



Level 2: Essentials of Kayak Touring

Instructor Criteria

Overview: We expect that participants will have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this level of certification prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Exam (ICE).

Note: These criteria may be used for both spray skirted kayaks, as well as non-spray skirted kayaks. Criteria/skills not applicable to non-spray skirted kayaks are followed by the footnote notation: ¹.

Bulkheads are not required; however, some form of flotation must be present to keep the kayak from sinking.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

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. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Course Prerequisites: Completion of the appropriate level skills course, assessment course, or equivalent skills.

Course Duration: Combined IDW and ICE - Minimum 3 days (24 hours)

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Course Location / Venue: Protected water with constant access to safe landing and within .5 nautical miles from shore:

- Winds less than 10 knots
- Waves less than 1 foot (0.3 meters)
- Current less than 1 knot

Class Ratio: 5 Instructor Candidates : 1 Instructor Trainer; with an additional instructor or qualified assistant the ratio can be 10 : 2

The following is a list of the criteria used to evaluate Instructor Candidates. The content and sequence of evaluation should be adjusted to best fit the participant's needs, class location and time allowance.

General Requirements for all Instructor Certifications:

- Be at least 18 years old
- Meet the appropriate essential eligibility criteria
- Successfully complete an Instructor Certification Workshop (IDW and ICE)
- Be a full ACA member
- Upon successful completion, register with the Safety Education and Instruction Council
- Have and maintain first aid and age-appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform, assess, and teach all the following material unassisted in the appropriate venue
- Instructors are expected to be able to demonstrate, teach, and model everything on the official ACA skills course and assessment course outlines for their discipline at their highest level of certification.

Demonstrate knowledge and ability to plan and implement safe, effective, and efficient instructional sessions and assessments for different learning styles and ability levels, to include:

- Differentiation of instruction based on the individual learner (student centered)
- Use of an appropriate skills progression when teaching complex skill sets
- Selection of appropriate teaching venue based on ability and desired outcomes
- Focus on core principles in addition to specific technique
- Provides appropriate, specific, and meaningful feedback

Maintenance Requirements:

- Teach and properly report at least two courses, one of which must be an L2 level course, that meet ACA standards within the four-year certification period.
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually
- Maintain first aid and age-appropriate CPR certification

Level 2: Essentials of Kayak Touring Instructor Requirements:

1. Demonstrate a knowledge of ACA administrative processes:
 - How to register and report a course (with and without insurance)

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- An understanding of the ACA Waiver and Release of Liability
- 2. Demonstrate a knowledge of:
 - Teaching theory
 - Learning theory
 - Effective methods of providing feedback
- 3. Demonstrate the following:
 - Positive interpersonal skills
 - Ability to choose an appropriate venue / class site
- 4. Demonstrate the ability to safely, effectively and efficiently perform, assess and teach the basic paddle strokes and maneuvers, to include:
 - Forward stroke, to propel the kayak forward, in a straight line for 200 yards
 - Reverse stroke, to stop the boat within 4 strokes
 - Paddle backwards, in a straight line, for 50 yards
 - Forward and reverse sweeps, to turn and to spin the kayak through 360 degrees
 - Draw and sculling draw, to move the kayak sideways a minimum of 15 feet, on both sides, while keeping the boat pointing in the same direction
 - Rudder (stern) to glide straight and turn to paddle side
 - Low brace to avoid capsizes including upper/lower body separation (hip snap) and use of the paddle
 - Low brace turn
- 5. Demonstrate the ability to safely, effectively and efficiently perform, assess and teach rescue techniques in the Level 2: EKT certification course venue. All rescue techniques must be performed in a reasonable amount of time.
 - Capsize and e wet exit the kayak with a spray skirt¹
 - Skirted wet exits must be modeled and taught two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip
 - T-rescue
 - Be able to support both sit in, and sit on top kayakers, by rafting alongside, such that a swimmer can re-enter/re-board it.
 - Rafted-T
 - Demonstrate an understanding of rescue fundamentals as they apply across a variety of kayakers (e.g., sit ins, sit on tops, recreational boats). For example, demonstrate Curl and Tx rescues for boats without bulkheads.
 - Scoop¹
 - Paddle float with and without sling
 - With a high degree of reliability, the candidate must be able to re-enter their boat, without any assistance, in deep water, using any technique of their choice (may include paddle float with or without sling)
 - Unresponsive paddler rescue (Hand of God)
 - Bulldoze and/or use the push technique to maneuver a kayak from one location to another location (25 yards/meters)
 - Swim rescue: swim to shore (25 yards/meters), with kayak and paddle, in full paddling clothing and life jacket and drain boat

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- Contact towing, with and without a tow strap (be able to perform and teach)
 - In-line towing (perform only)
 - Swimmer tows (bow, back deck, toggle)
6. Demonstrate knowledge of, and ability to perform, assess and teach, safely, effectively, and efficiently the following:
- Safety issues and hazards of flat-water kayaking
 - Weather and tide conditions important to the kayaker
 - Cold water shock, hypothermia, and hyperthermia; prevention and treatment
 - Signaling devices and safety equipment including VHF radios
 - Boat traffic safe practice, maps, charts, float plan
 - Kayak nomenclature and design
 - Kayak paddle fit, hand placement and design
 - Safety equipment: paddle float, pump, sling, etc.
7. Understand uses of edging including for bracing, stability in waves, and to enhance turns. Able to use edging (e.g., by shifting weight) to facilitate turns and maneuvers.
8. Candidates must be able to paddle, lead, and teach, at the upper level of L2 conditions. Although the IT/ITE does not necessarily need to observe the candidate in these conditions, the candidates' skills must be such that the IT/ITE is convinced that this person can safely, effectively, and efficiently paddle, lead, and teach in the maximum conditions within L2 parameters.
9. Demonstrate leadership, group management skills, experience, and judgment necessary to be a safe, effective instructor.

¹Skills not required for those participants paddling a kayak without a spray skirt.

Successful candidates using a boat without a spray skirt during this course, will be certified to teach non-spray skirted kayaks only.