Level 4: Whitewater Packrafting Instructor Criteria

Overview

Fundamentally, participants are expected to have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this level of certification prior to presenting themselves for evaluation as Instructor Candidates at an Instructor Certification Course (IDW, ICE, or ICW).

This course is appropriate only for packrafts equipped with thigh straps. The evaluating Instructor Trainer or Instructor Trainer Educator must conduct the course from a packraft with thigh straps as well. Decked or self-bailing vessels are strongly recommended over open decked models.

Course Prerequisites

- Acknowledgement of personal compliance with the ACA Essential Eligibility Criteria (EEC)
- Be a current ACA member
- Completion of the appropriate level skills course, assessment course, or equivalent skills

Course Duration

Combined Instructor Development Workshop (IDW) and Instructor Certification Exam (ICE) - Minimum 5 days (40 hours).

Course Location / Accessible Venues

Sections of rivers rated class II-III, where maneuvering in current is required to avoid obstacles. *A rapid class includes rapids at the lower and upper ends of the difficulty range, designated "-" and "+" respectively.*

Course Size

5 Instructor Candidates : 1 Instructor Trainer; with an additional qualified assistant, the ratio can be 10 : 2. The maximum number of Instructor Candidates permitted is 10.

For additional details, see SEIC Policy Manual Chapter 6.

Instructor Trainer

This certification course may be offered by Level 4: Whitewater Packrafting (or higher) ACA Instructor Trainers or Instructor Trainer Educators.

Succeeding Courses

- *Level 5: Advanced Whitewater Packrafting Skills, Assessment, or Certification Course (under development)*

The following is a list of the criteria used to evaluate Instructor Candidates. The content and sequence of evaluation is to be adjusted to best fit the participant's needs, class location, time allowance, and be craft appropriate.

General Requirements for all ACA Certification Candidates

- Be at least 18 years old
- Demonstrate general knowledge of ACA Diversity, Equity, and Inclusion (DEI) initiatives
- Successfully complete an Instructor Certification Workshop (IDW and ICE)
- Upon successful completion, register with the Safety Education and Instruction Council
- Have and maintain first aid and age appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA

- Demonstrate the ability to appropriately perform and teach all of the following material, unassisted, in the appropriate venue

Certification Maintenance Requirements

- Teach at least two courses that meet ACA standards within the four-year certification period and properly report the courses using the ACA Course Management System (CMS)
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually
- Maintain appropriate CPR and first aid certification for the duration of certification

ACA Level 4: Whitewater Packrafting Instructor Requirements

Demonstrate a knowledge of ACA administrative processes:

- How to register and report a course (with and without insurance)
- An understanding of the ACA Waiver and Release of Liability
- Familiarity with the ACA website and the resources and SEIC policies available

Demonstrate a knowledge of and appropriately model teaching and learning theory:

- Understand multiple methods of teaching and how they impact different learners
- Differentiate instruction targeting different learners
- Use effective teaching methods including appropriate skills progressions when teaching complex skill sets
- Present information effectively, both prepared and impromptu
- Focus on **core principles** rather than specific techniques
- Provide appropriate, specific, and meaningful feedback

Demonstrate the following:

- Positive interpersonal skills to include all items outlined in the ACA SEIC Policy Manual
- Appropriate group management skills including leadership and judgment
- Ability to choose an appropriate venue / class site
- Effectively make documented skill assessments

Demonstrate ability to paddle efficiently and comfortably in venue utilizing:

- Safe and effective body usage: bio-mechanics (body, posture, linkage, and rotation)
- Efficient and effective paddle placement for intended maneuver
- Parts of strokes: CPR (catch, power, recovery), static and dynamic

Demonstrate a clear understanding and the ability to teach the various unique packraft specific considerations, including but not limited to:

- Packraft designs, configurations, features, accessories, outfitting, and rigging
- Performance strengths and weaknesses of different packraft designs
- How to properly rig and adjust thigh straps
- Packraft materials, maintenance, and repair techniques
- Best practices for securing gear in boats and for packing and carrying boats and equipment
- Boat-based rescue techniques
- Making safe gear choices while considering weight sensitivity
- Safety implications of easy access to remote paddling environments
- Pre-trip planning including the ability to teach basic navigation using a map and compass

Principles of Rescue

- Rescue priorities: people, boat, paddle, gear
- Responsibilities of the group, rescuer, swimmers
- Throw rope applications as rescuer and swimmer
- Basic wading
- Unresponsive paddler rescue

Demonstrate the ability to competently and confidently paddle a packraft and perform self-rescues on the maximum allowable venue for this course

Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor

Taking an ACA Safety & Rescue course for further training on rescue is strongly suggested

Notes:

An ACA Level 4: Whitewater Packrafting Instructor is expected to be able to demonstrate and teach everything on the Level 4: Skills Course and Level 4: Skills Assessment for their craft.

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This curriculum is managed by the ACA Packrafting Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on the ACA website.