

# ACA SUP Skill Assessment – Level 1

## Thoughts

How can I determine if I have learned the requirements of Introductory SUP? Am I safe on the water? This assessment will validate and certify your ACA Level-1 Canoe skills.



**Prerequisites:** *ACA membership, recent ACA L1 Skills class and/or equivalent experience, trip log.*

**Next Step:** *ACA Level 2 SUP Class*

## Topics Covered

Candidates will have gear and demonstrate knowledge and skills defined in the ACA Standup Paddle Board (SUP) Level 1 Skill Assessment criteria. This includes craft, gear and accessory equipment; proper transport and launch; balance, trim, stance, basic boat handling, maneuvering and support strokes; introductory safety and self rescue skills in protected waters; and basic knowledge of the sport. Please visit [www.AmericanCanoe.org](http://www.AmericanCanoe.org) for further details.

## Details and Requirements

This assessment can be performed with one or more candidates. Duration is 4-8 hours depending on group size. Candidates should arrive early and be prepared at the time indicated. Candidates are expected to demonstrate familiarity with equipment, whether owned or borrowed. Those receiving certification will show mastery of introductory level skills. Candidates may also be continued or refused based on performance as explained at the debriefing. This program may be run in conjunction with a level 2 Skills Assessment.

**Basic Equipment** includes a properly outfitted SUP with paddle, and related safety equipment including PFD, and leash. Some equipment can be provided to with advance request.

**Personal Equipment** includes clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion, though generally not required. Other items of personal responsibility include: sunglasses, sunscreen, hat (with visor), bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for specific needs. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Assessment Card
Inquire	Available, inquire	Included if successful