

## American Canoe Association (ACA) L1-L2 Essentials of Standup Paddleboard IDW/ICE Course Essentials and Expectations



Hello, American Canoe Association Standup Paddleboard Instructor Candidate:

Thank you for inquiring more about the ACA L1-L2 Essentials of Standup Paddleboard IDW/ICE. This Course Essentials sheet provides you with all the information necessary to successfully participate in the IDW/ICE. Please read carefully as there is a lot of important information.

*Course Dates: May 1-3, 2017*

*ACA Instructor Trainer Candidate: Jennifer Miller*

*ACA Instructor Trainer Educator: Charlie MacArthur*

*Location: Paddle-N-More, Myers Park, Lansing, NY*

### Course Description:

The American Canoe Association instructor certification process is rigorous, educational, and fun. This three (3) day intensive course will challenge participants both mentally and physically. The IDW-ICE helps students to become acquainted with the ACA model of effective instruction; paddling and leadership skills necessary as standup paddleboard instructor; and the teaching techniques, paddling skills, technical knowledge, rescue and safety competencies required for successful completion of the Instructor Certification Exam. Participants are recommended to have passed an L2 Skills Assessment prior to participating in the L1-L2 Essentials of Standup Paddleboarding IDW-ICE.

During the IDW-ICE we will focus on fine-tuning each candidate's personal skills, rescue, group management and teaching, as well as expanding knowledge in various aspects of the paddle sport. Each participant will be assigned mini dry-land and on-water topics to present to the group. This dress rehearsal will allow the candidate to receive valuable feedback from their peers and the IT/ITE on their ability to accurately transfer information to students.

### The instructor certification is divided into two sections:

1. Instructor Development Workshop (IDW)
2. Instructor Certification Exam (ICE)

The first half of the course, we will focus on assessing your standup paddleboard skills, demonstrate on-water teaching, work on teaching techniques, and work on technical skill development related to L1 and L2 standup paddleboarding – please see the Skills Assessment Courses located on the [ACA website](#) and work on your skills and teaching techniques prior to attending the IDW-ICE.

The second half of the course is when all instructor candidates will be assessed on their teaching ability and technique both on-land and on-water; group management and rescue skills; demonstration of paddling skills at the L1 and L2 levels; assessment of and feedback given to others; and evaluation on certification level.

**Course Expectations:** Prior to participating in this workshop, you **MUST** have or complete the following items:

- Read and be able to discuss the American Canoe Association Instructor Criteria for [Level 1: Introduction to Paddleboarding](#) and [Level 2: Essentials of Standup Paddleboarding](#).
- Obtain an Instructor's Manual from the Instructor Items in the [ACA eStore](#) and start to become familiar with the material before we meet for the course.

Contact Information: Paddle-N-More - Jennifer Miller  
[jennifer@paddle-n-more.com](mailto:jennifer@paddle-n-more.com) | 607-342-2397

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### Course Expectations Continued:

- Read the [SEIC Policy Manual](#) and be able to discuss the requirements of ACA instructors.
- Signup to become a member of the American Canoe Association and pay your SEIC dues--found in the ACA eStore.
- You **must** complete the a pre-course written exam and email it to [jennifer@paddle-n-more.com](mailto:jennifer@paddle-n-more.com) by the date listed on the pre-course exam. This exam will be emailed AFTER you register for the course.
- Prepare to teach at least two skills during the IDW/ICE using ACA's teaching methodology. The land and water skills will be assigned shortly. Please be on the lookout for an additional email.

**Clothing Requirements:** As you know, standup paddleboarding is an outdoor sport. This course will be taught in a location where weather and temperature can vary throughout the day. The water temperatures could be colder, especially earlier in the season. We will be in and on the water frequently, so it is important to have the proper paddling gear for cold weather and water paddling. If you are new to cold-water and weather paddling, please visit the [REI website](#) to learn more.

**Suggested Packing List:** As stated in the course description, we will spend time in the classroom and on/in the water. Use the following packing list below for the suggested items to bring:

### Stuff for out-of-water classroom time:

- ACA Instructor Manual (Required)
- Notepad for taking notes with a writing utensil (Pen/pencil) – waterproof paper is optional, but is a great tool for teaching
- Lunch for each day and snacks
- Refillable water bottle filled with water
  - Note - At Paddle-N-More, we work hard “not to ride the plastic tide.” Please refrain from purchasing single use, store bought water and invest in a refillable water bottle.
- Warm and dry clothing to change into after paddling (jacket, gloves, and hat)
  - In May, the water and air temperatures in the Finger Lakes region change frequently. Please bring an array of clothing. No cotton, please!

### Equipment and paddling clothing for on-water time:

- Standup paddleboard, paddle, and leash
- Personal Flotation Device – jacket style only (inflatable belt packs not allowed for cold-water immersion)
- Rash guard or polypropylene clothing for getting wet
- Wetsuit (4-5 mm recommended)
- Wind protection (wind or dry jacket & pants)
- Drysuit w/ paddling layers (optional – if you have it, bring it - the water and air is cold in May)
- Neoprene Booties (3-7mm recommended)
- Neoprene Gloves (3-7mm recommended)
- Extra non-cotton layers (if you chill easily, you may want extra base layers)

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