



# Level 4: Performance Surf Kayaking Instructor Criteria

## Course Overview

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 Course (IDW, ICE, or ICW).

Level 4: Performance Surf Kayaking instructors should be able to coach students in all aspects of surf kayaking using sit-on-top kayaks (with thigh straps), whitewater kayaks, surf-specific kayaks, and wave-skis in significant surf.

## 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](#)
- Be a current ACA Level 3: Surf Kayaking Instructor
- Completion of an ACA Level 4: Performance Surf Kayaking level skills course, assessment course, or possess equivalent skills

## Course Duration

Combined Instructor Development Workshop (IDW) and Instructor Certification Exam (ICE) - minimum 3 days (24 hours).

## Course Location / Accessible Venues

Sandy beach break with significant surf – a majority of steep (plunging) waves during sets, and access to flat water.

- Cross shore or off-shore winds less than 15 knots (wind not required for certification)
- On shore winds less than 20 knots (wind not required for certification)
- Wave faces greater than 3 feet (1 meter) and less than 4 feet (1.2 meters)

*Note: When selecting a venue, careful consideration should be given to hazards including other surfers, rip currents, long-shore drift, rocks, and human-made structures.*

## Course Size

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

## **Instructor Trainer**

This certification course may be offered by Level 4: Performance Surf Kayaking (or higher) ACA Instructor Trainers or Instructor Trainer Educators.

## **Succeeding Courses**

- Level 5: Advanced Performance Surf Kayaking Skills or Certification Course

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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 4: Performance Surf 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 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
- Focus on **core principles** rather than specific techniques
- Provide appropriate, specific, and meaningful feedback
- Effectively make documented skill assessments

**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, stance, etc.).
- Safe and effective body usage: biomechanics (body, posture, linkage, and rotation)
- Efficient and effective paddle placement for intended maneuver

**Demonstrate the ability to effectively and efficiently perform, assess and teach all of the topics and skills listed in the following course outlines:**

- Level 4: Performance Surf Kayaking Skills Course

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

- Gathering swell, weather and tidal information and surf forecasting
- Wave dynamics, beach characteristics and anatomy of surf zone
- Beach breaks, reef breaks, point breaks
- Surf etiquette and collision avoidance
- Fin design and placement

**Demonstrate ability to teach and model skill development sessions and group management scenarios that:**

- Model and utilize effective risk management and rescue strategies
- Highlight essential skills for the course level and venue
- Are appropriate for the skill and experience level of students
- Maximum learning outcomes for all students

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

- Establishing safe parameters and protocols for participant practice
- Establishing an effective communication strategy for the surf zone
- Differentiated instruction based on participant wants and needs
- Effective observation, analysis, and feedback

**Notes:**

*An ACA Level 4: Performance Surf Kayaking Instructor is expected to be able to demonstrate and teach everything on the Level 4: Skills Course for this discipline.*

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