

INSTRUCTOR CERTIFICATION WORKSHOP DESCRIPTION

The IDW/ICE is a combined development workshop and certification exam. We use these combined, multi-day courses to both develop skills and evaluate the effectiveness of each participant to:

- Demonstrate effective paddling techniques for each level
- Teach and breakdown skills in an efficient and effective method
- Create and maintain a safe outdoor classroom to maximize learning (appropriate venue, class management)
- Create and facilitate engaging lessons targeting beginner paddlers (levels 1-2) and specific knowledge/skills (all levels)
- Differentiate instruction to meet the needs of a wide range of ability and skill
- Perform rescue techniques in a timely and efficient manner

Certification is a journey, and our goal is to help you be a successful, safe, competent, and effective instructor of paddlesports. **Please be aware** that it is *unrealistic* to expect to be certified as an ACA instructor without prior formal instruction and significant teaching experience **or** the ability to paddle and teach as if you have both!

Your Trainers and assistants are there to help you reach your goals, but participation does not automatically result in certification at your desired level. We will focus on fine-tuning each candidate's paddling, rescue, group management and teaching skills, as well as expanding their knowledge in various aspects of the sport.

Candidates will be given opportunities to practice teaching and facilitating learning, providing feedback for others, and applying feedback to become more efficient paddlers and effective instructors.

Candidates should arrive proficient in all skills on the appropriate ACA instructor criteria before attending the course. These can be found through links on the course website or the ACA website <https://americancanoe.org/education/for-aca-instructors/course-curriculum/> . Candidates must be able to perform AND effectively teach all the related skills, competently on a consistent basis. To this end, watching videos about paddling is no replacement for actual experience paddling in the venues in which you are hoping to be certified to instruct.

Regardless of where this course falls in your personal journey, you will leave a more efficient paddler with new skills, knowledge, and techniques.

How to Prepare for the Course:

- Look over the resource materials your Instructor Trainer will send you after you register for the course.
- Be familiar with the ACA web site – www.americancanoe.org
- Go out and paddle as much as possible prior to the course to practice and warm up.
- Be in good physical condition. The days are long and full.
- Come with an open mind and a willingness to take and give constructive feedback, and to look at this process as part of a journey to more efficient and effective paddling and teaching

- Bring any paddling books/materials that you feel will be helpful.
- Make sure you have personal paddling gear and clothing for any weather condition.
- Arrive early to give yourself plenty of time to unload and prepare your boat and equipment.

What to Bring:

- Bring all of your personal equipment, including appropriate boats and accessories (lifejackets, helmets, skirts, paddles, rescue gear, etc.) to be on and in the water.
- Bring a folding chair or something to sit on and a notebook and pencil.
- Include lots of snacks and fluid.
- Lunches will be working lunches, so bring a bag lunch that is simple and quick. It is usually not possible to leave the training site to purchase lunch.
- While we will try to cover the material in 8 hours during the day, be prepared to spend evenings involved in presentation preparation, group study, video review, etc. as necessary. Therefore keep dinner plans flexible.
- ACA membership number and appropriate paperwork (waivers, outlines, etc.)

We will do our best to make this course educational and fun. If you have any questions regarding the class, please do not hesitate to contact me. There will be additional Instructors/Trainers to help you learn.

Sincerely,

Beth Wiegandt

ACA Instructor/Instructor Trainer: Canoe, Kayak, River Safety and Rescue, SUP

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