



Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

Welcome to the
**Journal of
Paddlesport
Education.**

PUBLIC POLICY

SUP SURVEY

As part of the ACA's role in the paddle and boardsport communities, we are routinely asked specific questions about Stand Up Paddleboarding (SUP). These questions range from venue selection for instruction, to curriculum development, to best practices, to the intricacies of public policy from regulatory agencies and U.S. Senators as it relates to lifejacket and leash wear.

[SUP Survey](#)

We thank you in advance for your time and opinions .



ACA SUP Instructor at the Mickey Munoz Mongoose Cup in Dana Point, CA



This Issue:

Lead Article [pg 1](#)

SEI Dept. Update [pg 2](#)

Tech Tips [pg 4](#)

Featured ACA eStore [side bars](#)

Upcoming Events [pg 8](#)

Kokatat Instructor of the Month: August—Becky Harger

Kokatat has joined the ACA as a supporting partner and is the exclusive sponsor of the ACA's Instructor of the Month Program. Each month the ACA will recognize an Instructor, Trainer or Educator and they will be featured in that month's Journal of Paddlesport Education. The Kokatat ACA Instructor of the Month will receive a Kokatat PFD in recognition of their efforts supporting the ACA and paddlesports.

Kokatat®

Kokatat has been manufacturing paddling gear in Arcata, California since 1971. At a time when many technical apparel brands were moving manufacturing offshore, Kokatat continued to invest in infrastructure in the United States. Kokatat founder Steve O'Meara was committed to the development of the finest and driest paddling apparel in the world and recognized the need to control and continually evolve the development of their products. Learn more about Kokatat on their [ACA Partner Page](#).

About Becky Harger

Becky has loved the water all her life and began participating in water sports as a youngster in Louisiana. After retiring from a successful career in Land Developing, she moved to Pensacola Beach, FL. A new passion was born when she was introduced to Stand Up Paddling by her friend and mentor, Yancy Spencer III, who was one of the pioneers for Gulf Coast Paddle Boarding. After stand up paddling for 4 years, she decided to attend an ACA SUP Instructor Certification Workshop. At 60 years old Becky became the first ACA certified Stand



SUBARU.

[Become a Subaru VIP](#)





Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

ESTORE

ACA QUICKDRY HATS

Paddling can be a rough sport, being outside in the sun and conditions for long hours on end. One way to help stay safe and look good while out on the water or just around the town is to sport an [ACA Quickdry Hat](#). These hats will help shield your face from the brutal sun and keep your head cool when wet.



You can get this and more in the ACA eStore.

www.americancanoe.org/estore

Up Paddle instructor in the Florida Panhandle. Since then she has formed Water Warrior, LLC and has passed on her passion to more than 200 students from all over the world, this summer alone. She is very proud of her ACA certification and the knowledge that her students have been introduced to this sport with fun and SAFETY in mind.

SEI Department Update

Level 3: Whitewater SUP ICW—Charlotte, NC

The ACA has partnered with the [U.S. National Whitewater Center](#) and C4 team member and board designer, Charlie MacArthur of Aspen Kayak & SUP Academy to bring a Level 3: Whitewater SUP Instructor Certification Workshop to the Southeast.

This course will be hosted at the U.S. National Whitewater Center **September 16-20, 2012**. The course will cover Level 1-Level 3, starting on flat-water and then finishing up on the rapids of the USNWC. For more information or to **register online** click [here](#).

- [Level 3: Whitewater SUP Instructor Criteria](#)
- [Level 3: Whitewater SUP Sample Skills Course](#)



Level 2: Essentials of SUP ICW—Boston, MA

The ACA is excited to announce that we are able to bring a Level 2: Essentials of SUP Instructor Certification Workshop to the New England region. We have partnered with [Charles River Canoe & Kayak](#) to host this course. You can learn more or **register online** [here](#).

- [Level 2: Essentials of SUP Instructor Criteria](#)
- [Level 2: Essentials of SUP Samples Skills Course](#)



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

SEI RESOURCES

FACEBOOK

The ACA has been working to improve the ACA Facebook page. One way we are doing this is the listing Instructor Trainer and Instructor Trainer Educator pictures & their certification on the ACA Facebook page. This is one example of how this resources is being used by the ACA to support paddlers everywhere. If you haven't yet you can like the ACA Facebook page by clicking [here](#) or scanning the QR code below.



Check out the ACA Facebook page, [facebook.com/Paddlesport](https://www.facebook.com/Paddlesport) to see updates, news, photos and videos from the ACA and our partners.

National Paddlesports Conference Update

Overview

The ACA's National Paddlesports Conference features everything you could want in a conference with respect to paddling. This conference features in classroom and on-water education, recreation, stewardship and even competition. There are several pre and post conference Instructor Certification Workshops in SUP and Kayak. Highlights of the 2012 National Paddlesports Conference include:

- On water trips for all experience levels
- High Quality Educational Sessions
- Instructor Updates
- Reel Paddling Film Festival
- SUP Summit
- Pre & Post Conference Courses
- Clean Up on Shem Creek
- Beach and Kayak Tidal Waters Clean Up
- And More!



Online Registration Coming in August

Online Registration for the Conference will be available later this month. Stay tuned to the ACA website, Facebook, Water Blog and other media for announcements. You can also see the National Paddlesports Conference on Google+ Events; where during the conference you can catch live photos, videos and announcements. Visit [ACA's Google+ Page](#).



Dixie Division Updates

The ACA will host Level 4 & 5 Canoe, Kayak & Rescue Updates Pre-Conference **Oct. 26-27** in Hot Springs, NC on the French Broad River. Proceeds will go to support volunteer initiatives of the ACA's Dixie Division. For information or to register visit links below.



- [Level 4: Whitewater Canoe - Instructor Update](#)
- [Level 4: Whitewater Kayak - Instructor Update](#)
- [Level 4: Swiftwater Rescue - Instructor Update](#)
- [Level 5: Advanced Whitewater Kayak - Instructor Update](#)
- [Level 5: Advanced Swiftwater Rescue - Instructor Update](#)



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

SEI RESOURCES

INSURANCE

One of the many benefits of being affiliated with the ACA is our ability to provide liability insurance for on-water events. Obtaining insurance for on-water activities can be difficult and expensive. That's why the ACA provides this valuable service to the paddling community. It can be used for paddling in most classes of water, and is available at affordable rates that are competitive with, if not better, than any other event sanctioning organization. Learn more about the ACA's Insurance Program from ACA Insurance Coordinator, Candy Patten, on the [ACA YouTube Channel](#); [Insurance Playlist](#).



Rescue for River Runners



The ACA and [Five2Nine](#) Productions brings you the Rescue for River Runners: [Episode 3](#). This episode focuses on Group Dynamics and the role they play in staying safe while on the river. Check out and subscribe to the [ACA YouTube Channel](#) to see each new episode. You can also visit the R3 page on the ACA website at www.americancanoe.org/R3.



Courtesy of Landmark Learning

To learn more about the ACA Swiftwater Rescue curriculum or to find instructors and courses visit:

- Swiftwater Rescue—[Skills Course Curriculum](#) / [Instructor Criteria](#)
- Swiftwater Rescue [Courses](#) / [Instructors](#)

Stand Up Paddling: An Essential Guide DVD

Jimmy Blakeney of [BIC Sport Paddle Surf](#) teamed up with the ACA and Ken Whiting of [Heliconia Press](#) to produce a high quality DVD geared for the beginner to the experienced rider. Jimmy has been teaching paddlesports professionally for 20 years and is a certified ACA SUP Instructor Trainer.

- [Purchase Your Copy Today](#)



To learn more about the ACA SUP curriculum or to find instructors and courses visit:

- SUP—[Skills Course Curriculum](#) / [Instructor Criteria](#)
- SUP [Courses](#) / [Instructors](#)



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

ESTORE

PADDLE SAFE, PADDLE SMART

[Paddle Safe - Paddle Smart](#) is a national research based curriculum designed to introduce elementary, middle and high-school age youth to the joys and skills of paddling a canoe and/or kayak. This curriculum is designed for teachers, outdoor educators, adult leaders, summer camp staff, and anyone else who has the opportunity to teach canoeing or kayaking



You can get this and more
in the ACA eStore.

www.americancanoe.org/estore

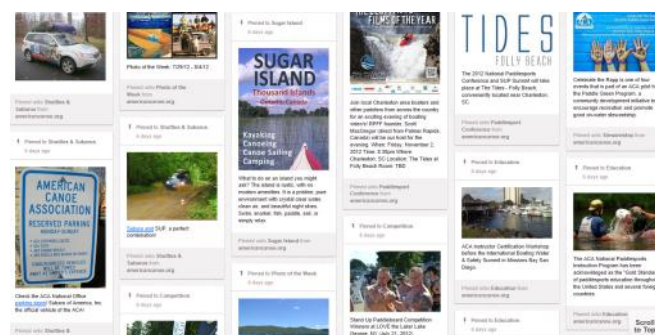
SEI Department Spotlight

Check out the ACA's New Pinterest Page

Did you know the ACA is on Pinterest? That's right. The ACA is stepping up its social media presence in order to connect with more paddlesport enthusiasts. In case you aren't on the Pinterest bandwagon yet, Pinterest is a pin board-style social photo sharing website that allows users to create and manage theme-based image collections such as events, interests, hobbies, and more.

The ACA's Pinterest page caters to the entire paddlesport community and features fun, interactive boards, including:

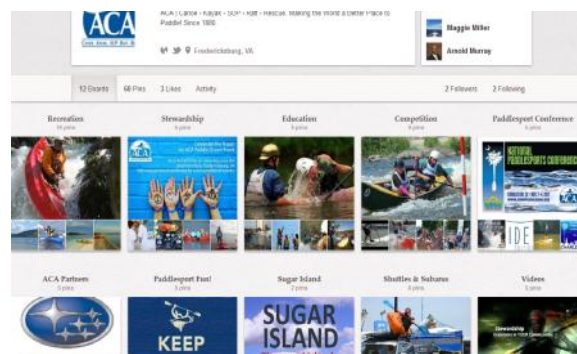
- Photo of the Week
- ACA Gear
- Top 10 Paddlesport Safety Tips
- Paddlesport Fun!
- Subaru – Official vehicle of the ACA
- Sugar Island
- National Paddlesport Conference
- Recreation
- Stewardship
- Education
- Competition
- And many more!



Pinterest

To view the ACA's Pinterest page, [click here](#). If you have a Pinterest account, follow us to find out what's going on in the paddlesport world! If you do not have a Pinterest account, we encourage you to sign up!

The ACA Pinterest page is another way for the ACA to connect with the paddlesport enthusiast. If you have suggestions or pin ideas the ACA should feature, we'd love to hear from you! Contact [Sarah Kadis](#), ACA's Social Media Video Grant Coordinator, at skadis@americancanoe.org.



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

SEI RESOURCES

NATIONAL PADDLESPORTS CONFERENCE ON GOOGLE+

The ACA National Paddlesports Conference is the all in one place for everything ACA and paddlesports. We know not every one can make it to Charleston on November 2-4, so we are going to bring the National Paddlesports Conference to YOU! All you have to do is follow the ACA Google+ Page and we will send you an invite to the National Paddlesports Conference Google+ Event. Not only will you get updates and news between now and November, but throughout the conference we will post updates, announcements, pictures and streaming videos. You can find the ACA on Google+ [here!](#)



BoatUS Foundation Rents Personal Locator Beacons (PLBs)

Have you ever paddled somewhere and wondered, “Who would hear me or come to my rescue if I needed help?” As adventurers, we’re drawn to faraway and often remote places, that’s why BoatUS Foundation for Boating Safety now offers ACR ResQLink floating personal locator beacons (PLBs) for rent. Weighing about the same as a couple of power bars and smaller than a cell phone, these compact emergency beacons use a 406Mhz frequency to alert rescue agencies of a true emergency where assistance is not immediately available. Coast Guard officials or Air Force command coordinate rescue efforts based on where the signal originates and search and rescue crews spring into action. The user



doesn’t need to plot coordinates or send a text message indicating the nature of the problem. All the user is required to do is extend the antenna and press the activation button - the rest is automatic. The ACR PLBs float, have a high intensity strobe light, and are small enough to place in your pocket, paddling vest or dry bag. PLBs from the Foundation rent for \$45 a week and can be reserved online. For more information on tips and uses, and to rent a PLB, visit www.boatus.com/foundation/epirb. By: Ted Sensenbrenner



SUBARU

[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

SEI RESOURCES

ADAPTIVE PADDLING WORKSHOPS

The ACA is known as the “Gold Standard” in paddlesports instruction. This is the case whether you are talking about canoeing, kayaking, SUP, raft or rescue; but it is also in reference to people of all and varied abilities. The ACA’s Adaptive Paddling Workshops prepare instructors and participants alike with the information they need to integrate paddlers with disabilities into their programs. Upcoming Adaptive Workshops:

- [9/6—Michigan](#)
- [9/9—Alaska](#)

More information about the ACA Adaptive Paddle Programs [here!](#)



ACA Members Only Backcountry Excursion—Costa Rica

The ACA Members Only Backcountry Excursions are a great member benefit and opportunity to see and paddle in some fantastic paddling destinations across the world. Not only do you get to spend time with fellow paddlers in exotic locations who are also ACA members but you also get to paddle with an ACA National Office staff. This opportunity to meet and get to know the people who work everyday on your behalf to fulfill the ACA mission of Education, Stewardship, Recreation and Competition.



Join the ACA & Costa Rica Rios for their “Week of Rivers 2012.” This 8 day all inclusive whitewater river tour in Costa Rica is one of the best weeks of whitewater you can find. Costa Rica Rios will provide all logistics of your stay, including airport



or hotel pick-up and drop-off, private transportation, accommodation in B+B, jungle lodge and a hotel, all meals (combination of river lunches, local restaurants and homecooking by their local chef), all equipment, river entrance fees and bilingual guides.

Dates: September 22-29

Costs: \$1,699

Contact: info@costaricarios.com

[More information](#)



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

COMPETITION

COLLEGIATE RACE SERIES

The ACA and college students in Virginia, the Southeast and Texas are gearing up for a busy Fall paddling season. The ACA Collegiate Race Series will have three events later this fall in Houston, TX, Dillsboro, NC and Fredericksburg, VA. If you are a collegiate paddler or program and want to match your program against other paddlers from nearby colleges this is the race series for YOU. For more information on the Fall Race:

- [Texas Flat-water](#)
- [Southeast Downriver](#)
- [Virginia Downriver](#)



Upcoming Outreach Events

This section of the Journal of Paddlesport Education will bring to you outreach events that include conferences, festivals, symposiums and more. Check out these great events that may be in your area and consider attending. For more great events and goings on check out the [ACA Paddlesports Event Calendar](#)!

ACA Open Canoe Slalom National Championships—Wesser, NC

The ACA Open Canoe Slalom National Championships will take place on the Nantahala River in 2012. This event is one of six amateur national championships put on by the ACA. This year's event is October 5-7 and more information can be found at http://www.americancanoe.org/?page=Canoe_Slalom.



Midwest Outdoor Experience—Dayton, OH



Midwest Outdoor Experience has grown beyond just gear and exploded into a multi-day event, featuring camping, competitions, regional music acts, exciting demos, a Friday and Saturday night beer garden and

much more! Midwest Outdoor Experience offers

something for the budding weekend warrior to the hardcore outdoor enthusiast. With over 12,000 visitors during the 2011 event, Midwest Outdoor Experience is one of the largest festivals celebrating the outdoor lifestyle in the Midwest. The ACA is proud to be a sponsor of this great event. Make sure to stop by the ACA booth and check out the ACA Subaru in the Subaru Village. Visit <http://www.metroparks.org/outdoorx/> to learn more.



[Become a Subaru VIP](#)

SUBARU



Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

IMPORTANT DATES

Upcoming Important
Dates to add to your Cal-
endar!

Sept. 7-9: [Level 2: Essen-
tials of SUP ICW](#) (Boston,
MA)

Sept. 16-20: [Level 3: Riv-
er SUP ICW](#) (Charlotte,
NC)

November 1: SEIC
Meeting (Charleston, SC)

November 2-4: [National
Paddlesports Confer-
ence](#) (Charleston, SC)

Whitewater Symposium—Hulum, WA

The Whitewater Symposium is an annual event, which brings paddlesport industry stakeholders and enthusiasts together to advance the spirit of whitewater paddling. In this environment ideas are shared, conversations are exchanged and decisions are made that will lead to future growth of the industry. This year the event is being held in the Pacific Northwest for the first time and hosted by Wet Planet Whitewater Headquarters

in Husum, WA along the White Salmon River. ACA instructors: Janet Burnett Cowie, Bob Campbell, Sam Drevo, Heather Herbeck, Chris Stec and more will be present to contrib-

ute to the symposium content. Janet and Heather will be teaching an ACA instructor certification course pre-symposium (October 6-10) at Wet Planet Whitewater, which promises to be both fun and educational. The 2012 symposium will “knock your socks off”. The combination of bringing in professional facilitators to lead sessions for manufacturers & retailers; great networking opportunities throughout the day and evening; on and off water presentations on the lat-

est & greatest techniques and methods; to paddling a newly free-flowing river . . . ALL of these are contributing factors to a memorable weekend and motivation to continue doing what we can to play our part in paddlesport industry success. For more information visit www.wwsymposium.com



The Beautiful Columbia River Gorge

Gauley Fest—Summerville, WV

All proceeds from the festival support American Whitewater's river conservation and access works throughout the nation. Started in 1983 to celebrate the derailment of a hydro-electric project that would have disrupted the flows on the [Gauley River](#), Gauley Fest has grown to become one the largest paddling festival in the world. Make sure to stop by the ACA booth at this year's Gauley Fest September 14-16. More information [Here](#)



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting **Safety Education & Instruction**
for ACA Instructors, Clubs & Affiliates

August 2012

SEI RESOURCES

EDUCATIONAL RESOURCES

Have you ever been to an event and seen brochures, pamphlets, book and other such items at an ACA booth and thought how great it would be to have access to these for free? Whether you have seen these great resources or not, it's no matter, because they are all on the ACA's website. That's right, the ACA's Educational Resources page has all the great material the ACA and our partners have to offer all in one great place. For more information on items such as Videos, Pamphlets, Posters, Brochures and More check out the [ACA Educational Resources page!](#)



Battle of the Paddle—Dana Point, CA

The stand-up paddle phenomenon that is known as the Rainbow Sandals Gerry Lopez "Battle of the Paddle" first ignited back in 2008. Since then, the ingenious formula of high-energy races and stand-up paddle (SUP)



exposition has become the heartbeat of an industry and the pulse of a global lifestyle. The fifth annual Battle of the Paddle 2012 returns September 29-30, and by all accounts will be the greatest battle yet. The 2011 Battle of the Paddle, Southern California took center stage with close to 1,000 entries to do battle for the \$25,000 purse – the largest offer in SUP. The Rainbow Sandals Gerry Lopez Battle of the Paddle is an



SUP festival and lifestyle exposition that includes races and demonstrations for all ages and skill levels. From beginners, to family and company relay teams, to high intensity elite competition, Battle of the Paddle is the showcase for the world's fastest growing water sport.

<http://www.battleofthepaddle.com/>

ICF Freestyle World Cup—Wesser, NC

The ICF World Cup is held every two years, and the final event in this series is traditionally held at the site of the following year's World Championships. The World Cup is sanctioned by the [International Canoe Federation](#) (ICF), the governing body of Olympic paddlesports. The last World Cup event is being held on the 2013 wave on the Nantahala River in Wesser, NC.



For more info about this exciting international paddlesport completion visit www.freestylekayaing2013.com/world-cup.html. Make sure to stop by the ACA booth at in the Nantahala George **September 7-9** at the ICF World Cup Finale.



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

SUBARU EVENTS

Interested in checking out the ACA branded 2012 Subaru's? The ACA and the Subaru's will be at the following events:

[Paddle 4 Humanity](#): August 25 (Washington D.C.)

[Gauley Fest](#): September 15-16 (Summerville, WV)
[Midwest Outdoor Experience](#): October 5-7 (Dayton, OH)

- [Collegiate Race Series Southeast Championship](#): October 6-7 (Dillsboro, NC)
- [Virginia Championships](#): October 13-14 (Fredericksburg, VA)

[ACA Open Canoe Slalom National Championship](#): October 5-7 (Wesser, NC)

Become a Subaru VIP

The American Canoe Association is proud to count Subaru of America among its corporate sponsors.

[Subaru is the official vehicle of the ACA.](#)

As part of Subaru's support for the association, ACA members are eligible to participate in the Subaru VIP Partners Program. VIP Partners participants can save up to \$3,300* off the manufacturer's suggested retail price (depending on model and equipment selected) on the purchase or lease of any new Subaru from participating dealers. This discount is available to all eligible ACA members. No haggling is required.



Now that's a member benefit!

In addition to providing discounts to ACA members, Subaru is partnering with *your* ACA to support the ACA's stewardship and conservation programs. When an ACA member purchases a vehicle through the VIP Partners Program, Subaru makes a contribution to support ACA's stewardship work, providing the organization with much-needed resources for protecting our nation's waterways.

To learn more about the VIP Program visit:

www.americancanoe.org/VIP



[Become a Subaru VIP](#)



Journal of Paddlesport Education

A professional forum highlighting Safety Education & Instruction
for ACA Instructors, Clubs & Affiliates

August 2012

Submit an Article

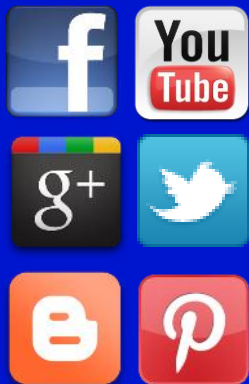
Want to submit an article
and be featured in the
ACA Journal of Paddles-
port Education?

Learn more at

[www.americancanoe.org/
JournalofPaddles-
portEducation](http://www.americancanoe.org/JournalofPaddlesportEducation)

Submit articles to

[www.americancanoe.org/
JPE/submission](http://www.americancanoe.org/JPE/submission)



Trey

Trey Knight
Education & Outreach Coordi-
nator

tknight@americancanoe.org

540-907-4460 x 102



Eli

Eli Crispell
Paddlesports Training Grant Coordinator

ecrispell@americancanoe.org

540-907-4460 x 109



Kelsey

Kelsey Bracewell
Safety, Education & Instruction Coordi-
nator

kbracewell@americancanoe.org

540-907-4460 x 105



Sarah

Sarah Kadis
Social Media Video Grant Coordinator

skadis@americancanoe.org

540-907-4460 x 107



[Become a Subaru VIP](#)