



SUP Yoga

Instructor Endorsement Criteria

Course Overview:

Designed for currently certified ACA Instructors, this Endorsement Course will provide Instructors with the knowledge and skills for yoga (movements and poses) that are safe and functional on a stand up paddleboard.

Course Prerequisites:

- Be a currently certified ACA Level 1: Introduction to SUP Instructor (or higher)
- Have properly reported to the ACA National Office, two(2) SUP skills courses
- Hold at least a 200 hour Yoga Instructor Certification from an authorized provider recognized by Yoga Alliance
 - Other 200 hour Yoga Instructor certifications may be reviewed on a case by case basis by the ACA National Office

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 of 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 Duration:

- 1 - day (8 hours)



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Course Location / Venue:

- Calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current and within swimming distance of shore.

Class Ratios:

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

Endorsement Maintenance Requirements:

- Maintain current ACA SUP Instructor status
- Teach and properly report two(2) SUP Yoga classes in the four year ACA Instructor Certification period
- Maintain at least a 200 hour Yoga Instructor certification from an authorized provider recognized by Yoga Alliance
 - Other 200 hour Yoga Instructor certifications may be reviewed on a case by case basis by the ACA National Office

SUP Yoga Instructor Endorsement Criteria:

- 1) Demonstrate an understanding of:
 - History of SUP Yoga
- 2) Demonstrate knowledge & ability to perform & convey the following:
 - The importance of PFD and leash wear
 - When to wear them, and when not to wear them
 - How to secure equipment on a board for yoga
 - Paddle, water bottle, etc.
 - Appropriate anchoring techniques for SUP Yoga
 - When appropriate
 - Appropriate spacing
 - Types of weights used for anchors
 - Individual anchor systems
 - Group anchor systems
 - Anchor to shore
 - Anchor to bottom
 - Simple to complex systems
- 3) Demonstrate knowledge & ability to perform & convey the following:
 - Movements & poses appropriate for SUP yoga
 - Stable poses
 - Lower to board
 - Must have a minimum of two points of contact
 - No poses with pressure on head, neck or spine
 - No poses where you can compromise the head, neck or spine
 - Modifications of poses from land to board
 - A recommended list of movements and poses



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- 4) Demonstrate knowledge of movements and poses that are not appropriate for SUP Yoga
 - Any pose that puts pressure on, or compromises the head, neck or spine
- 5) Demonstrate ability to paddle and perform rescues efficiently & comfortably, while maintaining appropriate situational awareness & group management in protected calm water
- 6) Demonstrate leadership, group management skills, experience and judgment necessary for proper risk management and effective instruction