



## ACA LEVEL 2: ESSENTIALS OF RIVER CANOEING INSTRUCTOR COURSE SCHEDULE

### **Day 1**

Introductions & Expectations  
Course Overview  
ACA Course Administration  
Teaching Theory  
Instructor Equipment Review  
Concepts in Paddling Fundamentals  
Travel to Lake  
Lake Progressions

- Boat Control
- Strokes
- Rescues

Student Topic Assignments

### **Day 2**

Travel to River  
River Running and Hyrdology  
River Communications

- Boat Control
- Strokes
- Manuevers

Impromptu Teaching Strokes

### **Day 3**

Review Instructor Candidate Outlines  
Travel to River  
Student Teaching  
Swimming and Throwbag Skills  
Written Exam  
Exit Interviews & Course Closure