

## Core Methods of the Advanced Paddlesports Leader Training

1. What is the primary focus of the ACA leadership development experience?
  - a. Lecture-based instruction
  - b. Paddler-centered learning**
  - c. Trainer-led demonstrations
  - d. Independent skill practice
2. How are authentic challenges utilized in this training?
  - a. To provide quick workshops for basic skills
  - b. To focus solely on emergency response techniques
  - c. To teach theoretical concepts through lectures
  - d. To simulate real-life scenarios for effective leadership preparation**
3. What role does teamwork play in the training experience?
  - a. It is optional and only encouraged for certain tasks
  - b. It is used to assign individual roles without collaboration
  - c. It is essential for building a supportive culture and enhancing learning**
  - d. It focuses on competition to improve personal performance

## Goal Setting

1. Which type of goal do we have the most control over?
  - a. Outcome goals
  - b. Performance goals
  - c. Process goals**
  - d. Aspirational goals
2. How do performance goals function in relation to outcome goals?
  - a. They are unrelated to outcome goals
  - b. They act as milestones that break down the outcome goal into smaller, achievable steps**
  - c. They replace outcome goals entirely
  - d. They focus solely on practicing skills without connection to outcome goals
3. What does the "S" in SMART goals stand for, and what key question does it prompt?
  - a. Specific; What needs to be accomplished?**
  - b. Specific; How can I measure progress towards my goal?
  - c. Sustainable; Who is involved in this goal?
  - d. Strategic; When do I aim to achieve the goal?

## Personal Paddling

1. How does understanding the Body + Boat/Board + Blade model help paddlers improve their skills?

**Key Answers: The Body + Boat/Board + Blade model helps paddlers improve their skills by breaking down paddling into three key components—Body (vision, positioning, muscle use), Boat/Board (speed, balance, trim), and Blade (angle, movement, pressure)—allowing for a deeper understanding and targeted refinement of each aspect.**

2. How does the Safe + Effective + Efficient model influence a paddler's approach to performing maneuvers?

**Key Answers: The Safe + Effective + Efficient model influences a paddler's approach by encouraging movements that prioritize safety to reduce injury risk, ensure effectiveness in executing maneuvers successfully, and promote efficiency to minimize wasted energy and effort, fostering a flexible and practical approach rather than adhering to rigid technical templates.**

3. The TTPPSS model comes from the outdoor adventure world. It's another way to break down the complexities of outdoor and adventure activities. This is a holistic framework to observe and review someone's paddle skills and maneuvers. What does each letter stand for in this model?
  - T (**Technical**)
  - T (**Tactical**)
  - P (**Physical**)
  - P (**Psychological**)
  - E (**Equipment**)
  - E (**Environment**)

## Leadership

1. Which of the following best describes the key aspects of effective leadership decision-making in the context of group paddling trips?
  - a. Focusing solely on directive decision-making to ensure quick responses in all situations
  - b. Balancing health, safety, enjoyment, and logistics while using varied leadership approaches and fostering inclusivity**
  - c. Avoiding group input in decisions to maintain control and efficiency
  - d. Prioritizing individual preferences over group dynamics and safety concerns

2. What are the 4P's of Paddlesports Leadership?

**Answer: People, Places, Practices and Purpose**

3. True or False. The 4 P's of Paddlesports Leadership emphasize that a group's success is guaranteed if all individuals are highly skilled and experienced.

- a. True
- b. False**

**Explanation: The text states that a group's success isn't simply the sum of its individuals' strengths, as even a team of strong, experienced people can struggle to perform well together if not properly led.**

4. Which of the following best describes the role of "Purpose" in the 4 P's of Paddlesports Leadership?

- a. It focuses on selecting the best paddling locations to ensure a challenging trip.
- b. It involves managing weather and environmental variables to maintain safety.
- c. It acts as the glue that builds positive group culture and keeps everyone motivated toward shared goals.**
- d. It emphasizes the leader's sole responsibility for making all decisions during the trip.

5. Which statement is incorrect about the scope of a certified Advanced Paddlesports Leader?

- a. Both Advanced Coastal Leaders and Advanced River Leaders are certified to lead small groups on half-day or full-day trips.
- b. The remoteness of paddling locations where certified Advanced Coastal Leaders and Advanced River Leaders may lead is based on their type of first-aid training.
- c. Advanced Coastal Leaders are certified to lead groups on large lakes and coastal waters with conditions including winds up to 12 knots, waves up to 2 feet, and currents up to 2 knots.
- d. Advanced River Leaders are certified to lead groups on Class III-IV rivers.
- e. Certified leaders are only permitted to lead from craft for which they hold the appropriate ACA Skills Award.
- f. Certified leaders do not make informed decisions, are discouraging, cannot perform effective rescues, and struggle when paddling in course operating conditions.**

6. What is a key factor in effective communication for paddlesports leaders?

- a. Relying solely on pre-written scripts to ensure consistency
- b. Limiting communication to on-water instructions to avoid confusion
- c. Focusing only on post-trip follow-up to address participant feedback
- d. Maintaining self-awareness to adapt communication and respond to group needs**

7. When does communication for a paddlesports leader begin?
- a. **With preparation for interactions, including marketing and pre-event planning**
  - b. During the on-water portion of the trip
  - c. When sending the first email to participants
  - d. Only when addressing conflicts during the trip
8. What practices can we use to bring out the best, most effective communicators in ourselves while becoming more aware as we do so?
- a. Preparation is key for any paddlesports trip.
  - b. Care for yourself as you care for others
  - c. Listen to lead
  - d. See others for their strengths
  - e. Communicate with clarity
  - f. Create an environment of connection
  - g. Maintaining curiosity and learning
  - h. Healthy approaches to feedback
  - i. Communicate effectively under pressure
  - j. **All of the above**
9. What is the primary purpose of the ACA's Essential Eligibility Criteria (EEC) in paddlesports leadership, as described in the text?
- a. To create individualized participation plans for each paddler
  - b. **To define basic functional skills needed for safe participation and ensure consistent, non-discriminatory eligibility standards**
  - c. To prioritize advanced paddlers over beginners for group cohesion
  - d. To limit participation to only those with Adaptive Paddling certifications
10. What is the main goal of the ACA's Universal Paddling program, as described in the text?
- a. To train leaders exclusively for competitive paddling events
  - b. To standardize paddling techniques for all participants regardless of ability
  - c. **To promote inclusivity by adapting equipment, communication, and instruction for individuals with various disabilities**
  - d. To limit participation to individuals who meet specific physical fitness criteria
11. True or **False**. The ACA's Universal Paddling and Equity and Access principles focus solely on standardizing paddling techniques for all participants, rather than integrating diverse individuals into paddlesports programs.
- a. True
  - b. **False**

12. Compare and contrast 'Thinking Fast' and 'Thinking Slow' in the context of paddlesports leadership. Explain how each approach is applied in a specific example from the workbook (e.g., selecting a rescue tactic for Thinking Fast and choosing a route for Thinking Slow), highlighting the role of experience, mental shortcuts, and decision-making processes in each. Why might a paddlesports leader need to balance both approaches to avoid errors and ensure effective leadership?
13. What is the primary purpose of the CLEAR model in decision-making?
  - a. To make decisions as quickly as possible using mental shortcuts
  - b. To fully understand the problem while exploring solutions for informed decisions**
  - c. To delegate decision-making tasks to a team
  - d. To focus solely on reviewing past decisions

### **Trip Planning and Delivery**

1. What are key focus areas when gathering information to lead a trip?
  - a. People
  - b. Place
  - c. Environment
  - d. Scenarios
  - e. All of the above**
2. What are key elements to planning a trip itinerary?
  - a. Establish a purpose, goals, and highlights for your outing.
  - b. Evaluate and define possible routes based on what you've researched and pick one.
  - c. Make space for fun and enjoyment and plan for a level of challenge appropriate to your group.
  - d. All of the above**
3. When leading paddling trips as an Advanced Paddlesports Leader (APL), what is a key consideration regarding laws, regulations, and regional practices?
  - a. All paddling trips are exempt from regulations due to their recreational nature.
  - b. Regulations only apply to international waters and not local jurisdictions.
  - c. APLs must be aware of and comply with varied laws and regulations from local, state, federal, or trade association sources.**
  - d. Only federal agencies set regulations for paddling trips, regardless of location.

4. What is a critical consideration for ACA-certified paddlesports leaders regarding access to paddling locations and legal compliance?
  - a. ACA certification automatically grants access to all paddling locations without additional requirements.
  - b. Claiming to be an ACA Leader or Guide may have legal consequences if local regulations or licensing requirements are not followed.**
  - c. Local management agencies have no authority over ACA-certified leaders on any waterway.
  - d. ACA certification exempts leaders from following state or federal regulations.
  
5. Which questions would you ask to align yourself and your group around shared goals and determine the 'whys' of your trip?
  - a. Why do you paddle?
  - b. Why might others have been inspired to join you?
  - c. What are some of your goals for a trip, and what are their goals? How may these trip goals be categorized?
  - d. What does a purpose provide for a trip? How does this assist in challenging situations and conditions?
  - e. How can you navigate the normal occurrence of various participants having different or opposing goals?
  - f. All of the Above**
  
6. What should you do during a pre-trip briefing?
  - a. Keep the tone upbeat, positive, and engaging.
  - b. Go over the agenda for the day and answer any questions your group members have.
  - c. Discuss safety issues proactively with your group before setting out on the water.
  - d. All of the Above**
  
7. What should you observe from group members as you are departing?
  - a. Comfort in boat
  - b. Boat handling
  - c. Communication
  - d. Ability to notice the environment
  - e. Connectivity
  - f. All of the above**
  
8. Which of the following are essential components of a float plan for a paddling trip? Choose all that apply.
  - a. Leaving the float plan with a responsible person who is not joining the trip.**
  - b. Include only the starting location of the route without mentioning the ending location.

- c. Providing time frames for expected completion, possible lateness, and when to contact emergency services if overdue.**
- d. Sharing the float plan with all group members going on the trip.**
- e. Contact the person with whom you left a float plan as soon as the trip is complete.**

9. Which statements are true?

- a. Whistles should be used for emergencies or getting attention when shouting may not work.
- b. Paddle and hand signals should be agreed upon early on and kept simple. Suggestions are for help, stop, go, come to me, and directions to travel.
- c. Electronic devices, such as two-way radios, mobile phones, VHF, UHF, etc., may be used for intragroup communication.
- d. All of the above.**

10. Which factors should be considered when choosing an appropriate communication strategy?

- a. Weather
- b. Distance
- c. Line of sight
- d. All of the above**

11. Which of the two thought processes are most valid for balancing priorities when decision-making?

- a. Evaluating tasks based on their importance and urgency.
- b. Prioritizing tasks by how they affect safety, followed by those impacting the quality of the experience, and lastly, address logistical considerations.
- c. Both are equally valid thought processes for balancing priorities during the decision-making process.**

12. Choose two group travel formations that you may use and list their pros and cons for the environment in which you plan to lead.

- a. Lead — Sweep
- b. Flanking
- c. Lead — Far Lead
- d. Following
- e. Middle
- f. Shepherding
- g. Buddying Up
- h. Pace Groups

Choice 1 \_\_\_\_\_

Pros:

Cons:

Choice 2 \_\_\_\_\_

Pros:

Cons:

13. When adjusting the plan during a paddling trip, which of the following is a recommended strategy for managing time effectively?
- Start a timer at the beginning of the trip and check progress at known distance points.**
  - Ignore the group's speed and stick strictly to the original schedule.
  - Assume group members will move faster as the trip progresses to make up for lost time.
  - Avoid creating a contingency plan to maintain flexibility.
14. Leaders should consider taking the following actions after their trip is complete.
- Gathering feedback from trip members.**
  - Performing a self-evaluation.**
  - Neither action is meaningful.

## Equipment

1. Why is creating and maintaining a comprehensive packing list critical for a paddling trip leader?
- It allows the leader to pack quickly without considering trip-specific factors.
  - It ensures the group has gear to enjoy the trip, minimize risks, and respond to potential incidents.**
  - It eliminates the need for critical thinking during trip preparation.
  - It focuses only on leader-specific gear, ignoring group and individual needs.
2. Which step in the packing list development process involves organizing equipment to address specific needs and accessibility?
- Creating a list of all equipment needed for the trip.
  - Re-checking the list for gaps and forgotten items.
  - Ignoring trip-specific factors like group size or remoteness.
  - Ranking equipment as mandatory or supplemental, individual or group, and accessible while paddling or stowed for onshore use.**

3. What factors should be considered when choosing paddling clothing for protection and comfort?
  - a. UV
  - b. Heat
  - c. Cold
  - d. Skin Exposure
  - e. All of the Above**
  
4. Which of the following is important to check on Personal Flotation Devices.
  - a. Compliance of recognized authority (i.e. USCG, ISO 12402, etc.)
  - b. Buoyancy, type, and size relative to the person and trip
  - c. Compression of foam and/or mildew
  - d. Extensive UV damage to fabrics and materials
  - e. Cuts or tears in fabrics and materials
  - f. Buckles and/or zippers are functional and properly fastened
  - g. All of the Above**
  
5. Which of the following repairs can typically be performed on water during a paddling trip?
  - a. Replacing a broken paddle blade with a spare**
  - b. Completely reconstructing a damaged kayak hull
  - c. Rewelding a metal canoe frame
  - d. Overhauling a waterlogged engine on a motorized craft
  
6. Which strategy is effective for completing an on-water repair during a paddling trip?
  - a. Conducting the repair alone without involving the group to save time
  - b. Moving to a stable location, such as shallow water or a nearby shore, before starting the repair**
  - c. Ignoring the repair and continuing the trip to avoid delays
  - d. Using heavy machinery to ensure a permanent fix

## Environment

1. What weather and marine conditions should you research before leading a group on the water?
  - a. Temperature (air and water)
  - b. Wind speeds
  - c. Water speeds/heights
  - d. Waves
  - e. All of the above**

2. What is a key responsibility of a paddling trip leader to minimize shore-based impacts during lunch and snacks?
  - a. Encouraging paddlers to leave food scraps at landing sites to feed wildlife
  - b. Ensuring all food waste and garbage from lunch and snacks are packed out and not left at landing sites**
  - c. Allowing paddlers to scatter snack wrappers to decompose naturally
  - d. Storing lunch items in open containers to share with other users
3. When paddling, how can a trip leader apply Leave No Trace principles to minimize impacts while viewing wildlife?
  - a. Approaching wildlife closely to allow paddlers to take better photos
  - b. Feeding wildlife from the water to encourage interaction
  - c. Maintaining a respectful distance from wildlife to avoid disturbing their natural behavior**
  - d. Ignoring wildlife to focus solely on paddling speed
4. What should be included in your daily risk assessment?
  - a. Checking and monitoring the weather
  - b. Monitoring conditions
  - c. Monitoring the state of individuals and the group
  - d. All of the above**

## **Professionalism**

1. Which ACA content is important for a certified Advanced Paddlesports Leader to know?
  - a. SEIC policy manual
  - b. Essential Eligibility Criteria (EEC)
  - c. Leader certification maintenance
  - d. Mission, vision, and values of the ACA
  - e. All of the Above**
2. What can certified leaders do with the Course Management System?
  - a. Register a trip
  - b. Apply for insurance coverage
  - c. Fill out a trip roster
  - d. Report a trip
  - e. All of the above**
3. Which interpersonal skill is least aligned with the expectations of certified ACA Leaders?
  - a. Solution oriented
  - b. Active listening
  - c. Self-awareness and self-assessment
  - d. Collaboration and adaptability
  - e. Empathy and compassion

- f. Humility and vulnerability
- g. Discouraging creativity**
- h. Ability to hold boundaries