Level 2: 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 Minimum

Course Location / Venue: Flat water with less than 10 knot wind, 1 foot waves or smaller, or 1-2 knot current

Assessor: Level 2: Essentials of SUP Instructor (or higher)

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

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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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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 & Landing: Low dock or bank for entering board in a safe manner		
Board trim: nose – tail / rail – rail		
Paddle: proper grip / orientation while kneeling & standing		
Stances: prone / sitting / kneeling / neutral / off set surf variations		
Forward Paddling: 200 yards paddle in a straight line without changing on-side		
Stop: Stop the SUP from a good speed, forward and reverse		
Bracing techniques (including Cross Tail – Heel Side Low Brace)		
Spinning: forward and reverse sweeps / draws (on and off side)		
Turning on the Move: Sweep strokes and static draws while underway to turn board		
Figure of 8: paddle a figure of 8 course using reasonable control		
Lateral Movement: use draws to travel sideways		
Gradual wide turn while on the move		
Side slip		
Canted forward stroke		
Draws to nose/tail and Cross Nose (Static and Dynamic)		
Maneuvering: weight transfers from nose – tail and rail – rail		
Pivot Turn		
Moving Pivot Turn with submerged tail		
Cross Stepping		
Edging and Board Tilt: Paddle a circle while edging both toe and heel side		
Tripping: Show evidence of at least one day-trip of at least 3 nautical miles		

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RESCUE/SAFETY	P / N	COMMENTS
Recover board and paddle after fall into deep water (without leash)		
Deep Water Rescue: remount board in deep water		
Swim Rescue: swim to shore with gear (25 yards) in full paddling gear		
Towing: use leash or PFD tether to pull a weak or injured paddler		

TECHNICAL KNOWLEDGE	P / N	COMMENTS
History of the sport		
SUP terminology		
Equipment: working knowledge of SUP paddling equipment		
Safety: wind, waves, water & weather		
Cold Water Shock / Hypo / Hyperthermia		
Nautical Rules of the Road		
USCG regulations		
Safety and Rescue Equipment		
Environmental Issues		
Trip Planning		
Group Awareness		
Securing boards 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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