



## Level 2: Essentials of Stand Up Paddleboarding

Skills Assessment

**Assessment Overview:** This ACA Assessment Course is designed to evaluate a participant's ability to perform all of the skills listed along with demonstrating an appropriate level of knowledge. This assessment course provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability.

### **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.*

**Course Prerequisites:** Must be an ACA Member

**Course Duration:** 1 day Minimum

**Course Location / Venue:**

- Access to safe landing within 0.5 nautical miles/0.9 kilometers from shore (required)
- 5 - 10 knot winds (required)

Note: conditions, if present, should not exceed 1 foot/0.3 meters waves or 2 knot currents.



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**Assessor:** Level 2: Essentials of SUP Instructor (or higher)

**Class Ratio:** 5 Students : 1 instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

### **Introduction, Expectations, & Logistics:**

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Explain assessment procedure
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

### **Conclusion & Wrap Up:**

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation



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**Participant:** \_\_\_\_\_ **ACA #** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Location and venue:** \_\_\_\_\_

**Rating:** ✓ - *Passing* N - *Needs more practice.*

Participant must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition, the participant must demonstrate the appropriate level of knowledge for this skill assessment level.

STROKES & MANEUVERS	P / N	COMMENTS
How to Carry a SUP: 2-person, solo handle, solo overhead or other effective means		
Launching and Landing: Beach, dock, and/or shoreline		
Paddle: proper grip / orientation while kneeling & standing		
Stances: prone / sitting / kneeling / neutral / offset variations		
Forward Paddling: 200 feet/61 meters paddle in a straight line without changing sides; must demonstrate on both the right and left side.		
Reverse Paddling: Paddle backwards 2 board lengths maintaining directional control without switching hands. (Ex: reverse stroke & cross nose draw combination or other effective means)		
Stop: Completely stop the SUP from a good speed in less than 2 board lengths		
Bracing: Allowing the body to recover and maintain balance using the paddle as a support when falling towards or away from the blade		
360: Rotate SUP 360 degrees using forward sweeps, reverse sweeps, draw to nose, and cross nose draws		
Lateral Movement: Use draws (side, sculling) to travel sideways (20 feet/6 meters) on both sides		
Draws to nose/tail and Cross Nose (Static and Dynamic): modifying the path and the angle of the paddle for most efficiency		
Turning on the Move: Sweep strokes and static draws while underway to turn board		
Board Trim: Transfer weight from nose to		



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tail and rail to rail to affect momentum and maneuverability		
Side slip: Move board sideways while underway to avoid an obstacle (Example: Draw on the move or Hanging Draw)		
Pivot Turn: pivot 180 degrees in place with weighted tail		
Moving Pivot Turn: Pivot 180 degrees while underway with weighted tail		
Paddle a course using a variety of L2 strokes & maneuvers with an emphasis on blended strokes, controlled tight turns, and efficient board control while maintaining momentum. (Example: Figure of 8 Course or other effective means)		

RESCUE/SAFETY	P / N	COMMENTS
Techniques for falling		
Board Remount		
Assisted remounts: side-by-side, board flip rescue, or other effective means		
Methods for board and gear recovery		
Towing: contact tow, leash tow, tow line, or other effective means		

TECHNICAL KNOWLEDGE	P / N	COMMENTS
History of the sport: indigenous roots to modern day SUP		
SUP terminology		
How to properly fit and use a PFD		
Equipment: working knowledge of SUP paddling equipment		
Safety: water, weather, wind, & waves		
Cold Water Shock / Hypo / Hyperthermia		
Nautical Rules of the Road		
USCG regulations		
Safety and Rescue Equipment		
Environmental Issues		
Trip Planning		
Group Awareness		
Securing boards to rack		



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FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<p style="text-align: center;"><i>Assessor must be a currently certified ACA Instructor at or above this level.</i></p>		
IT or Instructor: _____		
Signature: _____		
ACA #: _____ Date: _____		
Assisting IT or Instructor: _____		
ACA #: _____		