



## Level 3: Prone River Paddling

### 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):**

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:** Must be an ACA Member

**Course Duration:** 1 day

**Course Location / Venue:** Sections of Rivers rated up to class I-II whitewater

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



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**Assessor:** Level 3: Prone River Paddling Instructor

**Succeeding courses:** Swiftwater Rescue Training Strongly Encouraged

The sequence of assessment should be adjusted to best fit the participant's needs, class location and time allowance.

### **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
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

### **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.*

Participant must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition the participant must demonstrate the appropriate level of knowledge for this skill assessment level.

| STROKES & MANEUVERS<br>(Flat-Water)  | P / N | COMMENTS |
|--|-------|----------|
| Lifting & Carrying: Good, safe technique   |       |          |
| Launching / Landing: Staying centered on prone kayak and understanding proper trim fore and aft    |       |          |
| Efficient Forward Paddling: 50 yards in a reasonably straight line                                 |       |          |
| Stop: Stop the prone kayak from a good speed, forward and reverse                                  |       |          |
| Reverse: 10 yard paddle with reasonable control  |       |          |
| Rotate 360° on the spot using forward & reverse sweeps   |       |          |
| Turning on the move: sweep strokes while underway  |       |          |
| Figure of 8: paddle a figure of 8 course using a variety of strokes                                |       |          |
| Landing: return to dock / shore and exit prone kayak in a safe manner                              |       |          |
| Transitions from prone to seated and back to prone, as well as prone to kneeling and back to prone |       |          |
| Ruddering: dragging opposite hand to turn  |       |          |
| Turning on the move using edging for carved turn using feathering strokes with opposite hand.      |       |          |
| Preventing capsize: Superman Position  |       |          |
| Kayak Tripping: one moving water day trip of 5 or more river miles                                 |       |          |
| STROKES & MANEUVERS<br>(Moving-Water)  | P / N |          |
| Ferrying (forward & reverse)   |       |          |
| Eddy Turns & Peel Outs   |       |          |



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|  |  |  |
|--|--|--|
| C-Turn (peel out and turn into same eddy)                  |  |  |
| S-Turn (peel out and turn into an adjacent downriver eddy) |  |  |

| RESCUE/SAFETY  | P / N | COMMENTS |
|--|-------|----------|
| Deep Water Exit/Re-entry   |       |          |
| Assisted Rescue: Helping someone remount from deep water   |       |          |
| Swim Rescue: swim to shore in moving water using defensive and offensive techniques  |       |          |
| Assisted Rescue: helping a swimmer re-connect with their prone kayak.  |       |          |
| Moving Water Re-entry: Self Rescue in Current  |       |          |
| Throw Rope: <ul style="list-style-type: none"> <li>• Rescue rope throw across a 4' wide target from 30 feet (within 1 minute)</li> <li>• Proper rope technique as a swimming victim</li> </ul> |       |          |
| Developing Skills (not required to pass) <ul style="list-style-type: none"> <li>• Prone kayak roll</li> </ul>  |       |          |

| TECHNICAL KNOWLEDGE   | P / N | COMMENTS |
|---|-------|----------|
| Equipment: working knowledge of paddling equipment                  |       |          |
| Safety: understand the dangers of kayaking and how to avoid trouble |       |          |
| Cold Water Shock / Hypo / Hyperthermia                              |       |          |
| Environmental Issues  |       |          |
| Trip Planning   |       |          |
| River Hazards (up to class II rivers)                               |       |          |
| River Running (up to class II rivers)                               |       |          |
| Group Awareness   |       |          |
| Securing boats to rack  |       |          |



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|                |  |  |
|----------------|--|--|
| Boating Laws   |  |  |
| AW Safety Code |  |  |

| FINAL ASSESSMENT   |                      | COMMENTS |
|--|----------------------|----------|
| PASS   | NEEDS MORE WORK      |          |
| <b>ASSESSOR</b>  |                      |          |
| <i>Assessor must be a currently certified ACA Instructor at or above this level.</i> |                      |          |
| IT   | or Instructor: _____ |          |
| _____  | Signature: _____     |          |
| _____  | ACA #:               |          |
| _____  | Date: _____          |          |
| Assisting IT   | or Instructor: _____ |          |
| _____  | ACA #: _____         |          |