



## Level 3: Surf SUP (Instructor Criteria)

**Overview:** Fundamentally, it is expected that participants have the paddling skills, SUP surfing skills, surf zone swimming skills, technical knowledge, rescue ability, teaching ability, group management and interpersonal skills commensurate with this level of certification (Level 3), prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Exam (ICE).

### **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:** Must be an ACA Level 2: Essentials of SUP Instructor in good standing and have successfully completed a Level 3: Surf SUP skills assessment or equivalent skills.

**Instructor Trainer:** This certification course may be offered by Level 3 or higher ACA Instructor Trainers or Instructor Trainer Educators in their discipline.

**Course Duration:** Combined IDW and ICE - Minimum 2 days (16 hours) for one discipline. IDW (8 hours – 1 day) & ICE (8 hours – 1 day)

**Course Location / Venue:** Surf break with 1 to 2 foot/0.3-0.6 meter waves (as measured by the face of the wave) and offshore winds less than 10 knots.



## Level 3: Surf SUP (Instructor Criteria)

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

**Succeeding Courses:** Instructor Skills, Assessment, and Certification courses in the appropriate discipline:

Level 4: Advanced Surf Stand Up Paddleboarding (*under development*)

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

### **General Requirements for all Instructor Certifications:**

- Be at least 18 years old
- Meet the appropriate essential criteria
- Successfully complete an Instructor Certification Workshop (IDW & 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, surfing, and the ACA
- Demonstrate the ability to appropriately perform and teach all of 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 which correspond to their level/craft.

Demonstrate knowledge and ability to efficiently/effectively plan and implement appropriate 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 principals rather than specific technique
- Provides appropriate, specific and meaningful feedback

### **Maintenance Requirements:**

- Teach at least two courses that meet ACA standards within the four year certification period (at least one should be at your highest level of certification) and report the results to the National Office
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually



## Level 3: Surf SUP (Instructor Criteria)

### **Level 3: Surf Stand Up Paddleboarding (SUP) Instructor Requirements:**

Fundamentally, we expect that paddlers should have basic paddling skills, before presenting themselves for evaluation as instructor candidates as below:

- 1) Demonstrate a knowledge of ACA Paperwork:
  - How to register & report a course (with and without insurance)
  - An understanding of the ACA Waiver & Release of Liability
- 2) Demonstrate a knowledge of teaching and learning theory:
  - Have an understanding of multiple modalities of teaching and how they impact different learners
  - Differentiate instruction targeting different learners
  - Use effective teaching methods
  - Present information effectively (both prepared and impromptu)
  - Effective methods of providing feedback
- 3) Demonstrate the following:
  - Positive interpersonal skills
  - Appropriate group management skills (including leadership and judgment)
  - Ability to choose an appropriate venue / class site
- 4) Demonstrate the ability to effectively and efficiently perform, assess and teach the following paddle strokes and maneuvers in Level 3: Surf SUP venue(s) and conditions.

#### **Board Control**

- Prone and knee paddling positions
- Footwork and stance variations
- Pivoting, edging, and using the paddle to turn
- Board control and using leashes in the surf zone
- Safely surf or paddle in
- Paddle back out to primary break

#### **Strokes**

- Forward strokes; to propel the SUP forward
- Reverse/Back; to stop and reverse straight backward
- Forward and Reverse Sweep strokes; to turn and spin the SUP
- Draw and Sculling draw; to move the SUP sideways evenly
- Bracing; Low/High and heel side low braces
- Gliding low brace to steer and control the SUP while in motion
- Smoothly transfer from one stroke into another



## Level 3: Surf SUP (Instructor Criteria)

### **Maneuvers**

- Paddling out (using a rip, punching out, timing, maintain safe spacing)
  - Stance and stroke options to get through whitewater or bail out safely
  - Catching waves and taking off using various stance options
  - Angled board positions for late take offs
  - Setting the rail and getting down the line (developing)
  - Riding the wave straight in if wave closes out
  - Bottom turning and using the face of the wave (developing)
  - Using the top half of the wave for cutbacks and re-entries (developing)
  - Accelerating, trimming, and stalling (developing)
  - Back foot over fins for better steering and turning
  - Using the paddle for stability and more dynamic turning
  - Cross stepping to adjust board trim and add style (developing)
  - Pulling out, kicking out, and punching out the back of the wave
- 5) Demonstrate the ability to effectively and efficiently perform, assess and teach rescue topics and techniques in a variety of wind and wave conditions up to the Level 3: Surf SUP certification course venue and conditions:
- Swimming in or through the surf zone with and without board
  - Rescuing another swimmer or surfer
  - Preventing drowning (victim or yourself)
  - Controlled fall off the SUP
  - Self-defense during unexpected wipe outs
  - Going over the falls
  - Recover and remount the SUP on flat water, in the soup and in the impact zone
- 6) Demonstrate technical knowledge of, and ability to effectively and efficiently perform, assess and teach, the following about surf equipment and surf related topics:
- SUP nomenclature and design
  - Relate general surf board classifications to SUPs – short, fun, long
  - Relate specific surf board shapes to SUPs – shortboard, fish, egg, progressive longboard, noserider, gun, alaia
  - Paddle nomenclature, design and fit
  - Weather and tide conditions important to the SUP Surfer
  - Cold Water Shock ~ Hypothermia ~ Hyperthermia: recognition and treatment
  - Regulations; access, private property, litter, and local laws or rules
  - On water; signals (whistle, hand, paddle)
  - Information gathering (ie. forecast for swell, tide, wind speed and direction)
  - Surf Zone Safety
    - Checking out the surf break or beach
    - Break type
    - Assessing surf conditions and surf zone dangers



## Level 3: Surf SUP

### (Instructor Criteria)

- Rip currents, beach suitability, and other users
  - Measuring wave height, water depth, tides, and wind conditions
  - Time wave period and count sets
  - Other features and dangers present at location
  - No surfing zones
  - Other access and exit/entry points
  - Surf Zone Etiquette
    - Priority when deepest in the pocket
    - Priority when catching a wave furthest out
    - Splitting the peak
    - Dropping in
    - Snake – sneaks into priority position out of turn
    - Wave count awareness and cycling with a line-up
    - Understanding equipment advantage and disadvantage
    - Respecting others - sitting and waiting to take your turn
    - Exit a high traffic down the line zone after wiping out
    - Managing equipment around others
    - Avoiding conflict and showing Aloha
    - Respect the environment
  - SUP Surfing skills
    - Setting boundaries and exit strategies from the designated surfing area
    - The Line up and beach positioning
    - Using ranges to find the peak
    - Managing the whitewater (the soup) and the impact zone
    - Reaching the outside part of the break and monitoring incoming sets
    - Making the proper wave selection
- 7) Demonstrate the ability to effectively and efficiently perform, assess, and teach group management and incident management skills and concepts, to include:
- Signaling and group management in the surf zone
  - Demonstrate Leadership, Group Management Skills, Experience, and Judgment necessary to be a safe and effective Instructor.

*Note: An Instructor is expected to be able to demonstrate and teach everything on the Level 3 Surf SUP Skills Course and Level 3 Surf SUP Skills Assessment for their craft.*