



Paddlesports Safety Facilitator (PSF) Certification Criteria - SUP Module

Paddlesport Safety Facilitator (PSF) Course Overview

Fundamentally, we expect that Paddlesports Safety Facilitators (PSF) should have the ability to manage groups, have background knowledge of paddling safety and environmental hazards, and possess the ability to effectively maneuver their craft to perform and demonstrate effective rescue techniques. This certification allows the facilitator to introduce paddlecraft safety and knowledge to the beginner paddler in a land-based setting. This is a 4-year, non-renewable certification.

If you're a student who would like a resource to prepare for this course, ACA is pleased to provide a free online paddling safety course, [here](#). A certificate of completion is included!

Course Prerequisites

- Acknowledgment of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a current ACA Member

Course Duration

General Knowledge Module Duration: Minimum of 4 hours

Discipline Specific Module Duration: minimum of 1 hour per module

Course Location / Accessible Venues

Flat water, protected from wind, waves and outside boat traffic, with current less than 0.5 knots and within swimming distance of shore.

Course Size

12 Participants : 1 Instructor; with an additional qualified assistant, the ratio can be 24 : 2. The maximum number of participants permitted is 24.

Instructor

The PSF course may be offered by Level 3 (or higher) ACA Instructors, Instructor Trainers, or Instructor Trainer Educators within the discipline of SUP. Additionally, this course may be offered by currently certified ACA Level 1 and 2 instructors who hold the Paddlesports Safety Facilitator (PSF) Endorsement. If the ACA Instructor would like to offer PSF module(s) in the other disciplines of canoe or kayak (other than which they are currently certified), they must hold an ACA Level 1 Skills Assessment (or higher) in that additional discipline to offer that module.

Succeeding Courses

Level 1: Introduction to Kayaking, Canoeing, or SUP Skills, Assessment, or Certification Course

Community Paddlesports Leader (CPL) Certification Course

Certification Maintenance Requirements

- Maintain ACA membership annually

ACA Paddlesport Safety Facilitator (PSF) - Kayak Module Requirements

Demonstrate the following:

- Securing board for transport on car or trailer using proper tie downs, straps, or knots
 - Knots: Figure-8, bowline, truckers hitch, and 2 half hitches
- Techniques for safely loading and unloading a SUP from a car, trailer, or rack

- Safely carry the SUP to and from the water
- Enter and launch the board from shore in a controlled manner, checking for clear departure
- Determine board stability (nose to tail, rail to rail)

Demonstrate the ability to perform the following safety and rescue skills:

- Appropriately choose when to use/not use a leash based on venue and conditions
- Calmly dismount the board, using proper body position and contact with the board and paddle
- Swim the SUP 30 feet (9 meters) to shore
- Prone paddle the SUP 30 feet (9 meters) to shore
- Maneuver the SUP to rescue a person in the water and their craft
 - Strategies and techniques for board and paddle recovery including bumping, bulldozing, towing, or swimming equipment to shore (with and without a leash)
- Self and assisted swimmer re-mount techniques in deep water (i.e., from the tail, from the side, board flip, etc.)
- Perform an unresponsive paddler rescue

Satisfactorily complete the PSF General module

Successfully complete the Paddlesports Safety Facilitator Exam

Conclusion and Wrap Up

- This has been a great class! Let's talk through what we've learned with a group debrief and/or Individual feedback
- Course limitations: there is always more to learn, and the skills and concepts we discussed require more practice and experience
- First aid and CPR training is a very valuable tool and could make the difference between a "near miss" and an emergency requiring outside rescue / first responders

- Paddling is a lifetime sport - there are local organizations, clubs, events, competitions, and classes through which you can continue your learning and build community. Get connected!
- Handouts and reference materials (if applicable)

© American Canoe Association

Date of last revision: 1/1/2023

<https://americancanoe.org>

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