



# Journal of Paddlesport Education

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

April 2013

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

## NATIONAL PADDLESPTS CONFERENCE

**BEND, OR**

That's right the ACA National Paddlesports Conference will be held in Bend, OR for 2013. Join us September 27-29 for education, stewardship, recreation and competition. For more information as it is available please visit [www.americancanoe.org/NPC](http://www.americancanoe.org/NPC)



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## Using Academic Style Rubrics in Assessment Courses

**By Rusty Cooper**

**Continued on pg 10**

As an outdoor educator for many years, I have often run across the proverbial “stumbling block” of assessment in various outdoor skills for participants, as well as in training future outdoor educators and leaders. What I mean by this, is that so many times, we set criterion for those we are teaching without giving clearly defined expectations of acceptable criterion. For example, in an ACA instructor certification workshop, we ask candidates to “Demonstrate knowledge of teaching theory”, or to effectively “demonstrate the forward stroke with good form”. But how many times have students come into our classes wondering—“what does this mean???”

The outdoor education and outdoor recreation fields are growing by leaps and bounds. In order for American Canoe Association Instructors, Trainers, and Educators to stay relevant in a field that has such powerful momentum and speed, we must come in line with what the industry expects of us as professionals.

As a newly appointed Level 4 Kayak Instructor Trainer, I was striving for a tool that I could send to my instructor candidates as a method of “front-loading” the experience to prevent those often ambiguous questions they come into the course with. After some deliberation and reflection upon my own studies in Outdoor Education, the best answer I could come up with was to develop an academic style rubric for the candidates.

Rubrics are used in various educational realms to promote understanding and give the learner a clearly defined set of expectations for a course. As mentioned previously, this technique can be extrapolated to the broader context of outdoor education, and specifically here, paddling instruction. Attached, you will find a model that can be used in paddling instruction and especially for instructor candidate workshops to help them conceptualize the fundamental requirements of an assessment course.

*This article is not intended to be prescriptive in nature regarding participant assessment or other aspects of kayak instruction. Each instructor must weigh their own experiences, level of training, and participant needs. All instructors should abide by ACA standards and policies.*



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## PRO SCHOOL



ACA Instructor and Trainer certifications in Kayak, Canoe or River Rescue as well as skill development classes for beginners through advanced paddlers. CKAPCO also offers ACA Skills courses and Assessments, as well as full and half day trips just for fun! Top end boats and gear provided. CKAPCO is proud to be the first ACA Pro School!

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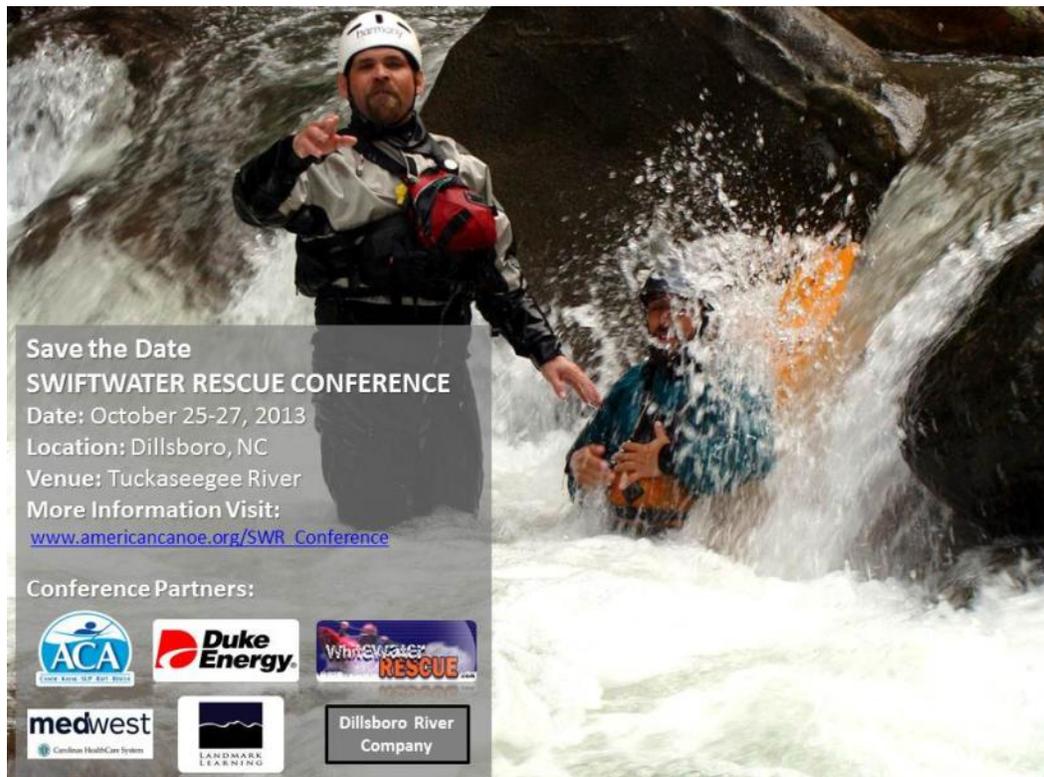
Contact:  
mikearonoff@aol.com

Phone: 703-264-8911

Find out more at  
[www.ckapco.com](http://www.ckapco.com) or find  
CKAPCO on Facebook!

## ACA Swiftwater Rescue Conference

The ACA provides a range of recreational opportunities and has been established as one of the premier standards of paddlesports safety and education. As part of the ACA's leadership role, we have initiated this swiftwater rescue conference to target all facets of whitewater rescue for the paddlesports community.



### Save the Date SWIFTWATER RESCUE CONFERENCE

Date: October 25-27, 2013

Location: Dillsboro, NC

Venue: Tuckaseegee River

More Information Visit:

[www.americancanoe.org/SWR\\_Conference](http://www.americancanoe.org/SWR_Conference)

Conference Partners:



*Photo Courtesy of ACA Partner—Landmark Learning*

### Highlights

- Challenging on-water sessions for paddlers of all experience levels
- Learn from a list of who's who in swiftwater rescue
- Educational sessions for fire and rescue personnel
- High quality land and water educational sessions
- ACA Safety & Rescue Instructor Updates
- All conveniently located in Dillsboro, NC
- and much more...see it all at [www.americancanoe.org/SWR\\_Conference](http://www.americancanoe.org/SWR_Conference)

\*Save the date and join fellow paddlers from across the country on the Tuckaseegee River this fall!



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## SEI RESOURCES

### ADAPTIVE PADDLING WORKSHOPS— ENDORSEMENTS FOR INSTRUCTORS

The ACA National Office is excited to announce the posting of six new Adaptive Paddling Workshops across the country for the 2013 paddling season!

#### Course Locations and Dates:

Charleston, SC 4/16-18

Bozeman, MT 5/31-6/2

Durham, NC 6/6-9

Dayton, OH 6/27-30

Big Bay, MI 9/5-8

New Haven, CT 10/17-20

[Check out the ACA Instruction Calendar for more information!](#)



### Education & Outreach Coordinator

The ACA would like to thank Trey Knight for his years of service to the paddlesports community as the ACA's Education & Outreach Coordinator.

*"We truly appreciate Trey's dedication and tireless efforts on behalf of all those who paddle nationwide."* - Chris Stec, ACA Chief Operating Officer

Please join us in wishing him all the best in his next endeavor, working at the US National Whitewater Center.



### Kokatat Instructor of the Month

#### Martha Muckleroy—April

The ACA is pleased to announce our April Kokatat Instructor of the Month—Martha Muckleroy from College Station, Texas! Martha has been paddling for over twenty years and she teaches paddlesports at Texas A&M University. While in her late 20's, she took a road trip from Texas to western North Carolina, where she fell in love with the Nantahala river and other nearby rivers. Her favorite places to paddle are the Nantahala, Chattooga, Ocoee, the Boundary

Waters, San Juan Islands, and Alaska. Martha has been influenced by Chris Port, Anne Sontheimer and Jimmy Holcombe from the Nantahala Outdoor Center and attributes her success



to the support and encouragement that the river community has provided her over the years. Martha is a teacher by trade and is always happy to share beautiful rivers and places with new students and old friends. Congratulations Martha, we are honored to have you as an ACA certified Instructor!

Learn more about past winners [here](#).

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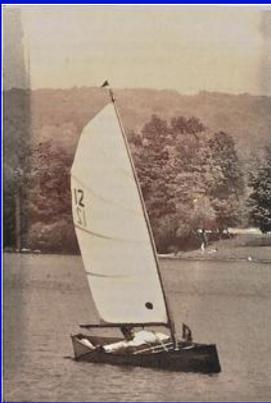
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## SEI RESOURCES

### SOMETHING NEW IN THE ACA eSTORE!

*Stories of a Century  
of Canoeing &  
Canoes*



*Larry Zuk, the 2012 recipient of the ACA Legends of Paddling Award, shares his stories from over seven decades of experience in touring, paddling, sailing, racing, designing the ACA Canoe Sailing Racing Class, and designing and building canoes, kayaks, paddles and rigs. Included are his log books, clippings and photographs.*

## SEI Department Update

### SEI Audit

The 2013 ACA Instructor Audit is already underway!

This is a friendly reminder to report your courses and instructor updates if your ACA Instructor Certification is set to expire on 12/31/2013.

Visit the [Instructor, Trainer & Educator Forms](#) page on the web to submit online.

Not sure when your certification expires? Contact the SEI Department at [sei@americancanoe.org](mailto:sei@americancanoe.org)

### Stewardship Department Highlight



2012 was the start of the ACA's Stream to Sea Initiative focusing on marine debris in our nations streams, lakes, and coastal environments. According to the National Academy of Sciences, 6.14 million tons of debris are estimated to enter marine environments annually. Increasing efforts to remove debris and litter in freshwater streams and rivers, prior to entering coastal or marine environments, has the potential to make a tremendous impact. Who better to tackle this growing global issue than the ACA? As paddlers we already paddle in marine environments or recreate on all the waters that eventually flow into them. And with an estimated 50 million people paddling annually, small acts of good on-water stewardship can really add up! Check out our [Paddle Green Bags!](#)

## 2013 Collegiate Race Series National Championship

The 2013 ACA Collegiate Race Series National Championship was held on the Tuckaseegee River in Dillsboro, North Carolina on March 30. Five college paddling teams showed up to cheer on the racers and show their best paddling skills—and have some fun!



Congratulations to our first place school: Warren Wilson College! Followed by Alabama, Albion College, Hollins University and Sweetbriar College.



For more information about the CRS Race Series or to see the 2013 National Championship race results, [click here.](#)



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## SEI RESOURCES

### PRO DEALS



The ACA is proud to highlight a pro deal for its certified instructors. Northwater Paddlesports Equipment is one of the many companies that offer substantial discounts to ACA certified instructors—40% off MSRP!

Learn more about them and their products at [www.northwater.com](http://www.northwater.com). If you want to learn more about how you, as an ACA certified instructor, can take advantage of this great benefit contact the SEI department at [sei@americancanoe.org](mailto:sei@americancanoe.org).

See all the pro deals at [www.americancanoe.org/prodeals](http://www.americancanoe.org/prodeals).

## ACA Members Only Excursions Western North Carolina SUP

Bryson City, NC – Stand Up Paddleboarding

Dates: July 8-13, 2013

Cost: \$850

Hosts: ACA Instructor Trainer Educator [Chris Stec](#) and [Black Dog Paddle](#)



ACA staff, Chris Stec will be joined by Black Dog Paddle owner Bryan Smith to lead this one of a kind stand up paddleboarding adventure. Join us as we explore beautiful Lake Fontana and paddle classic southeast whitewater. You will learn from some of the best in the business when it comes to SUP and paddlesports education. Great fun, great food and new friends await!

On Day 1 we'll conduct a stroke and skills clinic to make sure everyone is on the same page. That evening, we'll pack our gear in drybags as we'll stand up paddleboard camp on Day 2 and 3 at the beautiful Lake Fontana. Day 4 and 5 will be spent learning the art of whitewater SUP on the Tuckaseegee river and other rivers. SUP equipment can be provided for an additional fee or you can bring your own. Pick up and drop off for flights will be at the Asheville Regional Airport. More information about cost, equipment provided or to register can be found at [www.americancanoe.org/WNC\\_SUP](http://www.americancanoe.org/WNC_SUP)



For complete information about all of the 2013 ACA Members Only Backcountry Paddling Excursions to Honduras, western North Carolina, Greece, Alaska, and Costa Rica please visit: [www.americancanoe.org/excursions](http://www.americancanoe.org/excursions)



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## EXCURSIONS

### 2013

That's right, if you're an ACA member, you can join the ACA and high quality outfitters on an incredible paddling excursion in 2013. In cooperation with the host organizations, you will be able to have a unique backcountry paddling experience in one of the following amazing locations.

- Western North Carolina
- Island of Poros, Greece
- Resurrection Bay, Alaska
- Costa Rica

For complete information on the 2013 Members Only Excursions visit [www.americancanoe.org/excursions](http://www.americancanoe.org/excursions)



## 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 events check out the [ACA Paddlesports Event Calendar!](#)

### Lyons Outdoor Games— Lyons, CO

Originally known as the Lyons Whitewater Festival, the Lyons Outdoor Games, was created 12-years ago as a fund-raising vehicle for the Lyons Department of Parks, Recreation & Cultural Events. The event has evolved from an excuse for paddling buddies from around the country to come together for a day of play in the famed Lyons Whitewater Park, into a world-class celebration of mountain sports. In addition to a full compliment of kayaking, biking, fly fishing and even dog events, the 2013 Games will feature numerous clinics and exhibitions put on by some of the world's most elite professional athletes. Join us May 31-June 2nd and to learn more visit:

[www.lyonsoutdoorgames.com](http://www.lyonsoutdoorgames.com)

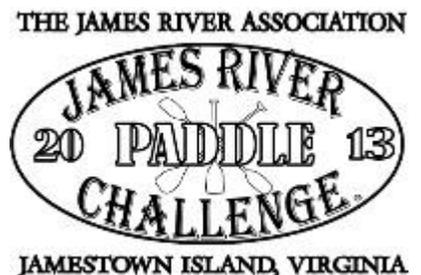


### 3rd Annual James River Paddle Challenge

Come out for a day of river fun with the James River Association on Saturday April 20, 2013 at the Jamestown Yacht Basin/ EcoDiscovery Park!

2013 marks the second year for the James RiverFest and the third for the James River Paddle Challenge. The day's events will include a competitive paddle race, fun and educational activities for children, food, live music, a wide variety of vendors and environmental booths.

Find more race information at [jamesriverpaddlechallenge.com](http://jamesriverpaddlechallenge.com). After the paddle challenge, spend time with the family visiting educational, food, and vendor booths and trying out demonstrations of outdoor equipment from Appomattox River Company or try a SUP from Black Dog Paddle.



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## IMPORTANT DATES

Upcoming Important Dates to add to your Calendar!

May 5 , 2013

[Black River Clean-Up, an ACA Paddle Green Event](#)  
(Lorain, OH)

September 27-29

[National Paddlesports Conference](#) (Bend, OR)

October 5-6

[ACA Europe Paddlesports Conference](#) (Zurich, Switzerland)

October 18-20

[ACA South America Paddlesports Conference](#) (Vina del Mar, Chile)

October 25-27

[Swiftwater Rescue Conference](#) (Dillsboro, NC)

## Tuck Fest—Charlotte, NC

The first annual Tuck Fest is a three-day outdoor festival at the U.S. National Whitewater Center (USNWC) taking place April 19-21 and will features live music, games and races on their 400-acre facility. With seven live bands and over 20 activities and races throughout the weekend, the festival aims to draw families, individuals and adventure enthusiasts of all ages to celebrate the active outdoor lifestyle. Paddlesports races featured during the weekend include: giant kayak slalom, flatwater SUP, whitewater SUP, whitewater rafting, whitewater kayaking and kids slalom exhibition. Learn more at [www.usnwc.org/tuck-fest](http://www.usnwc.org/tuck-fest).



## East Coast Paddlesport & Outdoor Festival—Charleston, SC

Join fellow paddlers at James Island County Park to immerse yourself in a full weekend of the history, technique, hands-on experience, and fun of paddlesports and outdoor adventure! The East Coast Paddlesports &



Outdoor Festival includes lectures, on-water classes, and demonstrations directed to the novice and the experienced paddler. The heart of the festival is four classrooms that run simultaneously throughout the three-day event. Refine your skills in a master class presented by many of the leading experts in the paddling world. East Coast Paddlesports & Outdoor Festival remains one of the premier paddlesports events on the Atlantic Coast, but will also be expanding to feature other recreation-related activities like mountain biking, archery, skateboarding, climbing, and disc golf. The [Gibbon Slackline Team](#) will also be on-hand with awe-inspiring slack line demos. For more information visit [www.ccprc.com](http://www.ccprc.com).



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## SHARE YOUR PHOTOS



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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](http://www.americancanoe.org/VIP)



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## Using Academic Style Rubrics in Assessment Courses

by Rusty Cooper, Continued from pg 1

### Educational Skills Rubric

	Needs Improvement	Acceptable	Exemplary
<b>Delivery</b>	<ul style="list-style-type: none"> <li>• Voice level, pitch and tone were not appropriate for the venue (i.e. couldn't hear, monotone, etc.)</li> <li>• Did not maintain at least 50% eye contact with group, or had sunglasses on</li> <li>• Instructor did not position themselves where 100% of students could see and hear</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate could be heard, and used appropriate pitch and tone for the venue</li> <li>• Maintained at least 50% eye contact with group</li> <li>• Instructor positioned in a manner in which 100% of students could see and hear</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate appears highly enthusiastic about the topic being presented and is easily heard by group</li> <li>• Maintained &gt;90% eye contact</li> <li>• Not only can 100% of the group see and hear the candidate, but the candidate takes into account distractions, weather, group affect and the like to ensure maximum retention of knowledge by group members</li> </ul>
<b>Content</b>	<ul style="list-style-type: none"> <li>• Use of Jargon without first defining it</li> <li>• Essential material was left out</li> <li>• Too much extraneous material was introduced</li> <li>• Topic was too long</li> </ul>	<ul style="list-style-type: none"> <li>• Uses laymen's terms or defines jargon when using it</li> <li>• All essential material presented</li> <li>• Very little extraneous information was included</li> <li>• Topic was within allotted time frame</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to provide only the essential material necessary to the topic and make connections between the material and the participants to facilitate learning</li> <li>• Zero extraneous material is presented</li> <li>• Candidate is able to take distracting questions and appropriately redirect to the topic at hand</li> </ul>
<b>Structure</b>	<ul style="list-style-type: none"> <li>• Lack of defined closure and/or transition between topics</li> <li>• Does not define expectations</li> <li>• Candidate was not prepared</li> <li>• Candidate does not comprehend/cannot define the "sell, tell/show, do, review" process</li> </ul>	<ul style="list-style-type: none"> <li>• Transitions between activities and/or topics was apparent</li> <li>• Clearly defines expectations</li> <li>• Candidate was prepared</li> <li>• Candidate understands and can explain the importance of "sell, tell/show, do, review" process</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate uses very specific instructional "blocking" in which each topic has a period of framing, content, and closure with connection to the next material</li> <li>• Defines expectations without creating an interpersonal barrier</li> <li>• Candidate subconsciously incorporates the process of "sell, tell/show, do, review"</li> </ul>



## Using Academic Style Rubrics in Assessment Courses

by Rusty Cooper, Continued from pg 1

### Human Skills Rubric

	<b>Needs Improvement</b>	<b>Acceptable</b>	<b>Exemplary</b>
<b>Communication</b>	<ul style="list-style-type: none"> <li>• Candidate is unable to clearly articulate their message</li> <li>• Candidate's non-verbal cues contradict their verbal cues</li> <li>• Candidate is unable to rephrase what other group members are trying to convey</li> <li>• Candidate is unable to provide effective feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to articulate their message clearly</li> <li>• Candidate's non-verbal and verbal cues are in agreement</li> <li>• Candidate is able to rephrase what another group member is communicating</li> <li>• Candidate is able to provide effective feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to communicate their message by making connections in a manner that is personally relevant to the target audience.</li> <li>• The candidate checks for understanding</li> <li>• The candidate is able to not only rephrase what others are saying, but also interpret the sender's non-verbal messages and modify their perceptions of the message accordingly</li> <li>• Candidate understands the importance of effective feedback and provides highly meaningful and specific feedback to group</li> </ul>
<b>Intrapersonal</b>	<ul style="list-style-type: none"> <li>• Candidate is unable to relate to group members</li> <li>• Candidate is unable to accept and abide by established <u>positive</u> group norms</li> <li>• Candidate is unable to read group members personal affect and emotional state</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to relate and develop rapport with group members</li> <li>• Candidate accepts and encourages <u>positive</u> group norms</li> <li>• Candidate is able to identify basic emotions and individual affect</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to interact and make personal connections with each group member</li> <li>• Candidate is able to identify and challenge <u>negative</u> group norms</li> <li>• Candidate is able to identify group member's emotions and positively address them one-on-one in a way which emphasizes emotional safety</li> </ul>
<b>Leadership</b>	<ul style="list-style-type: none"> <li>• Candidate does not follow acceptable guidelines for Challenge X Choice standards</li> <li>• Candidate is unable to use multiple leadership styles or is unable to identify appropriate situations</li> <li>• Candidate is unable to effectively manage group</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate follows guidelines for Challenge X Choice standards</li> <li>• Candidate is able to use various leadership styles in appropriate situations</li> <li>• Candidate is able to manage group effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Candidate is able to identify appropriate level of challenge for each member to foster participation by every member of the group while maintaining a high level of emotional safety for each member</li> <li>• Candidate is able to manage the group effectively and address problems among the group in a manner that promotes positive interpersonal relationships and open feedback</li> </ul>



## Using Academic Style Rubrics in Assessment Courses

by Rusty Cooper, Continued from pg 1

### Technical Skills Rubric

	Needs Improvement	Acceptable	Exemplary
<b>Judgement &amp; Decision Making</b>	<ul style="list-style-type: none"> <li>Is unable to select appropriate venues for instruction</li> <li>Is unable to identify group ability and appropriate challenge level for group</li> <li>Is unable to make safe decisions for group</li> <li>Is unable to identify hazards</li> <li>Is unable to justify decision making</li> <li>Is unable to set up a rapid effectively</li> </ul>	<ul style="list-style-type: none"> <li>Is able to select appropriate venues for instruction</li> <li>Is able to identify group ability and appropriate level of challenge for group</li> <li>Is able to make safe decisions</li> <li>Is able to identify hazards</li> <li>Is able to articulate justification for all decisions made</li> </ul>	<ul style="list-style-type: none"> <li>Is able to select venues for instruction based upon specific features in order to achieve specific goals of instruction</li> <li>Is able to identify all possible situations that may arise within the group in any given venue and appropriately prepares leadership team to address issues</li> <li>Understands the adventure experience paradigm and tailors experiences and instruction to promote confidence and a positive experience</li> <li>Is able to articulate justification for decisions made and make connections to the bigger picture for group members to understand and apply in the future</li> </ul>
<b>Paddling Skills (Level 4 Instructor)</b>	<ul style="list-style-type: none"> <li>Is unable to model skills at ½ speed</li> <li>Is unable to perform kayak roll in class II water</li> <li>Is unable to perform river running skills in class III whitewater</li> <li>Is unable to effectively self-rescue in class II whitewater</li> </ul>	<ul style="list-style-type: none"> <li>Is able to model skills at ½ speed when instructing</li> <li>Is able to perform kayak roll in class II water</li> <li>Is able to perform river running skills in class III whitewater</li> <li>Is able to effectively self-rescue in class III whitewater</li> </ul>	<ul style="list-style-type: none"> <li>Models ½ speed &gt;75% of time on the water</li> <li>Is able to perform kayak roll on both sides of boat in class II water</li> <li>Is able to perform advanced maneuvers in class III-IV rapids</li> <li>Is able to hand roll in whitewater</li> </ul>
<b>Rescue Skills</b>	<ul style="list-style-type: none"> <li>Is unable to rescue swimmers and gear in class II rapids</li> <li>Unable to perform hand of god in flatwater</li> <li>Is unable to articulate rescue priorities</li> <li>Is unable to use a throw rope in appropriate setting</li> <li>Is unable to demonstrate Z- Drag</li> </ul>	<ul style="list-style-type: none"> <li>Is able to rescue swimmer and gear in class II rapids</li> <li>Is able to perform hand of god in flatwater</li> <li>Is able to articulate rescue priorities</li> <li>Is able to <u>accurately</u> throw a throw rope and properly re-stuff</li> <li>Is able to demonstrate z-drag</li> </ul>	<ul style="list-style-type: none"> <li>Is able to coordinate a rescue effectively with multiple swimmers in class II rapids</li> <li>Is able to perform hand of god in whitewater</li> <li>Is able to articulate rescue priorities and demonstrates rescue priorities in real life situations</li> <li>Is able to <u>accurately</u> throw a bag AND coil</li> <li>Is able to demonstrate multiple varieties and mechanical advantages of z-drag and articulate minor nuances of the z-drag</li> </ul>



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## Submit an Article

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*Kelsey*

Kelsey Bracewell  
Safety, Education & Instruction Coordinator  
[kbracewell@americancanoe.org](mailto:kbracewell@americancanoe.org)  
540-907-4460 x 105



*Sarah*

Sarah Kadis  
Social Media Video Grant Coordinator  
[skadis@americancanoe.org](mailto:skadis@americancanoe.org)  
540-907-4460 x 107



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