



River Kayaking Hand-Paddling

(Instructor Endorsement Criteria)

Course Overview: Designed for currently certified ACA River Kayak Instructors, this Endorsement Course will provide instructors with the knowledge and skills for effective instruction on safe and effective use of hand-paddles. Per the ACA, “By taking and passing the specified course, a certified ACA Instructor can become endorsed to teach additional, specialized courses.”

Instructors receiving this endorsement may be endorsed at the same level of their current certification or at a lower level, as determined first by venue conditions of the endorsement course and then by instructor ability and willingness to demonstrate and teach to the criteria outlined below in those venue conditions.

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 underwater
3. Independently hold head upright without neck/head support
4. Manage personal care independently or with the 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 the 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 paddle craft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter 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: Be a currently certified ACA River Kayak instructor in good standing at Level Level 2: Essential of River Kayaking (or higher).



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Course Duration: 1 Day (8 hours)

Course Location / Venue: Optimal conditions are moving water at the desired endorsement level, not to exceed the instructor's level of certification.

Course Ratio: 5 students: 1 Instructor Trainer; with an additional instructor or qualified assistant the ratio can be 10: 2

Hand-Paddling Instructor Endorsement Criteria:

1. Demonstrate understanding of core ACA Instructional skills:
 - Teaching and learning theory
 - Effective methods of providing feedback
 - Development and application of Essential Eligibility Criteria
2. Demonstrate the ability to work collaboratively in an instructional team environment:
 - Work well with students, including ability to listen and respond to student concerns and desires
 - Work well with other members of instructional teams
 - Actively participate in discussions through the workshop
3. Demonstrate knowledge and skills in river kayaking with hand-paddles:
 - Demonstrate wet exits with and without hand-paddles
 - Demonstrate ability to explain body position and how it differs from using a shafted paddle
 - Demonstrate knowledge and skills of the effective use of hand paddles
 - Knowledge of varying styles and skill sets as they pertain to hand-paddles
 - Ability to perform river maneuvers with hand-paddles at instructor certification level
 - Demonstrate the ability to safely select and fit hand-paddles based upon the desired use and student ability to wet exit and remove paddles
 - Demonstrate ability to teach hand-paddle specific strokes:
 - Neutral Traverse/Neutral Sweep (hands moving in opposite directions to create a boat rotation)
 - Forward (alternating hands)
 - Power Forward (both hands)
 - Back (alternating hands)
 - Power Back (both hands)
 - Brace
 - Single Brace (one-hand/one-side)
 - Double Brace (both hands on same side)
 - Wing Brace (both hands on opposite sides)
 - ACA certified Level 4: Whitewater Kayaking Instructors and Level 3: River Kayaking (or below holding a Rolling Endorsement) should be able to demonstrate and teach a safe and effective hand-paddle roll.



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4. Be able to perform standard rescues (including unresponsive paddler rescue) efficiently and comfortably, while maintaining appropriate situational awareness and group management
5. Demonstrate leadership, group management skills, experience and judgment necessary for proper risk management and effective instruction.