paddles: take apart SUP paddle, flatwater canoe paddle, two-piece sea kayak paddle
 - Dry bags and other waterproof containers
 - First aid kit and repair kit
 - Emergency signaling devices
 - Towing rigs: bags, belts, PFD cow tail
 - Etiquette: Beach rules, rules of the nautical road, safety in multi-use areas where others may be present.
 - Wind, Waves, Water and Weather basics, as it relates to paddlers
 - Current dynamics and hazards (river and/or tidal)



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- Regulations – USCG / State / Local safety requirements
- Nautical Rules of the Road: for all paddlers and SUP specifics
- Safety: understand the risks of SUP and hazard avoidance
- Cold Water Shock - Hyperthermia - Hypothermia: recognition and treatment
- Environmental Issues: Leave No Trace
- Group Awareness: familiar with group dynamics and with whistle and paddle signals
- General: familiar with the different disciplines of boardsport and paddlesport
- Securing Boards to Rack: attach SUP to rack using padded crossbars, flat cam-straps or rope and suitable knots
- Personal Preparation: planning, clothing and footwear suitable for immersion and appropriate to the conditions, food and water, whistle
- Concepts of Paddling
- Trip Planning: familiar with how to prepare for a short daytrip
- Knots: Figure 8 or bowline, truckers hitch and 2 half hitches

7) Demonstrate the ability to effectively and efficiently perform, assess, and teach group management and incident management skills and concepts, to include:

- Planning a trip
- Float Plan
- Put-in Briefing
- Group (3-person minimum) – consider sea kayak accompaniment of group for emergency supplies
- Group Management (Lead /Sweep, Safety, Spacing)
- Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor in this course venue

Note: An Instructor is expected to be able to demonstrate and teach everything on the Level 2 Essentials of SUP Skills Course and Level 2 Essentials of SUP Skills Assessment for their craft.