



# Essential Eligibility Criteria

**ACA courses are open to all individuals who acknowledge the ability to perform the following Essential Eligibility Criteria (EEC):**

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 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. Adaptive Paddling Endorsed Instructors are trained to work with individuals who need or wish to learn skills required for ACA EEC#7-#11.*