



## Level 5: Advanced Whitewater 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.

### **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:** Sections of Rivers rated up to class IV whitewater

**Class Ratio:** 3 students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 6 : 2



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**Assessor:** Level 5: Advanced Whitewater Kayaking Instructor

**Succeeding courses:** 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
- 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 (Flat-Water)	P / N	COMMENTS
Lifting & Carrying: Good, safe technique		
Launching / Landing: Low dock or bank for entering & exiting boat		
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 control		
Rotate 360° on the spot using forward & reverse sweeps		
Turning on the move: using edging for carved turns of various shapes. Using a variety of draws: Hanging Draws, Bow Draw/Duffek, C-Stroke		
Figure of 8: paddle a figure of 8 course using a variety of strokes and edge management		
Draw sideways: Move the boat sideways 10 feet (both sides)		
Ruddering		
Turning on the move using edging for carved turns. Use Bow Draw / Duffek		
Preventing capsizes: Low & High brace		
Kayak Tripping: minimum of five different day trips of 5 or more river miles on class III rivers		



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STROKES & MANEUVERS (Class III/IV water)	P / N	COMMENTS
Strokes: ability to blend strokes during maneuvers while maintaining safe, efficient and effective technique in challenging conditions		
Ferrying (forward & reverse) ability to use surface features (waves and holes) and maintain angles		
Eddy Turns & Peel Outs– ability to perform a variety of turn shapes using various strokes, boat angles and momentums		
C-Turn (peel out and turn into same eddy)		
S-Turn (peel out and turn into an adjacent downriver eddy)		
Surfing– ability to enter, exit and sustain surfs with control in both waves and holes		

HAZARD EVALUATION AND JUDGMENT	P/N	COMMENTS
Consistently aware of objective hazards		
Consistently aware of group organization and communication while on the river		
Rapid Scouting – should be able to scout class III/IV rapids and assess all of the following <ul style="list-style-type: none"> <li>● Objective Hazards</li> <li>● Various lines to navigate rapid</li> <li>● Potential consequences if lines are missed</li> <li>● Options for setting safety</li> </ul>		
Personal ability to choose and execute a plan to run Class III/IV rapids with confidence and control		
Personal Skill Self Assessment <ul style="list-style-type: none"> <li>● Written self assessment of strengths and areas for improvement</li> <li>● Accurate self-perception?</li> </ul>		



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RESCUE/SAFETY	P / N	COMMENTS
Boat over Boat rescue		
Swimming Self Rescue: <ul style="list-style-type: none"> <li>• Wet-exit w/spray skirt in two ways: (1) utilizing the sprayskirt grab loop and (2) releasing the skirt off the hip</li> <li>• Swim to shore with equipment</li> </ul>		
Whitewater Swimming: swim to shore in whitewater using defensive and offensive techniques		
Bulldoze boat to shore using proper ferry angle		
Towing <ul style="list-style-type: none"> <li>• Tired swimmer</li> <li>• Boat tow using quick release system</li> </ul>		
Bow / Stern / Paddle rescue (T rescue)		
Roll <ul style="list-style-type: none"> <li>• Performed in turbulent water or 2+ foot waves</li> <li>• Technique that keeps shoulders in a safe position</li> </ul>		
Throw Rope: <ul style="list-style-type: none"> <li>• Rescue rope throw across a 4' wide target from 30 feet (w/i 30 seconds)</li> <li>• Proper rope technique as a swimming victim</li> </ul>		
Wading – displays understanding of proper technique, precautions and limitations		
Stabilization Line – ability to set up and maintain a simple stabilization line		



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TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of paddling equipment for whitewater trips		
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 III-IV rivers)		
River Running (up to class III-IV rivers)		
Safety / Judgment		
Personal Evaluation		
Group Awareness		
Securing boats to rack		
Boating Laws		
AW Safety Code		

FINAL ASSESSMENT		COMMENTS
PASS	NEEDS MORE WORK	
ASSESSOR		
<i>Assessor must be a currently certified ACA Instructor at or above this level.</i>		
IT or Instructor: _____		
Signature: _____		
ACA #: _____ Date: _____		
Assisting IT or Instructor: _____		
ACA #: _____		