



## Level 2: Essentials of Canoe Touring

### 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 re-enter 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 or more days

**Course Location / Venue:** Protected water near shore with winds up to 10 knots, waves up to 1 foot (.3 meters) or current up to 1 knot

**Class Ratio:** **Tandem:** 6 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 12 : 2  
**Solo:** 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10:2



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#### **Succeeding courses:**

- Level 3: Canoe Touring Strokes and Maneuvers Refinement
- Level 4: Freestyle Canoeing

The sequence of assessment should be adjusted to best fit the participant's needs, class location and time allowance.

#### **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
- Life Jacket 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
- Assessment cards (if applicable)



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

**Quiet water location and venue:** \_\_\_\_\_

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

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

STROKES	Bow	Stern	Solo	COMMENTS
Forward				
Forward w/Switch, w/bent paddles				
Forward w/ C Correction				
Forward w/J Stroke				
Back				
Push Away				
Pry				
Sweeps: Forward/Reverse				
Cross Forward				
Draw: Abeam				
Sculling Draw /Pry				
Draw: Static				
Draw: Bow				
Draw: Stern				
Cross Draw: Abeam				
Cross Draw: Static				
Cross Draw: Bow				

Demonstrate good balance, posture and boat leans during all maneuvers

QUIET WATER MANEUVERS	Bow	Stern	Solo	COMMENTS
Forward: Straight 50 YDS				
Reverse: Reasonably Straight				
Stopping (Forward/Reverse): 1 Boat Length				
Spin: 360 degree pivot to onside & offside				
Stop Turn: Quick 90 degree turn to a complete stop near a buoy, dock, or shore				
Abeam: Sideways both sides 20 FT w/o headway				
Sideslips: boat moves sideways with headway				
Turns: Turn in arc while underway				
Launching and Landing: Parallel to, Perpendicular to a Low dock or bank				

RESCUE/SAFETY	P & N	COMMENTS
Signals: Whistle, Paddle and Hand		
Rescue Sequence: (RETHROG)		
Priorities: People, canoe, gear		



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Responsibility: Individual, Group, Rescuer, Victim		
Cold Water Shock, Hypothermia: HELP/HUDDLE, clothing		
Hyperthermia: hydration, clothing		
Emergency Procedures		
Safety Equipment		
Controlled Capsize, Deep water		
Swim a canoe 25 FT to shore		
Empty a canoe full of water at shore line		
Towing a tired swimmer to shore; towing a boat to shore		
Canoe over canoe rescue (T Rescue) on quiet water		
Side by side (Parallel) on quiet water		
Re-entry: Self and Assisted: Heel Hook, Sling (quiet water)		

TECHNICAL KNOWLEDGE	P or N	COMMENTS
Environmental Issues: Leave No Trace etc, ecology		
Paddling Environment: 4 W's		
Personal Preparation: Planning, clothing, food and water		
Canoe: types, parts, bent shaft, materials		
Paddle: Types, parts, materials uses (straight vs bent)		
Life Jacket: Types, materials, sizing		
Group Organization & Travel		
Canoe Carries: Overhead & Suitcase		
Canoe Trim		
Posture, Rocking, Balance		
Trip Planning: How to prepare a day trip		
Federal, State and Local Laws and Regulations		
Car Topping: Loading/Unloading (Use of straps and knots)		
Knots: Figure 8 or bowline, trucker's hitch, & 2 half hitches		
Concepts of Paddling (Quiet Water)		

FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<i>Assessor must be a currently certified ACA Instructor at or above this level.</i>		
<b>IT or Instructor:</b> _____		
<b>Signature:</b> _____		
<b>ACA #:</b> _____ <b>Date:</b> _____		