Level 1: Introduction to 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: Calm, flat water, protected from wind, waves and outside boat traffic, with no apparent current, and within swimming distance of shore.

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

Assessor: Level 1: Introduction to Kayaking Instructor (or higher)

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Succeeding courses:

Level 2: Coastal Kayaking Skills Assessment	Level 2: River Kayaking Skills Assessment
Level 3: Coastal Kayaking Skills Assessment	Level 3: River Kayaking Skills Assessment
Level 4: Coastal Kayaking Skills Assessment	Level 4: River Kayaking Skills Assessment
Coastal Kayak Day-Trip Leading Assessment	Level 5: River Kayaking Skills Assessment
	River Kayaking Day-Trip Leading Assessment

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

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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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Skills Assessment

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 capsize: Low brace		
Kayak Tripping: experience paddling at least a short duration (1 hr) and distance (1 mi) day trip		

RESCUE/SAFETY	P / N	COMMENTS
Wet-exit		
Boat over Boat rescue		
Bulldoze boat to shore		

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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		
Group Awareness		
Securing boats to rack		

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

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