



SUP Yoga Skills Course

Course Outline

This course is designed as a short program emphasizing safety, enjoyment, and skill development. The skills and knowledge gained through this course can set the stage for a lifetime of exploration, adventures, a healthy lifestyle, appreciation of water and the natural world, lasting memories with family and friends, and a rewarding experience for all - we paddle because it is fun.

The SUP Yoga course is designed to introduce/expose the participant to sufficient skill and knowledge, so they can enjoy yoga while on a Stand Up Paddleboard.

Course Prerequisites

- Acknowledgement of personal compliance with the ACA Essential Eligibility Criteria (EEC).
- No prior paddling experience or training is required to participate in this course

Course Duration

Approximately 2 hours (or more at leader discretion).

Course Location / Accessible Venues

Protected water with constant access to safe landing and within .5 nautical miles from shore:

- Winds less than 10 knots
- Waves less than 1 foot (0.3 meters)
- Current less than 1 knot

Course Size

5 Participants : 1 Leader; with an additional qualified assistant, the ratio can be 10 : 2.

Leader/Instructor:

This course may be offered by Leaders who have successfully completed and maintained the ACA SUP Yoga Leader Certification or ACA SUP Instructors who hold the previous ACA SUP Yoga Endorsement.

Succeeding Courses

- Level 1: Introduction to SUP Skills, Assessment, or Certification Course
 - Level 2: Essentials of SUP Assessment or Certification Course
 - ACA SUP Yoga Leader Certification Course
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Course Outline

The sequence of this course should be adjusted to best fit the participant's needs, class location, time allowance, and craft being used.

Introduction, Logistics, and Expectations

- Welcome! We're so glad that you've chosen to further your paddling experience and education by attending this course! Let's review a few highlights about the ACA
- Let's talk about the course itinerary, expectations, and limitations
- Lay of the land (and water): the logistics of this venue
- Review liability waiver, assumption of risk, challenge by choice, and medical disclosure
- PFD policy (see Appendix I)
- Describe and follow safe boating practices (behavior, substance abuse, on water and land etiquette, respecting private property, and Leave No Trace ethics)

The Paddling Environment

- Water

- Weather
- Wind
- Waves

SUP Equipment

- SUP Board
 - Parts
 - How to carry
- SUP Paddle
 - Parts
 - Sizing
 - Effective hand placement on the paddle
- PFDs
 - Inflatable
 - Inherently buoyant
 - How to properly fit & use
- Leashes

Personal Preparation

- Personal ability
- Swimming ability
- Water comfort and confidence
- Fitness, conditioning, and warm up
- Safe paddle and board handling
- Safety and rescue considerations
- SUP Yoga appropriate clothing
- Personal equipment (reviewed by Leader)

- How to secure gear (paddle, water bottle) on board for yoga

Launching and Landing

- Carrying the SUP to and from the water
- Entry/exit from the beach, shore or dock (deep enough to protect fin, ease of getting on board)
- Stances: sitting vs. kneeling vs. standing
- Board stability & trim (nose to tail, rail to rail), “board wiggle”
- Allow student to get comfortable on the board

Rescues

- Responsibility of the group, individual, rescuer, and swimmer
- The following are demonstrated by the Leader
 - Techniques for falling
 - Self-rescue
 - Assisted Rescue
- Towing strategies

Basic Strokes and Maneuvers

- Strokes
 - Basic forward stroke
 - Reverse
 - Sweeps (forward and reverse)
 - Draw (side)
- Maneuvers
 - Paddle in a reasonably straight line
 - Stop in a reasonable distance
 - Do gradual, wide turns

Anchoring Techniques:

- When appropriate
- Appropriate spacing
- Types of weights used for anchors
- Individual anchor systems
- Group anchor systems
- Anchor to shore
- Anchor to bottom
- Simple to complex systems

Yoga Movements & Poses

- Stable poses
- Lower to board
- Must have a minimum of two points of contact
- No poses with pressure on head, neck or spine
- No poses where you can compromise the head, neck, or spine
- Modifications of poses from land to board

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
- Demo advanced maneuvers to inspire paddlers to desire higher level skills
- 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)

APPENDIX I - PFD POLICY FOR SUP YOGA

PFDs are required to be worn when paddling from shore to the yoga venue. If anchored, an inherently buoyant PFD may be taken off and placed on the board. If not anchored, an inherently buoyant PFD must remain properly worn. If an inflatable PFD is used, it must remain worn at all times. If local, state, or federal laws mandate PFD wear, they supersede this policy.

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