



# Kayak Rolling Endorsement Criteria

## Course Outline

Fundamentally, participants are expected to have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this course content prior to presenting themselves for evaluation as an Endorsement Candidate.

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 Prerequisites

- Acknowledgement of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a currently certified ACA Level 2: Essentials of River Kayaking or Level 2: Essentials of Kayak Touring Instructor (or higher) in good standing

## Course Duration

Minimum of a half day (4 hours) or more.

## Course Location / Accessible Venues

Flat water, protected from wind, waves, and outside boat traffic, with a firm bottom upon which to stand.

## **Course Size**

5 Endorsement Candidates : 1 Instructor Trainer; with an additional rolling endorsed instructor, the ratio can be 10 : 2. The maximum number of participants permitted is 10.

## **Instructor Trainer**

This endorsement course may be offered by:

- Level 4: Open Water Coastal Kayaking Instructor Trainer (or higher)
- Level 4: Whitewater Kayaking Instructor Trainer (or higher)
- Level 2 or Level 3 Kayak Instructor Trainer with the Kayak Rolling Endorsement

---

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

## **General Requirements for all ACA Endorsement Candidates**

- Be at least 18 years old
- Demonstrate general knowledge of ACA Diversity, Equity, and Inclusion (DEI) initiatives
- Successfully complete an Endorsement Workshop
- Have and maintain first aid and age appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform and teach all of the following material, unassisted, in the appropriate venue

Maintain ACA Level 2: River Kayak or Coastal Kayak Instructor (or higher) status through the following:

## **Certification Maintenance Requirements**

- Teach at least two courses that meet ACA standards within the four-year certification period and properly report the courses using the ACA Course Management System (CMS).
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually
- Maintain appropriate CPR and first aid certification for the duration of certification

## **ACA Kayak Rolling Endorsement Requirements**

### **Demonstrate a knowledge of ACA administrative processes:**

- How to register and report a course (with and without insurance)
- An understanding of the ACA Waiver and Release of Liability
- A familiarity with the ACA website and the resources/policies available within

### **Demonstrate a knowledge of teaching and learning theory:**

- Understand multiple modalities of teaching and how they impact different learners
- Differentiate instruction targeting different learners
- Use effective teaching methods
- Present information effectively, both prepared and impromptu

### **Demonstrate the following:**

- Positive interpersonal skills
- Appropriate group management skills including leadership and judgment
- Ability to choose an appropriate venue / class site

### **Ability to identify and address individual student needs:**

- Alignment of feedback, session outcomes, and goals between instructor and student
- Physical and emotional challenges

- Establish consent for physical contact or modify approach
- The relationship between boat and body
- An awareness of a variety of rolling techniques

## **Rolling Instructor Skills:**

- Model
  - A safe and effective roll
  - A roll that emphasizes various components of a roll progression (initiation, body position, timing, and finish)
  - A reliable roll from a non-setup position
- Demonstrate
  - The ability to address and develop underwater comfort beyond a wet exit
  - The ability to coach and teach at least two different methods to roll a kayak that are repeatable and minimize the risk of injury
  - An understanding of the application of force and the planes of movement through modeling, manipulation, and/or drills
  - The ability to modify rolling techniques for various equipment, body types, and student mobility
  - An awareness of appropriate and effective instructor positioning to reduce risk of injury to both instructor and student
  - 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 leadership, group management skills, experience and judgment necessary to be a safe, effective instructor**

© American Canoe Association

Date of last revision: 1/1/2023

<https://americancanoe.org>

This curriculum is managed by the ACA River Kayaking Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on [the ACA website](#).