



# Journal of Paddlesport Education

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

June 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)



## Getting Where You Need to Be: Wading

Written by: Brandon Nutter

How do you get to shore after self rescuing on a rock mid-river? How do you get rescuers to the scene of an incident to render aid? How do you get a haul line on that pinned kayak? Sometimes, the quickest and most effective answer is WADING!

### Fundamentals of Wading:

- The exception to the Safe Eddy Rule (because we are not moving downstream with current)
- Look with your toes – use them to “see” the river bottom and pick safe, solid footing
- Maintain your balance – move only one foot at a time – Stay in control!
- If you lose your balance or footing, abandon wading and swim – Don’t fight for marginal footing!
- Effectiveness is dependent on water depth, speed and bottom conditions

**Article continues on page 9...**



Photos courtesy of Jed Fiske and Erik Eckilson



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## SEI RESOURCES

### ADAPTIVE PADDLING WORKSHOPS— ENDORSEMENTS FOR INSTRUCTORS

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

#### Course Locations and Dates:

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!](#)



## Kokatat Instructor of the Month

Steve Busch—June

Steve has been involved in paddling since the 1970's— and was first certified as an ACA instructor in 1987. He currently is an ACA Whitewater SUP, Kayak, and Canoe Instructor Trainer, as well as a River Safety & Rescue Instructor. He was influenced early on in his paddling career by legendary paddler, Tom Foster. Steve's favorite river run is New York's Fish Creek, which has over 10 miles of class III play. Steve is a retired Physical Education teacher and aquatics director, and with the help of ACA, grew his school's paddling program to include kayaking rolling, canoe instruction, and introductory whitewater trips to nearby rivers. Steve still teaches kayaking, canoeing, and SUP as an adjunct professor at Binghamton University and ZOAR Outdoor Programs.



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

## Awards Nominations

Each year, as part of the banquet at the ACA National Paddlesports Conference, a series of prestigious national awards are presented to individuals and organizations who have illustrated exemplary leadership, service, and dedication to various aspects of paddlesport.

- Legends of Paddling
- Excellence in Instruction
- Sanctioned Event of the Year
- Green Paddle for Waterway Conservation
- Joe Pina Volunteer of the Year
- Stroke of Achievement
- J. Henry Rushton
- President's Award



2013 Award Nominations are being accepted until July 22, 2013 ([online](#))

Award Recipients will be announced at the ACA Annual Banquet & Awards Ceremony at the upcoming [National Paddlesports Conference](#)



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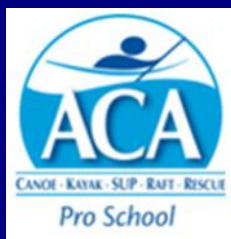


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## PRO SCHOOL



ACA Pro Schools are some of the best organizations across the country to find top quality ACA certified instruction.

[Cutter Aquatics](#)

[CKAPCO](#)

[CCPRC](#)

[Geneva Kayak Center](#)

[NaturPur](#)

[Osprey Sea Kayak Adventures](#)

[Cascade Canoe & Kayak](#)

[Raff Taff](#)

[REI Outdoor Schools](#)

[The River Connection](#)

[University of Minnesota—  
Duluth](#)

[Wet Planet Whitewater](#)

[www.americancanoe.org/  
proschools](http://www.americancanoe.org/proschools)

## 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.



*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)

**Registration Opens on June 12th, and is open to the first 100 participants!**



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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.

- 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 International 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!](#)

### European National Paddlesports Conference

- Dates: October 5-6, 2013
- Location: near Zurich, Switzerland
- Host: [Patrick Frehner](#) & ACA [Kanuschule Schweiz](#)
- Schedule: TBD
- Pre Conference - [PaddleExpo](#) & [International Whitewater Hall of Fame Ceremony](#)
- Post Conference - Level 3: Whitewater SUP IDW/ICE
- Europe Division [webpage](#)



### South American Paddlesports Conference

- Dates: October 18-20, 2013
- Location: Viña del Mar, Chile
- Hosts: [Rockside Expediciones](#), [Universal Kayak](#) & [Kayak Australis](#)
- Contacts: [Chris Stec](#) & [Sergio Acevedo](#)
- Schedule: TBD
- Post Conference- Level 2: Essentials of SUP IDW/ICE and Level 3: Coastal Kayaking IDW/ICE



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The mission of Hōkūle'a's Worldwide Voyage is to navigate toward a healthy and sustainable future for ourselves, our home – the Hawaiian Islands – and our Island Earth through voyaging and new ways of learning. Our core message is to mālama (care for) Island Earth – our natural environment, children and all humankind. As part of the ACA's heritage and stewardship program, the ACA will be assisting in the coordination of the U.S. east coast leg of this trip.

Click [here](#) to learn more about this voyage of national significance.



## Sea Kayak Georgia—ACA Paddlesports Week

Please join us for the FIRST annual Sea Kayak Georgia ACA Paddlesport Week, held on Tybee Island, Georgia. We invite you to come enjoy the Atlantic ocean and estuary venue that we treasure. We are pleased to offer American Canoe Association courses and specialized skills training courses. You may choose to follow skills development courses from flatwater to rough water and surf, or you may take instructor development workshops and/or exams. ACA Instructor Update courses will also be offered. Sea Kayak, Surf Kayak, Canoe and SUP disciplines will all be offered. Our focus is to deliver world class training, assessment and paddlesport opportunity for all students attending.

For more information, please visit our [website](#).



## Two Harbors Kayak Festival

August 2-4, 2013

Duluth, MN

The Two Harbors Kayak Festival is a great opportunity to get the whole family involved in paddling on the world's largest body of fresh water—Lake Superior! There will be four separate kayak and SUP races, local exhibitors, kayak and SUP demos, beginner level instruction and tours, live music, food, fun, and more! The festival has opportunities for everyone, from those who have never set foot in a kayak (or on a SUP) to seasoned paddlers.

Find registration information on the [Two Harbors Kayak Festival website](#).



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## OUTREACH EVENTS

ACA is on the road again! Come join ACA Outreach staff member, Ben Morton, as he travels to some of the best paddling events in the west!



FibArk—June 13-15



South Platte River  
Festival—June 21-23

Missoula Whitewater  
Festival—June 29-July 1

## Alzar School's Camp Cup Challenge

July 15-16, 2013

Nantahala Outdoor Center, Bryson City, NC

The ACA and the Nantahala Outdoor Center (NOC) are proud to support the Camp Cup Challenge, a whitewater paddling event which brings campers together on the Nantahala for two days of canoeing, kayaking, group activities, and community building. The event is an opportunity for young paddlers to meet and develop friendships with like-minded youths, and gives kids a venue in which to build a community of active, engaged, and enthusiastic peers. Event highlights include a beginner-friendly slalom race on the Nantahala Bridge Gates as well as a downriver race through Nantahala Falls. Over 120 young paddlers participated in the 2012 Camp Cup Challenge. This event has traditionally been sponsored by the ACA Dixie Division.

For more information, please visit the ACA [website](#).



## WNC River Rescue Rodeo

September 29, 2013

10 Teams of 5 members with either canoes or decked boats compete in river rescue events for over \$1000 worth of prizes on the Tuckaseegee River in Dillsboro, NC. Teams compete in all events for 1st, 2nd and 3rd place as well as overall prizes.

Event to be held at Dillsboro River Company at the put-in to the Tuckaseegee Gorge – Dillsboro, NC



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## SEI RESOURCES

### SOMETHING NEW IN THE ACA eSTORE!



#### ACA Blue Visor

Check out the ACA eStore for a wide variety of ACA merchandise items. Quick dry guide shirts, hats, visors, educational books, videos, stickers, custom paddles...everything that you'll need to make this your best paddling season yet!

[Find it in the eStore!](#)

Have specific questions about our merchandise?

Please contact our [membership and merchandise department!](#)

## SEI Department Update

### Online Waivers now available!

As a service to our members, Paddle America Clubs and event organizers, the ACA now has an online waiver system.

Hard copy waivers are still available to print from the [ACA website](#).

If you would like for your event to use online waivers, please contact the ACA's [Insurance Coordinator](#) for details.



Online waivers are only one facet of our insurance program—check out our [website](#) for more information, and to see how ACA insurance can benefit your club, program, or individual paddling needs.

## Making a Difference—ACA Instructors Who Make Positive Impacts in the Paddling Community



This video from Confluence Watersports' "We Are Confluence" series features Steve Scherrer, a longtime Confluence team member and ACA Instructor Trainer Educator. Steve started working with Confluence Watersports back in 1986 as a dealer, and now he is their Training and Technical Specialist.

From Ocean Park, WA, Steve is a great contributor to the ACA's mission of making the world a better place to paddle—by serving on the ACA's Coastal Kayak and SUP committees, and also by training and certifying new ACA instructors; Steve has made a positive influence in the lives of many paddlers worldwide, and the ACA is proud to have him as part of our paddling community.

Confluence Watersports' video of Steve can be found, [here](#).



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## SHARE YOUR PHOTOS

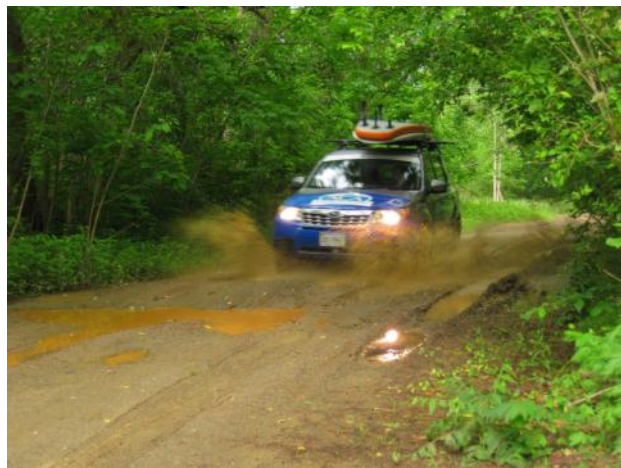


## Become a Subaru VIP

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



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## Getting Where You Need to Be: Wading

Written by: Brandon Nutter

Continued from page 1

### Six Common Wading Techniques

#### –One Person with Paddle / Prop

- Paddle placed upstream and water exerts force on perpendicular blade face, firmly planting it on river bed
- Paddle is third point of contact allowing wader to advance one foot at a time to new position
- Once both feet have been moved to stable positions, paddle is sliced to new position and reset on river bed
- Technique is utilized in line astern and the wedge methods



#### –Two Person (Buddy)

- Waders face each other, pulling downward on their partner's PFD shoulder straps
- Only one of the four feet should move at a time
- Lighter wader should be downstream taking advantage of the eddy formed by the larger upstream wader
- Communication is key



#### –Line Astern

- Largest wader on upstream point uses paddle to stabilize
- Each downstream wader pulls downward on the PFD shoulder straps of upstream wader
- Successive waders benefit from eddy effect – Place victims in middle of line
- Communication is key



*Photos Courtesy of Jed Fiske and Erik Eckilson*



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## Getting Where You Need to Be: Wading

Written by: Brandon Nutter

### Six Common Wading Techniques, continued...

#### –Wedge

- Largest wader on upstream point uses paddle for stabilization
- Each of the two waders in the next row pull downward on point person's PFD straps with both hands
- Successive row outside waders pull downward on upstream wader's outside PFD straps with both hands while interior wedge members have one hand on one strap of each of the two people in front of them
- Creates a substantial, stable eddy
- Effective for moving injured people in the interior of the wedge



#### –Circle

- Each wader pulls downward on the outside PFD straps of both adjacent waders
- Circle rotates as it moves across current
- Each person shares the strain of being the upstream wader as the circle rotates
- Victim can be placed in the protected region in the center of the circle
- Communication and coordination are key



#### –Rope Assisted Wading

- Fast method for getting additional rescuers or gear to incident site
- Requires a taught rope across or to the incident site
- Wader faces upstream on the downstream side of rope, using it for stability



The powerpoint presentation version of this article can be found on the [ACA website](http://www.aca.org).

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## Submit an Article

Want to submit an article  
and be featured in the  
ACA Journal of  
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Learn more at

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

Submit articles to

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



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