

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?

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.

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