



L2

KAYAK TOURING OVERVIEW

A LEVEL 2 (L2) ESSENTIALS OF KAYAK TOURING (EKT) KAYAKER is a competent paddler in mild, protected waters (coastal waters, inland lakes, and gently flowing rivers) with regular access to landing areas. They have the judgment to know when they should not paddle and have a plan for when things do not go as expected. This is an entry-level to the coastal kayaking discipline of the American Canoe Association. **The paddler can do all of the following safely, effectively, and efficiently:**

LAUNCH AND LAND

Launching and landing might include from a dock, beach/ shore, or riverbank.

MANEUVER THEIR KAYAK

Kayakers can move forward, backward, and sideways with and without momentum, turn with and without forward momentum, stop, and avoid capsizing.

PREVENT CAPSIZE

Kayakers use body control and support from the blade to keep themselves upright.

COMFORTABLY CAPSIZE AND WET EXIT THEIR KAYAK

The kayaker needs to be relaxed while hanging upside down for a few seconds, then wet exit their kayak.

SWIM THEMSELVES AND THEIR KAYAK A SHORT DISTANCE TO SHORE

Solutions include pulling their kayak, pushing it, shoving it, and swimming after it, or paddling it surfboard style.

ASSIST OTHERS BACK INTO THEIR KAYAK AND RETRIEVE THEIR GEAR

Solutions might include a t-rescue, parallel rescue, towing, or pushing an empty kayak to a swimmer and gathering their gear.



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RE-ENTER THEIR KAYAK WITH ASSISTANCE FROM THEIR TEAM

Re-entry options include hauling onto the rear deck, heel hook, or stirrup / sling while maintaining control of their kayak and paddle.

RE-ENTER THEIR KAYAK UNASSISTED

Self-rescue might include scramble (cowboy) and paddle float (with or without a stirrup / sling).

HAVE A GENERAL KNOWLEDGE AND UNDERSTANDING OF THE FOLLOWING:

- Safety considerations: including risk assessments, group dynamics, health, and fitness issues.
- Gear: Has the appropriate gear for where they intend to paddle and knows how to use it.
- The effects of wind, water, waves, weather, and current.
- What it means to paddle as part of a team.

LEARN MORE

Want to learn more about kayaking?

- [ACA website](#)
The Education tab, can assist in finding courses (“Course Calendar”) and instructors (“Find an Instructor”).
- [ACA Level 2 Training Guidance resource](#)
gives suggestions on developing the skills of an open water kayaker.
- [ACA Level 2 Essentials of Kayak Touring Skills Assessment](#)
measure your progress as a paddler or qualify for a Level 2 Trip Leader training or Level 2 Instructor training.