

WHITEWATER KAYAKING

ACA INSTRUCTOR DEVELOPMENT AND CERTIFICATION COURSE

Dates: Wednesday to Sunday May 8-12, 2019

First Day Meeting Location: Four Corners Riversports, back door by pool

Example Schedule: Wednesday-Saturday roughly 8:30 am- 7:00 pm. Last day finishes 6pm. This course may involve travel/camping for final two days.

Cost: \$475 (plus ACA instructor membership \$65.00)

Instructor Update: On a space available basis. Register for either the first two days or last two days.

Registration: Full Payment required to register. Give us a call, 970-259-3893 or register online: https://www.riversports.com/rs/product_detail/2805/ACA-Whitewater-Kayak-Instructor-Certification-Course-Durango

Course Description: The American Canoe Association (ACA) has one of the best established paddlesport instruction programs anywhere in the world. The courses are comprehensive, but allow enough flexibility for individual teaching and paddling styles. The main benefit to taking the course is improving your understanding of paddling technique and theory, so you can paddle more efficiently and teach more effectively. A secondary benefit is the development process which can give you structured feedback on becoming an effective instructor. A third benefit are the significant insurance, liability, and networking benefits of ACA certification. Instructor development workshops are very rewarding and enjoyable, because of the opportunity for idea exchange.

Instructor Trainer Kent Ford: Kent's unique background includes thirty years of international racing and coaching, combined with similar experience teaching recreational boating to all levels of paddlers. His twenty videos and books on paddlesports have influenced the education of half a million paddlers. As an instructor trainer, Kent provides paddlers and prospective instructors a framework for better understanding paddling technique, theory, and safety. These observations are adapted from the same training regimens and analysis utilized by World Champion freestyle and slalom competitors. It is all shared in an invigorating class atmosphere, designed to so everyone in the group is able to contribute and flourish. More info on Kent: http://www.performancevideo.com/kent_ford

Level 4 Whitewater Kayak: This is a instructor development workshop and an instructor certification exam (IDW/ICE) for level 4 Whitewater. ACA courses are structured for several levels of certification for instance: Level 2 Essentials of River Paddling, Level 3 River Kayaking, and L4 Whitewater. Our courses are targeted at instructors who expect to be teaching on whitewater. The L4 Whitewater Instructor Criteria is demanding, and relatively few candidates achieve this on their first try unless they have extensive technical whitewater backgrounds. So not everyone will receive "Full" L4 whitewater instructor certification, especially if this is their first exposure to formal paddling instruction. No worries! There are means for upgrading within the ACA system.

Instructor Updates: Current ACA instructors may join the first two (and on approval last two) days of the class to fulfill every 4 year update requirements. (on space available basis). Current instructors wishing to increase certification level must present their continuation form, available from the previous IT or ACA office.

Prerequisite Skills: Class II-III paddling skills are required along with a solid river roll. Bring a boat you will use for teaching. (A creek or river running boat is required).

Pre-course Assignment: Join ACA online <http://www.americancanoe.org> You will then have to log-in to get your ACA number. Bring receipt and/or ACA number to class. Next, purchase Instructor Membership \$25 of Safety Education Instruction Committee available at the ACA eStore: www.americancanoe.org/SEICdues You might find it easier to call the ACA office to pay [\(540\) 907-4460](tel:5409074460)

Pre-course Review [Course Outline](#) and [Instructor Criteria](#) documents for L3 and L4 River Kayaking. There will be copies in your packet on your arrival. Review the instruction section of the ACA website, including course registration and reporting, educational resources, and insurance information.

Optional Pre-course preview: For a preview lesson of stroke mechanics, safety, and techniques you might want to review : The Kayak Roll, Whitewater Self Defense, and The River Runner's Edge DVD's, plus The Kayaker's Playbook. These are available online for download at a 80% discount... use coupon code "ACAclass" at www.performancevideo.com

Required ACA Instructors Manual: Required by ACA. \$15 from <http://www.americancanoe.org> >Estore or obtain free for this class from: <http://www.performancevideo.com/classes>

Course Locations: Animas River and other locations as dictated by water levels. Meetings will be held at various locations. Expect river temperatures of 45 to 55 degrees and air temps of 50 to 70 degrees (As always, be prepared for cold, rainy weather).

Overall Health: Participants should be in good physical health and should be in condition to paddle for long hours. Class days are long yet invigorating.

What to expect: The first full day will focus on strokework, followed by video analysis. The following days we will be in the classroom initially, then on the river midday, and back to the classroom for video review every afternoon. One evening we are at the pool for roll instruction practice. Generally our class will run 8:30 am to 7 pm, and then you will be free for the remainder of the evening. The last day we typically finish before 5 pm. These are rewarding but long days, so arriving rested is recommended.

The L4 criteria and testing includes Teaching practicum, and safety and rescue demonstrations. You will be assigned teaching topics to deliver to the group. These assignments help you assimilate paddling information so that you are prepared to teach, plus they are a big part of our development and exam.

L4 criteria also includes these specific strokes and moves: Sideslip- moving forward and to the side ten feet with static stroke, backferry in Class II, Surfing- locking in a 2' surf wave in a creek/river runner boat, Attainments up small drops, Catching eddies with strong deflection currents, Catching eddies without ferrying approach, Comfort in class III moves such as ferry crossing waves and holes.

Additional Costs: Typically students provide their own local transportation during class. Participants are expected to provide their own boats and gear, unless they make special arrangements in advance. Boats may be rented for an additional rental fee.

Meals: You will be responsible for all of your own meals. Please pack a lunch for each day plus any snacks you need to get you through the day and after the river. We often eat lunch on the river, so if you can pack your food in a small dry bag please do so. Also, don't forget a water bottle.

Course Logistical and Content Questions: Contact Kent Ford wkentford@gmail.com 970-259-1361 cell

I look forward to meeting you and boating! / Kent