



# Level 3: Prone River Paddling

## Instructor Criteria

**Overview:** Fundamentally, we expect that participants should 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).

### **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:** 4 days (32 hours) Minimum

**Course Location / Venue:** Class conditions are level I-II rapids where limited maneuvering in current may be required to avoid obstacles. All of the following instructor requirements are to be



CANOE · KAYAK · SUP · RAFT · RESCUE

## Level 3: Prone River Paddling

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completed in the course venue: class I-II rivers.

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

**Succeeding courses:** Swiftwater Rescue Training Strongly Encouraged

*The following is a list of the criteria used to evaluate Instructor Candidates. The content covered 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 & ICE) Be a full ACA member
- Upon successful completion, register with the Safety Education & 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 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 a 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 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: Prone River Paddling Instructor Requirements:**

- 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 theory
  - Learning theory



## Level 3: Prone River Paddling

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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) The ability to effectively perform, model and teach basic prone paddlecraft strokes and maneuvers as below
  - Forward stroke, to propel the prone paddlecraft straight forward with good form
  - Reverse/stop stroke, to stop with control and paddle backward with control
  - Forward and reverse sweeps, for turning and spinning, including simultaneous forward/reverse strokes for quick spins
  - Superman Brace to maintain stability
  - Double Handed Boof Stroke to maintain stability/increase speed through river features.
  - Feathering Strokes to control spin and provide controlled turns to either side
  - Eddy turns and peel outs using good form with body and prone paddlecraft
  - Front ferry (upstream) to move laterally with effective boat control.
  
  - Back Ferry (downstream) to stop in current and move laterally to avoid hazards
  - Maneuvering on Class I-II water using various techniques, including but not limited to wave surfing with control.
  
- 5) Demonstrate the ability to teach and model basic rescue techniques as below effectively:
  - Controlled dismount and re-entry in deep water, showing rear entry and side entry
  - Assisted Rescue in deep water (not moving water)
  - Swimming beside boat and self rescue
  - Instructors should be able to perform and demo an unresponsive paddler rescue using prone paddlecraft.
  
- 6) Demonstrate knowledge of, and ability to teach, as below effectively:
  - Overall knowledge of paddlesports
  - Safety issues including using the American Whitewater Safety Code
  - River features and hazards and how to use and or avoid them
  - River running strategies, including group management on the river
  - Weather reading and weather protocols(lightning) important to the prone paddlecrafter
  - Cold water shock, hypothermia and hyperthermia; prevention and treatment
  - River Signaling ,with hand , paddle, whistle
  - Maps, guide books and value of local knowledge for trip planning
  - Developing a float plan
  - Trip (day) and class planning considerations
  - Prone Paddlecraft nomenclature & designs
  - Optional Prone Paddlecraft outfitting
  - Webbed Gloves: types, applications, fit
  - Safety Equipment use (basic)
  - Talk, Reach, Throw, Row, Go
  
- 7) Demonstrate knowledge of teaching and learning theory:
  - Characteristics of different types of learners



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Effective teaching methods  
Effective prepared and impromptu presentations  
Evaluate and provide feedback effectively

8) Effectively re-enter prone craft in moving water and successfully roll

Taking an ACA SWR class for further training on river rescue is strongly suggested