



Level 5: Advanced Whitewater Rafting - Oar Skills Assessment

Assessment Overview: This ACA Assessment Course is designed to evaluate a participant's ability to perform all 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.

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

Course Duration: 1 day

Course Location / Venue: This class is taught on moving water up to Class I – IV

Class Ratio: 6 students : 1 instructor; with an additional instructor or qualified assistant the ratio can be 12 : 2



Level 5: Advanced Whitewater Rafting - Oar

Skills Assessment

Assessor: Level 5: Advanced Whitewater Rafting - Oar Instructor

Succeeding Courses:

Level 5: Advanced Whitewater Rafting - Paddle Skills Assessment

ACA Rafting Instructor Certification

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
- Temporary Assessment cards (if applicable)



Level 5: Advanced Whitewater Rafting - Oar

Skills Assessment

Participant: _____ **ACA #** _____ **Date:** _____

Location and venue: _____

Rating: *P- Passing* *N - Needs more practice* *DNO - Did Not Observe*

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: Note- All Strokes must be performed in an Oar Raft or Cataraft in flat or up to class III-IV water setting as appropriate. It is recommended to perform techniques with a loaded and unloaded boat. Participant should be able to:	P / N DNO	COMMENTS
Demonstrate efficient forward rowing: 50 yards in a reasonably straight line		
Stop the raft from a good speed, forward and reverse		
Demonstrate efficient back rowing: 50 yards in a reasonably straight line		
Rotate the raft 360° on the spot using single and double oar techniques		
Turning raft while underway and maintaining speed		
Row the raft in a figure 8 pattern, forward and backward, maintaining speed throughout.		
Catch a relatively small eddy class III-IV water		
Maintain position in an eddy on class III-IV water		
Demonstrate bow draw and stern rudder maintaining proper body position (position of power) and explain appropriate use in river environment		
Demonstrate the ability to surf, maintaining proper body position, and explain appropriate use, including as a maneuver		
Demonstrate efficient catch, power & recovery phases of oar strokes while maintaining proper body position in class III-IV rapid		
Demonstrate experience and reasonable		



Level 5: Advanced Whitewater Rafting - Oar

Skills Assessment

endurance to row on relatively regular class III-IV water		
Demonstrate a clear understanding of raft angle while in rapids and angle importance		
Demonstrate ability to correct, change, hold ferry angle and obtain raft angle while in rapid		
Demonstrate ability to blend rowing strokes in class III-IV water		
Demonstrate consistency in shipping oars properly (not pulling in) and other obstacle management with oars		
Demonstrate the knowledge of and ability to “play boat” including playing with strong eddy lines and boofing a raft		

SAFETY and RESCUE The participant should be able to:	P / N DNO	COMMENTS
Explain the effects of cold water shock		
Explain the effects of hypo/hyperthermia		
Demonstrate an empty Raft-Flip Recovery in class II-IV Water		
Demonstrate an understanding of loaded raft flip recovery		
Bulldoze raft to shore In Class II-IV Water		
High Side commands and technique In Class II-IV		
Demonstrate an understanding of how to unpin a raft		
Demonstrate an understanding of appropriate rescue equipment, including safe use of ropes in a whitewater environment		
Demonstrate proficiency swimming in class II-IV whitewater		
Have the ability to recognize holes, avoid when necessary, and have knowledge of swim through techniques.		
Load and unload passengers and self in and out of the boat in a safe manner.		

HAZARD EVALUATION AND JUDGMENT The participant should be able to:	P/N	COMMENTS
Demonstrate <i>consistent awareness</i> of and <i>ability</i> to manage objective hazards on and off the river (e.g. strainers, foot		



Level 5: Advanced Whitewater Rafting - Oar

Skills Assessment

entrapment, unstable shore, snakes)		
Demonstrate consistent awareness of and ability to manage subjective hazards (e.g. human factors and perceived risk)		
Demonstrate consistent awareness of and ability to manage group organization and communication while on the river		
Scout class III-IV rapids and assess all of the following <ul style="list-style-type: none"> • Objective Hazards • Various lines to navigate rapid • Potential consequences if lines are missed • Options for setting safety and swimmers 		
Demonstrate an ability to choose and execute a plan to run Class III-IV rapids with confidence and control		
Demonstrate accurate self perception of all personal skills & abilities presented in this skills assessment sheet. (ie: does not display overconfidence or underconfidence that could put self &/or group at risk.)		
Demonstrate knowledge of trip planning and environmental considerations. (e.g. weather, water level, water temps, etc...)		

GENERAL KNOWLEDGE/ABILITY	P / N DNO	COMMENTS
The participant should be able to demonstrate knowledge/ability of:		
All rowing equipment, oars, frames, boat construction, design, characteristics and performance		
The difference between oar boats, paddle rafts, and catarafts and the ability to explain pros and cons of each.		
Proper river terminology		
Lifting and carrying rafts, on the side with a group while maintaining good, safe technique and posture		
Typical equipment needed/used on multi day raft trips		
Securing boats to rack, trailer, shore or other		

FINAL ASSESSMENT	COMMENTS



Level 5: Advanced Whitewater Rafting - Oar

Skills Assessment

PASS	NEEDS MORE WORK	
ASSESSOR		
<i>The assessor must be a current certified ACA Instructor at or above this level.</i>		
IT or Instructor: _____		
Signature: _____		
ACA #: _____ Date: _____		
Assisting IT or Instructor: _____		
ACA #: _____		