Level 1: Introduction to Stand Up Paddleboarding

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: Flat water, protected from wind, waves and outside boat traffic, with current less than 0.5 knots, and within swimming distance of shore.

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

Instructor: Level 1 or higher ACA Instructors within their discipline.

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

© American Canoe Association

Level 1: Introduction to Stand Up Paddleboarding

Skills Assessment

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

Discipline: _____ **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. For the full rubric on Level 1 maneuvers, see the National On Water Standards for human powered craft document (https://www.usnows.org/assess-and-update), pages 17-65.

Introduction, Expectations, and Logistics

- Welcome, introductions, paperwork
- Student and instructor course expectations and limitations
- Explain assessment procedure
- Course itinerary and site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA

Conclusion and Wrap-up

- Group debrief/individual feedback
- Course Limitations
- Importance of first aid and CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety and rescue training
- Life sport/paddling options
- Local paddling groups/clubs
- Reference materials/ACA membership
- Course evaluations and Assessment cards

PREPARING TO DEPART	P / N	COMMENTS
Make sure the board is securely fastened to the car or racks, using proper tie downs, straps, or knots		
Use proper techniques to safely lift and carry the board on shore		
Obtain (recite), weather conditions, forecasts, and evaluate hazards to navigation and other environmental factors		
Put on a life jacket appropriate for the operator's size, craft, and activity; confirm all others in the group are properly wearing their life jacket		
Inspect the board and all safety equipment to meet state, federal, and local requirements for the vessel and activity		
Recognize, describe and follow safe boating practices (behavior, substance abuse, on water and land etiquette, leave no trace ethics)		
Prepare board for departure, stowing gear securely, ensuring board is balanced		
Demonstrate knowledge of a float plan (components and filing)		
Hold the paddle in correct orientation and grip for effective paddling		

© American Canoe Association

Level 1: Introduction to Stand Up Paddleboarding

Skills Assessment

MANEUVERS to be performed with appropriate and efficient strokes, while maintaining the trim and balance of the craft	P / N	COMMENTS
Enter and launch board from shore in a controlled manner, checking for clear departure		
Propel the board forward in a straight line 15-20 boat lengths		
Stop the board within two board lengths		
Move the board backwards 3-4 board lengths		
Move the board sideways to each side 10 feet (3 meters)		
Turn the board from a stationary position 180° to the right and left		
Turn the board while maintaining forward motion 90° to the right and left		
Propel the board in a figure of 8 course around markers 3-4 board lengths apart		
Stances: prone / sitting / kneeling / neutral		
Tripping: experience paddling at least a short duration (1 hour) and distance (1 mile/1.6 km) day trip		
Arrive at destination point, checking for clear approach, and exit the board in a controlled and safe manner		
Secure the board and equipment before leaving unattended, with attention paid to environment and conditions		

RESCUE/SAFETY	P / N	COMMENTS
Demonstrate awareness of rescue priorities and uses safe progressions (T-RETHROG including throwable floating aid or throw bag use)		
Identify and demonstrate the use of appropriate rescue and safety gear for the board and planned activity		
Exit the craft after capsize, using proper body position and contact with the craft and paddle.		
Rescue self and the board using multiple effective self rescue techniques (e.g., recover board and paddle, swim self and board to shore with and without leash)		
Deep water rescue: unassisted remounting of board from side or back of the board		
Rescue a person in the water and capsized board using appropriate techniques and equipment		
Assisted rescues: side by side or others appropriate to conditions		
Bulldoze or tow craft or swimmer to shore		

© American Canoe Association

Level 1: Introduction to Stand Up Paddleboarding

Skills Assessment

TECHNICAL KNOWLEDGE	P / N	COMMENTS
Equipment: working knowledge of paddling equipment and terminology		
Demonstrate understanding of the dangers of paddle sports and propel an appropriate course to avoid potential hazardous situations		
Avoid cold water shock, hypothermia and hyperthermia by choosing proper clothing and other safety gear.		
Recognize and appropriately use communication (paddle/oar and whistle) signals		
Follow basic navigational rules for inland waterways		
Display awareness of the group and employ effective on water management techniques		

FINAL ASSESSMENT	COMMENTS
Assessor must be a Level 1 or higher ACA Instructor within the discipline. **PASS NEEDS MORE WORK** Assessor: _____ Signature: _____ ACA #: _____ Date:_____	

© American Canoe Association