



Level 3: River Packrafting Instructor 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 level of certification prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Exam (ICE).

This course is appropriate for all packrafts including traditional decked, non-decked, and self-bailing vessels. The evaluating Instructor Trainer or Instructor Trainer Educator must conduct the course from a packraft.

Course Prerequisites

- Acknowledgement of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a current ACA member
- Completion of the appropriate level skills course, assessment course, or equivalent skills

Course Duration

Combined Instructor Development Workshop (IDW) and Instructor Certification Exam (ICE) - Minimum 4 days (32 hours).

Course Location / Accessible Venues

Sections of rivers rated up to class I-II, where limited maneuvering in current may be required to avoid obstacles. *A rapid class includes rapids at the lower and upper ends of the difficulty range, designated “-“ and “+” respectively.*

Course Size

5 Participants : 1 Instructor Trainer; with an additional qualified assistant, the ratio can be 10 : 2. The maximum number of participants permitted is 10.

Instructor Trainer

This certification course may be offered by Level 3: River Packrafting (or higher) ACA Instructor Trainers or Instructor Trainer Educators.

Succeeding Courses

- Level 4: Whitewater Packrafting Skills, Assessment, Trip Leader, or Certification Course

The following is a list of the criteria used to evaluate Instructor 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 Certification Candidates

- Be at least 18 years old
- Demonstrate general knowledge of ACA Diversity, Equity, and Inclusion (DEI) initiatives
- Successfully complete an Instructor Certification Workshop (IDW and ICE)
- Upon successful completion, register with the Safety Education and Instruction Council
- 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

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 Level 3: River Packrafting Instructor 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
- Familiarity with the ACA website and the resources and SEIC policies available

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 including appropriate skills progressions when teaching complex skill sets
- Present information effectively, both prepared and impromptu
- Effectively make documented skill assessments
- Focus on **core principles** rather than specific techniques
- Provide appropriate, specific, and meaningful feedback

Demonstrate the following:

- Positive interpersonal skills
- Appropriate group management skills including leadership and judgment

- Ability to choose an appropriate venue / class site

Demonstrate ability to paddle efficiently and comfortably in venue utilizing:

- Boat stability (trim, posture, rocking, balance, etc.)
- Efficient and effective paddle placement for intended maneuver
- Safe and effective body usage: bio-mechanics (body, linkage, and rotation)
- Parts of strokes: CPR (catch, power, recovery), static and dynamic

Demonstrate ability to teach and model these flatwater maneuvers effectively:

- Launching and landing: low dock or bank to enter and exit safely
- Propel the boat forward in a straight line 15-20 boat lengths
- Stop the boat within two boat lengths
- Move the boat backwards in a reasonably straight line 3-4 boat lengths
- Abeam: move the boat sideways 20 feet (6 meters) to each side
- Propel the boat in a figure of 8 course around markers 3-4 boat lengths apart
- Turn the boat while maintaining forward motion 90° to the right and left

Demonstrate the ability to teach the following river hydrology features and articulate the associated risks:

- Currents
- Rocks (upstream and downstream Vs)
- Ledges and low head dams (horizon lines)
- Pins and entrapment
- Strainers/sieves
- Bends
- Undercut rocks or ice

- Dams/flow diversion structures and pipelines

Demonstrate knowledge of, and ability to teach, the following knowledge and skills effectively:

- Packraft designs, configurations, features, accessories, outfitting, and rigging
- Performance strengths and weaknesses of different packraft designs
- Packraft materials, maintenance and repair techniques
- Best practices for securing gear in boats, and for packing and carrying boats and equipment
- Making safe gear choices while considering weight sensitivity
- Life jackets: types, usage, fitting, regulations
- Paddle: types, parts, materials, fit
- Spray skirts: types and materials, grab loop
- Helmets: types, fit, usage
- Importance of developing good judgment and group responsibility for a trip
- Group organization, trip planning, and travel strategies
 - Float plan components and filing
 - Maps, guide books, local knowledge
 - Lead boat, sweep boat, safety boats, spacing, group members with repair kits, first aid kits, and first aid and CPR training
 - Safety implications of easy access and remote paddling environments
- Boat based rescue techniques
- Shore based rescue techniques
 - Portaging and lining
- Unresponsive paddler rescue
- Federal, state, and local laws and regulations that apply to trip venue or route
- Put-in safety briefing

- Scouting
- Three boat minimum for group trip

Demonstrate the ability to perform demonstration quality strokes, maneuvers, and rescues outlined above with competence:

- Perform in real-time
- Perform in slow motion
- Emphasize particular phases of skills through exaggerated movements
- Perform at mental ease
- Perform consistently

Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor

Taking an ACA Safety & Rescue course for further training on rescue is strongly suggested

Notes:

An ACA Level 3: River Packrafting Instructor is expected to be able to demonstrate and teach everything on the Level 3: Skills Course and Level 3: Skills Assessment for their craft.

Instructor Candidates are encouraged to include a copy of The Packraft Handbook in their teaching toolbox.

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This curriculum is managed by the ACA Packrafting Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on the ACA website.