



# Level 2: Essentials of Sit-On-Top (SOT) River Kayaking Instructor Criteria

## Course Overview

Participants should 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 prepares the instructor to teach students using sit-on-top (SOT) kayaks only and the curriculum should highlight this limitation. Students should understand that rescuing decked kayaks requires additional and separate instruction.

**Note: This certification does not encompass all the criteria of Level 1: Introduction to Kayaking and thus does not by itself, qualify the instructor to teach that level nor the Kayak Flatwater Safety and Rescue skills courses/assessments.**

## Course Prerequisites

- Demonstrate general knowledge of the purpose and significance of the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a current ACA member
- Understands and acts in accordance with [ACA's Code of Conduct](#)
- 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 3 days (24 hours).

## Course Location / Accessible Venues

Moving water on rivers rated up to and including class I. *A rapid class includes rapids at the lower and upper ends of the difficulty range, designated "-" and "+" respectively.*

## Course Size

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

For additional details, see [SEIC Policy Manual Chapter 6](#).

## Instructor Trainer

This certification course may be offered by Level 2: Essentials of River Kayaking (or higher) ACA Instructor Trainers or Instructor Trainer Educators.

## **Succeeding Courses**

- Level 2 Essentials of River Kayaking Instructor
  - Level 3: River Kayaking
  - Level 4: Whitewater Kayaking
  - Level 5: Advanced Whitewater Kayaking
  - **Note:** *The use of non-spray skirted kayaks in conditions above Level 2 is not appropriate.*
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## **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 (combined ICW or IDW and ICE)
- Upon successful completion, register with the [Safety Education and Instruction Council](#)
- Have and maintain venue-appropriate first aid and age-appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform, model, and teach all of the material contained within the official ACA skills course and assessment course outlines corresponding to their level of certification and all levels below, if applicable
- Demonstrate the ability to appropriately perform, model, and teach all of the following material, unassisted, in the appropriate venue
- Demonstrate the ability to appropriately perform, model, and teach all of the material contained within the official ACA skills course and assessment course outlines corresponding to their level of certification and all levels below, if applicable.

## **Certification Maintenance Requirements**

- Teach a minimum of two courses that meet ACA standards within the four-year certification period and properly report the courses using the ACA [Course Management System \(CMS\)](#). At least one course must be at their highest level of certification
- 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 2: Essentials of Sit-On-Top (SOT) River Kayaking 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 and appropriately model teaching and learning theory:**

- Understand multiple methods 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
- Focus on **core principles** rather than specific techniques
- Effective methods of providing feedback

**Demonstrate the following:**

- Positive interpersonal skills to include all items outlined in the ACA [SEIC Policy Manual](#)
- Appropriate group management skills including leadership and judgment
- Ability to choose an appropriate venue / class site
- Effectively make documented skill assessments

**Demonstrate ability to paddle efficiently and comfortably in venue utilizing:**

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

**Demonstrate the ability to teach and model the basic kayak strokes and maneuvers effectively:**

- Forward stroke, to propel the kayak straight forward
- Reverse/back stroke, to stop with control and reverse straight backward
- Forward and reverse sweeps, to turn and/or spin the kayak, including stern draw
- Draw to the hip and sculling draw, to move the kayak sideways evenly
- Low brace to avoid capsize
- Rudder (stern) to glide straight and to turn to paddle side

**Demonstrate the ability to teach and model safety and rescue techniques and concepts effectively, and as appropriate to craft.**

- Use the [ACA River Safety & Rescue Terminology Handbook](#) to:
  - Identify and explain key safety and rescue skills in this curriculum
- Principles of Rescue

- Use of safe rescue strategies such as T-RETHROG (Talk, Reach, Throw, Row, Go)
- Rescue priorities: people, kayak, paddle, gear
- Responsibilities of: rescuer, group, swimmers

**Demonstrate the ability to teach and model swimming and wading techniques and concepts effectively.**

- Understand the risks associated with standing and walking in the types of environments mentioned above (including entanglement and environmental hazards)
- Strategies to minimize risk of foot entrapment
- Defensive and aggressive swimming positions, and transitions
- Techniques for successful exits from current to eddies
- Self-rescue: swimming with equipment
- Strategies to conserve energy
- Strategies for managing strainers in the appropriate venue

**Demonstrate the ability to teach and model kayak-based rescue techniques and concepts effectively, and as appropriate to craft.**

- Advantages and disadvantages during rescues of various kayaks (e.g., sit-ins, sit-on-tops, recreational kayaks)
- Calmly exit the kayak after capsize, using proper body position and contact with the kayak and paddle
- Paddle recovery options
- Strategies for kayak recovery
- Swimmer tow options
- Swimmer re-entry / re-mount techniques (e.g., perpendicular entry, rescue sling, paddle float)
- Kayak bumping / bulldozing
- Kayak towing
- Kayak specific rescues (e.g., boat over boat, boat to boat)
- Unresponsive paddler rescue
- Emptying water from kayak (e.g., on-shore, bailers, pumps)

**Demonstrate the ability to teach and model throwable floating aid or throw rope techniques and concepts effectively.**

- Throwing techniques
- Receiving techniques
- Belaying techniques
- Rope management and safety strategies
- Rope coiling methods and throwing techniques

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

- Safety issues and hazards of river kayaking (American Whitewater Safety Code)
- Water reading and paddling in current
- Eddies, eddy turns, and peel outs
- Front ferry with control
- Weather reading conditions important to the river kayaker
- Cold water shock, hypothermia and hyperthermia; prevention and treatment
- River signaling: hand, paddle, whistle
- Maps, guide books, float plan
- Kayak nomenclature and design
- Kayak paddle fit, hand placement and design
- Safe and effective use of thigh straps
- Safety equipment: throw ropes, locking carabiners, sling

**Demonstrate ability to paddle and perform rescues efficiently and effectively, in moving water through class 1 whitewater. Venue should be flat water and rivers of no more than class 1 whitewater difficulty.**

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

**Notes:**

*An ACA Level 2: Essentials of Sit-On-Top (SOT) River Kayaking Instructor is expected to be able to demonstrate and teach everything on the Level 2: Essentials of Sit-On-Top River Kayaking Skills Course and Level 2: Essentials of Sit-On-Top River Kayaking Skills Assessment for their craft.*

***These criteria are specifically for Sit-On-Top Kayak Instructor Candidates, and the certification only applies to Sit-On-Top Instruction***

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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](#).