

SKILLS ASSESSMENT COASTAL KAYAKING ACA (American Canoe Association)

(importante: para ser admitido al examen y recibir la documentacion de el curso, hay que ser miembro de ACA)

NIVEL 1,2,3

1 – LEVEL 1 INTRODUCTION TO KAYAKING - JUEVES – LINK:

http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/SEI-Courses/L1_IK_Skills.pdf

2 – LEVEL 2 ESSENTIAL OF KAYAK TOURING – VIERNES – LINK:

http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/SEI-Courses/L2_EKT_Skills.pdf

3 – LEVEL 3 COASTAL KAYAK BASIC STROKES AND RESCUES – SABADO – LINK:

http://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/SEI-Courses/L3_CKBSR_Skills.pdf

FECHA JUEVES 7, VIERNES 8, SABADO 9 DICIEMBRE 2017

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*

Participantes:

- Número máximo: 10

Equipamiento de los participantes:

- Kayak, pala, cubre, chaleco, silbato, casco, bomba de achique, flotador de pala, esponja.
- Traje seco (recomendable) o equipamiento semi-seca (traje de neopreno) para actividad en agua.
- Agua.
- Protección solar.
- Barritas energéticas.
- Muda.

LIBROS SUGERENCIAS

- GUIA DE KAYAK DE MAR DE JOHN ROBINSON
- SEA KAYAK DE GORDON BROWN

JUEVES, 7 diciembre (6/8 horas)

Los participantes estarán ya preparados para la actividad.

Course Content

Introduction, Expectations, & Logistics:

Welcome, introductions, paperwork

Student & instructor course expectations and limitations

- 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
- Respect private property
- Practice Leave No Trace ethics

The Paddling Environment:

- Wind
- Waves
- Weather
- Water

Personal Preparation:

- Personal ability
- Swimming ability
- Fitness, conditioning, and warm up
- Safe paddle and boat handling
- Safety and rescue considerations
- Personal equipment (reviewed by Instructor)
- Judgment. In addition to learning hard skills, the importance of developing personal judgment

and group responsibility increases on more difficult paddling venues.

Getting Started:

- Personal Equipment:
- Kayak: types & parts
- Paddle: types, parts, length and hand position
- Life jackets (PFDs): fit and regulations
- Appropriate clothing: comfortable / protective
- Care of equipment
- Additional Personal and Group Equipment:
- Extra paddle, bilge pump, sling, dry bags, maps, water, food, sponge, hat, eyeglass strap,
- whistle, foot protections, bug spray, sunscreen, first aid kit and location of equipment.
- Warm up to reduce injury
- Kayak carries
- Loading and unloading, racks, tie down
- Demo using straps or line and knots to secure craft to vehicle
- Launching/landing from land or docks
- Kayak Trim
- Posture, rocking and balance
- Basic Terminology
- Outfitting
- Land & water etiquette

Rescue

All participants are to be asked to demonstrate a controlled capsize and an appropriate rescue.

- Water comfort and confidence
- Controlled capsize / wet exit
- Swim the boat to shore (short distance)
- Emptying a kayak
- Deep water exit / re-entry

- Assisted Rescues
- Reenter & Pump
- T / X-rescue
 - Rescue Aides
- Sling
- Heel hook
- Others

Maneuvers:

- Spin: boat pivots in place
- Abeam: boat moves sideways without headway
- Forward: boat goes forward in a reasonably straight line
- Stopping: boat stops within a reasonable distance

Strokes:

- Forward
- Back (stopping)
- Draw
- Sculling draw/brace
- Sweep (including Stern Draw)
- Reverse Sweep
- Rudder
- Low brace to avoid capsize

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
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards

VIERNES, 8 diciembre (6/8 Horas)

Course Content

- Learning judgment. Prudent behavior, being aware of what you don't know, can't handle, or should not risk
- Group Equipment: extra paddle, dry bags, first aid kit and rescue equipment (Depending on the environment and nature of the trip this may include cell phones, 2-way radios, paddle floats, rescue slings, etc).
- Guidebooks, maps/charts, local knowledge

- Assessing relevant existing and approaching environmental conditions including: tides, weather, time of day, water and air temperature, traffic, and accessibility
- Assessing personal and group dynamics (skills, equipment, group makeup, emotional concerns, logistics, and leadership).
- Filed Trip Plan

Getting Started:

- Warm-up and stretching
- Boarding, three points of contact, weight kept low, etc
- Spray skirts (if applicable)
- Posture, safety, comfort, effectiveness, rocking, balance
- Wet exits
- Water comfort and confidence
- Self Rescue
- How to empty a kayak
- Basic Terminology
- Types of strokes (covered in this course): power, turning
- Stroke components: catch, propulsion, recovery (CPR), control, correction
- Safe and effective body usage

Equipment:

- Life Jackets (PFDs): types, fit
- Kayaks: types, materials, parts (including safety features such as flotation)
- Paddles: types, materials, parts, length, blade size, shape and offset, hand position
- Care of equipment
- Personal equipment: water, food, shoes, hat, sunscreen, bug repellent, sun glasses, eyeglass straps, protective clothing for heat or cold, sponge, bailer/pump, whistle (or other approved sounding device), knife, light
- Optional equipment and outfitting for improved control

Safety & Rescue:

- Exercising Judgment, Safety as a mind-set, etc
- Cold Water Shock / Hypothermia: HELP/Huddle, clothing
- Dehydration/ hyperthermia: hydration, clothing
- Hazards: wind, waves, weather, current, rocks, bridges, piers, dams, strainers, traffic
- Paddling as a group
- Signaling
- Interactions/ Sharing water with non powered and powered traffic
- Emergency procedures

Rescue:

- Rescue sequence: RETHROG
- Rescue priorities: people, boats, gear
- Demonstrate/participate: T-X rescue
- Deep-water re-entries, assisted and solo, with sling, scooping
- Boat assisted rescue, assisting a tired swimmer (pushing or pulling to shore)
- Towing or bulldozing a capsized boat

Strokes:

- Forward
- Back (stopping)
- Draw
- Sculling draw/brace
- Sweep (including Stern Draw)
- Reverse Sweep
- Rudder
- Low / High Brace

Conclusion & Wrap Up:

- Group debrief / Individual feedback Course limitations

SABADO, 9 diciembre (6/8 Horas)

Los participantes estarán ya preparados para la actividad.

Curso y examen (para ser admitido a el examen y cojer la titulacion hay que ser miembro de ACA)

On Shore Presentations

- Equipment orientation
- Personal clothing and gear
- PFDs, wetsuits, spray skirts
- Safety equipment
- Basic boat design and kayak terminology
- Boat fit and adjustment
- Boat/body weld
- Foot brace adjustment
- Spray skirt attachment/release
- Dry land "wet exit" drill
- Paddle orientation and use
- Correct hand placement
- Control hand/relaxed grip
- Torso rotation and paddler's box

Launching & Landing / Wet-exit practice & Kayak Orientation

- Carrying kayak to and from water
- Entry/exit of kayak from shore or dock
- Boat stability, "hip wiggle," j-lean
- Practice wet-exits with one-on-one supervision by instructor (if in cold water environment, wait until rescue session)
- Allow students a few minutes to paddle around and get oriented with their kayak

Basic Strokes & Skills

- Rafting up
- Sweep stroke (forward/reverse/pivot in place)
- Forward Stroke
- Reverse stroke and stopping
- Draw stroke
- High and low braces (hip snap/boat lean/lower body control)

On Land Discussion Items

- Weather conditions
- Chart use
- Tides and currents (if applicable)
- Signaling and safety devices

Deep Water Rescues

Note: Use stirrup if necessary

- Demonstrate and practice T-rescue
- Demonstrate and practice paddle float self-rescue
- Bonus: Reentry and roll with Paddle float

Group Safety Discussion

- Group signals
- Staying together (i.e. lead/sweep)
- What to do in an emergency
- Dealing with boat traffic

Short Skills Development Tour

- Continue to develop efficient stroke technique
- Practice course corrections
- Have fun

Conclusion & Wrap Up:

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