

AMERICAN CANOE ASSOCIATION



COASTAL SEA KAYAKING COURSES AND INSTRUCTOR CERTIFICATION GUIDELINES

There are four Instructor Certification Levels for American Canoe Association (ACA) Coastal Kayaking Instructors. What courses an Instructor may teach depends on their certification level. Below is a listing of the Instructor levels followed by the courses they may teach.

INTRODUCTION TO KAYAK INSTRUCTORS

Teach the following courses:

- Quick Start
- Introduction to Kayak Course

COASTAL KAYAK BASIC INSTRUCTORS

Teaches all the Introduction to Kayak Level courses plus these additional courses:

- Coastal Kayaking Basic Strokes and Rescues Course
- Kayak Rolling Course (with endorsement)
- Coastal Kayaking Introduction to Traditional Kayak Skills course (with endorsement)

COASTAL KAYAK OPEN WATER INSTRUCTORS

Teaches all the Basic Level courses plus these additional courses:

- Kayak Rolling Course (no need for an endorsement)
- Coastal Kayaking Open Water Navigation and Touring course
- Coastal Kayaking Strokes and Maneuvers Refinement course
- Coastal Kayaking Surf Zone Skills course
- Coastal Kayaking Tidal Current Skills course

COASTAL KAYAK ADVANCED OPEN WATER INSTRUCTORS

Teaches all the Open Water Level courses plus these additional courses:

- Coastal Kayaking Rough Water Maneuvering, Towing and Rescues course
- Coastal Kayaking Surf Zone Skills Advancement course

Outlines for the courses listed are at www.acanet.org.

To certify as an Introduction to Kayaking Instructor:

- A. Candidates must be competent on flatwater and be able to perform the following skills during an IDW / ICE:
- Strokes at the accepted standard in general purpose kayaks
 - Deep water rescues
 - Group management
 - Overall teaching ability
- B. The Eskimo roll is not required for certification at the IP instructor level.
- C. Candidates are encouraged to bring whatever kayaks that they have. Instructor Candidates must be aware of the design characteristics and safety factors associated with a wide range of kayaks. This includes kayaks such as recreational lake kayaks, whitewater kayaks, touring kayaks and competition kayaks.

The method for assessing IK Instructor Candidates is to do a one hour exercise in the ICE where candidates choose to paddle in at least two of the kayaks listed above on flatwater while being observed by the Instructor Trainer. If the Instructor Trainer has previously observed the instructor candidate in these kayaks this exercise is not necessary.

The Coastal Kayak Instructor Candidates who successfully complete the Open Water Coastal Kayak Instructor Certification will be deemed capable of teaching the Introduction to Kayaking course as an IK certified instructor without the one hour exercise.

To certify as a Coastal Kayaking Basic Instructor:

- A. Candidates must be competent in up to 2 foot waves and 15 knot winds and able to perform the following skills during the IDW / ICE:
- Strokes taught in the Basic courses at the accepted standard
 - Deep water rescues
 - Group management
 - Overall teaching abilities
- B. One Eskimo roll is required for certification at the Flatwater instructor level.

To certify as a Coastal Kayaking Open Water Instructor:

In addition to the skill listed above Open Water Instructor candidates should have a broad range of experiences in coastal kayaking before attending the Instructor Certification Workshop.

To certify, candidates must be competent paddling up to 5 foot seas, winds up to 25 knots, surf up to 3 feet, and tidal currents up to 5 knots. Environmental conditions at the IDW/ ICE sites will vary and may or may not include all of the above.

The Instructor Trainers will conduct an Open Water Training Exercise in the IDW and the ICE. In the IDW there will be a three hour minimum time allowance for the Instructor Candidates to take a leadership role in an open water setting. Typical leadership roles include group management while navigating from one spot to another, directing rescue practice, responding to unexpected scenarios, and dealing with short crossings where boat traffic is present. In an ICE less direction will be given to the Instructor Candidates as they are put in charge of various portions of the Open Water Training Exercise.

Open Water Instructor Candidates must be able to perform the following skills in an open water setting no matter where the IDW and ICE is held:

- Advanced strokes at the accepted proficiency standard.
- Three (3) consecutive Eskimo rolls within one minute with at least one (1) from a non-set-up position to demonstrate the paddler is able to roll in variable conditions.
- Advanced deep water rescues and towing off shore.
- Paddling in wind and waves in an open water setting as part of a tour where leadership, group management, and navigation abilities are applied.
- Overall teaching abilities in classroom, dry land outdoors, and on-water settings.
- Demonstrate working knowledge and ability to teach a variety of topics listed in IDW & ICE outlines.

To certify as a Coastal Kayaking Advanced Open Water Instructor:

In addition to the above requirements, Advanced Open Water Instructor Candidates are expected to be an Open Water Instructor in good standing for two years, pass the 24-hour Advanced Open Water (AOW) Instructor Certification Exam (ICE) and have competency in conditions that exceed 25 knot winds, 5 feet seas, 3 feet breaks and 5 knots currents. There is no Instructor Development Workshop (IDW) requirement for the AOW ICE. Open Water Instructors must have attended the ACA Coastal Kayaking (CK) Rough Water Maneuvering, Towing and Rescues and the CK Surf Zone Skills Advancement course or have equivalent experience. The Instructor Trainer determines if the candidate has the required skills by conducting an interview. An AOW ICE takes place in conditions up to 25 knot winds, seas to 5 feet, break to 3 feet and currents up to 5 knots and the Candidates are expected to perform the following:

- Plan and lead all or part of a rough water outing.
- Demonstrate effective risk management.
- Determine proper equipment for self and group.
- Demonstrate effective group formations and communications in rough water.
- Perform advanced strokes in rough water.
- Orchestrate safe and effective towing exercises in rough water.
- Orchestrate safe and effective rescue exercises in rough water, if practical, with loaded boats.
- Orchestrate a safe, group launch and landing through moderate surf, if available.
- Safely lead group through areas of moderate current or tidal rip where necessary, if available