



Endorsement Criteria Kayak Rolling

The ACA is committed to an environment in which participants, members and guests, as well as organizations they represent, feel welcome at all times and are treated with respect and dignity. We believe that all people are entitled to enjoy all aspects of paddling. Therefore, we expect that relationships among all who are involved in ACA sanctioned events and structures as leaders, committee participants, instructors and coaches, students, and competitors by are free of harassment, discrimination, or diminution of individuals for simply who they are, their values and their customs. The ACA seeks to be a community that recognizes that we each have something valuable to contribute.

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.*



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Course Overview: This endorsement course provides the knowledge and skills needed for effective, reliable kayak rolling instruction in calm water. Participants will learn techniques that minimize the risk of injury, both mental and physical, to the student and instructor throughout the progression of the roll. The following are the endorsement criteria for currently certified instructors. The following items are NOT step-by-step instructions for teaching the kayak roll.

Course Prerequisite(s): Be a currently certified ACA Level 2: Essentials of River Kayaking or Level 2: Essentials of Kayak Touring Instructor (or higher) in good standing. Also, must be able to roll from setup and non-setup positions.

Course Duration: Minimum of 4 hours.

Course Location / Venue: Protected, flat water with a firm bottom upon which to stand.

Assessor: Level 4: Kayaking Instructor Trainer or above, Level 2 or Level 3 Kayak Instructor Trainer with the Kayak Rolling Endorsement.

Class Ratio: 5 Endorsement Candidates: 1 Kayak Rolling Endorsed Instructor Trainer; with an additional Kayak Rolling Endorsed Instructor the ratio can be 10:2

Maintenance Requirements:

- Maintain ACA Level 2 River Kayak or Coastal Kayak Instructor (or higher) status, ACA membership, and SEIC registration.
- This endorsement must be renewed within the four-year instructor certification period by completing a minimum one hour update with an appropriately certified IT or ITE (beginning in 2023).

The following is a list of the criteria used to evaluate Instructor Endorsement Candidates. The content covered, and sequence of evaluation should be adjusted to best fit the participant's needs, class location and time allowance.

Kayak Rolling Instructor Endorsement Criteria:

- Demonstrate understanding of core ACA Instructional skills:
 1. Teaching and learning theory
 2. Effective methods of providing feedback
 3. Development and application of cohesive learning progressions
 4. Working collaboratively in an instructional team environment (Student and Instructor)



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- Identify and address individual student needs:
 1. Alignment of feedback, session outcomes, and goals between Instructor and student
 2. Physical and emotional challenges
 3. Establish consent for physical contact or modify approach
 4. The relationship between boat and body

- Rolling Instructor Skills:
 1. Model
 - a. A safe and effective roll
 - b. A roll that emphasizes various components of a roll progression (initiation, body position, timing, and finish)
 - c. A reliable roll from a non-setup position
 2. Demonstrate
 - a. The ability to address and develop underwater comfort beyond a wet exit
 - b. The ability to coach and teach at least two different methods to roll a kayak that are repeatable and minimize the risk of injury
 - c. An understanding of the application of force and the planes of movement through modeling, manipulation, and/or drills
 - d. The ability to modify rolling techniques for various equipment, body types, and student mobility
 - e. An awareness of appropriate and effective instructor positioning to reduce risk of injury to both instructor and student
 - f. The ability to evaluate and troubleshoot students' rolls, providing cues for self-directed practice

- Demonstrate the ability to effectively perform rescues, from a boat and standing in the water

- Demonstrate effective leadership, group management, and risk management skills.