



## Level 2: Essentials of River Kayaking Skills Assessment

**Assessment Overview:** This ACA Assessment Course is designed to evaluate a participant's ability to perform all of the skills listed along with demonstrating an appropriate level of knowledge. This assessment course provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability.

**Note:** This skills assessment may be used for both spray skirted kayaks, as well as non-spray skirted kayaks. Skills not applicable to non-spray skirted kayaks are followed by the 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:** Must be an ACA Member.



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**Course Duration:** 1 day

**Course Location / Venue:** Moving water on rivers up to and including class I sections

**Class Ratio:** 5 students : 1 Instructor; with a qualified assistant the ratio can be 10 : 2

**Assessor:** Level 2: Essentials of River Kayaking Instructor (or higher)

**Succeeding courses:**

*For all kayaks:*

River Kayak Day Trip Leader Assessment

*For kayaks with spray skirts only:*

Level 3: River Kayaking Assessment

Level 4: Whitewater Kayaking Assessment

Level 5: Advanced Whitewater Kayaking Assessment

The sequence of assessment should be adjusted to best fit the participant's needs, class location and time allowance.

**Introduction, Expectations, & Logistics:**

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Explain assessment procedure
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

**Conclusion & Wrap Up**

- Group debrief / Individual feedback
- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Assessment cards (if applicable)



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**Participant:** \_\_\_\_\_ **ACA #** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Location and venue:** \_\_\_\_\_

**Rating:** ✓ - *Passing* N - *Needs more practice.*

Participant must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition the participant must demonstrate the appropriate level of knowledge for this skill assessment level.

STROKES & MANEUVERS	P / N	COMMENTS
Lifting & Carrying: Good, safe technique		
Launching: Low dock or bank for entering boat in a safe manner		
Efficient Forward Paddling: 50 yards in a reasonably straight line		
Stop: Stop the kayak from a good speed, forward and reverse		
Reverse: 10 yard paddle with reasonable control		
Rotate 360° on the spot using forward & reverse sweeps		
Turning on the move: sweep strokes while underway		
Figure of 8: paddle a figure of 8 course using a variety of strokes		
Landing: return to dock / shore and exit boat in a safe manner		
Draw sideways: Move the boat sideways 10 feet (both sides)		
Ruddering		
Preventing capsizes: Low brace		
Eddy Turns & Peel Outs		
Ferrying (Forward)		
Kayak Tripping: one moving water day trip of 3 or more river miles		



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RESCUE/SAFETY	P / N	COMMENTS
Wet exit w/spray skirt <sup>1</sup> : Skirted wet exits must be modeled two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip		
Boat over Boat rescue and reentry		
Swim Rescue: swim to shore in moving water using defensive and offensive techniques		
Bulldoze boat to shore		
Throw Rope: <ul style="list-style-type: none"> <li>● Rescue rope throw across a 4' wide target from 30 feet</li> <li>● Proper rope technique as a swimming victim</li> </ul>		
Developing Skills (not required to pass) <ul style="list-style-type: none"> <li>● Bow draw</li> <li>● Edging / Boat Tilt</li> <li>● Back Ferry</li> <li>● Eskimo recovery (bow/stern/paddle rescue<sup>1</sup>)</li> <li>● Kayak roll<sup>1</sup></li> </ul>		

TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of paddling equipment		
Safety: understand the dangers of kayaking and how to avoid trouble		
Cold Water Shock/Hypo-/Hyperthermia		
Environmental Issues		
Trip Planning		
River Hazards (up to class I rivers)		
Group Awareness		
Securing boats to rack		

<sup>1</sup>Skills not required for those participants paddling a kayak without a spray skirt.



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FINAL ASSESSMENT		COMMENTS
<p>PASS Spray skirt: YES or NO (circle Yes or No)</p>	<p>NEEDS MORE WORK</p>	
<p>ASSESSOR</p>		
<p><i>Assessor must be a currently certified ACA Instructor at or above this level.</i></p> <p>IT or Instructor: _____</p> <p>Signature: _____</p> <p>ACA #: _____ Date: _____</p> <p>Assisting IT or Instructor: _____</p> <p>ACA #: _____</p>		