

# Community Paddlesports Leader

## Written Exam

### Core Methods of the Community 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 the Safe + Effective + Efficient model influence a paddler's approach to performing maneuvers?

## 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. 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.

3. Which statement is incorrect about the scope of a certified Community Paddlesports Leader?
  - a. Community Paddlesports Leaders are certified to lead small groups on half-day or full-day trips.
  - b. Community Paddlesports Leaders are certified to lead in calm and protected waters.
  - c. Community Paddlesports Leaders are certified to lead groups on waters with conditions including winds up to 10 knots, waves up to 1 foot, and current that is Class I or up to 1 knot of current.
  - d. Certified leaders are only permitted to lead from craft for which they hold the appropriate ACA Skills Award.
  - e. Certified leaders do not make informed decisions, are discouraging, cannot perform effective rescues, and struggle when paddling in course operating conditions.

### **Trip Planning and Delivery**

1. 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
2. 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.
3. 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

4. When adjusting the plan during a paddling trip, which of the following is a recommended strategy for managing time effectively?
  - a. Start a timer at the beginning of the trip and check progress at known distance points.
  - b. Ignore the group's speed and stick strictly to the original schedule.
  - c. Assume group members will move faster as the trip progresses to make up for lost time.
  - d. Avoid creating a contingency plan to maintain flexibility

## Equipment

1. Why is creating and maintaining a comprehensive packing list critical for a paddling trip leader?
  - a. It allows the leader to pack quickly without considering trip-specific factors.
  - b. It ensures the group has gear to enjoy the trip, minimize risks, and respond to potential incidents.
  - c. It eliminates the need for critical thinking during trip preparation.
  - d. 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?
  - a. Creating a list of all equipment needed for the trip.
  - b. Re-checking the list for gaps and forgotten items.
  - c. Ignoring trip-specific factors like group size or remoteness.
  - d. Ranking equipment as mandatory or supplemental, individual or group, and accessible while paddling or stowed for onshore use.
3. 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

## 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. 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 Community 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
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I, \_\_\_\_\_, hereby affirm that I have completed the Community Paddlesports Leader Written Exam on \_\_\_\_\_ in full compliance with the examination rules and professional standards outlined by the American Canoe Association.

By signing this attestation, I confirm that:

- I completed the exam independently and without unauthorized aid.
- I adhered to all examination protocols, including confidentiality and integrity requirements.
- All responses and submissions represent my own knowledge and work.

I understand that any violation of the certification policies may lead to invalidation of my results, revocation of certification, and/or further disciplinary action.

I recognize the importance of upholding the ethical standards associated with the Paddlesports Leader certification and commit to maintaining these standards throughout my professional practice.

Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_