



# Level 1: Introduction to Kayak Polo Skills Assessment

## Course Overview

This ACA Assessment Course is designed to evaluate your ability to perform all of the skills listed and demonstrate an appropriate level of paddling knowledge. This assessment course provides the opportunity for you to receive documentation of having achieved this level of paddling ability.

## Assessment Course Prerequisites

- Acknowledgment of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a current ACA Member

## Course Duration

One day (8 hours) or more.

## Course Location / Accessible Venues

Flat water, protected from wind, waves, and outside boat traffic, with current less than 0.5 knots, and within swimming distance of shore.

The water depth should be at least 3 feet (0.9 meters), and there must be at least one kayak polo goal present. A swimming pool that is sufficiently big enough to accommodate one kayak polo goal and all the participants is acceptable, however, there must not be any swimmers in the pool at the same time.

## Course Size

5 Participants : 1 Instructor; with an additional qualified assistant, the ratio can be 10 : 2.  
The maximum number of participants permitted is 10.

## **Assessor**

This assessment course may be offered by:

- Level 2: Essentials of Kayak Touring Instructor (or higher) with the Kayak Polo Endorsement
  - Level 2: Essentials of River Kayaking Instructor (or higher) with the Kayak Polo Endorsement
- 

## **Course Outline**

The sequence of assessment should be adjusted to best fit the participant's needs, class location, time allowance, and craft being used. Participants must be able to perform all strokes, maneuvers, rescues, and skills in the appropriate venue. In addition, the participant must demonstrate the appropriate level of knowledge for this level of skill assessment.

## **Introduction, Logistics, and Expectations**

- Welcome! We're so glad that you've chosen to further your paddling experience and education by attending this course! Let's review a few highlights about the ACA
- Let's talk about the course itinerary, expectations, and limitations
- Lay of the land (and water): the logistics of this venue
- Explain the process of assessment and evaluation
- Review liability waiver (if applicable), assumption of risk, challenge by choice, and medical disclosure

## **Assessment Criteria Checklist**

**Participant Name:** \_\_\_\_\_

**Participant ACA Membership #:** \_\_\_\_\_

**Course Venue:** \_\_\_\_\_

**Course Date(s):** \_\_\_\_\_

*P = Pass, N = Not Pass, DNO = Did Not Observe*

| Strokes and Maneuvers                                                                                                                                                                                                                                                                              | Pass? Y/N/DNO |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Lifting a carrying: good, safe technique                                                                                                                                                                                                                                                           |               |
| Launching: low dock or bank for entering boat in a safe manner                                                                                                                                                                                                                                     |               |
| Efficient forward paddling: 50 yards in a reasonably straight line                                                                                                                                                                                                                                 |               |
| Sprint: sprint forward 25 yards in a reasonably straight line                                                                                                                                                                                                                                      |               |
| Stop: stop the kayak from a good speed, forward and reverse                                                                                                                                                                                                                                        |               |
| Reverse: paddle 15 yards in a reasonably straight line                                                                                                                                                                                                                                             |               |
| Rotate 360° on the spot. Spinning in a clockwise and anti-clockwise rotation using the appropriate combination of forward and reverse sweeps.                                                                                                                                                      |               |
| Paddling a figure of 8 course. Using a combination of forward strokes and sweeps the candidate should paddle a prescribed figure of 8 course demonstrating a basic level of steering control. <i>Note: The use of a reverse stroke to keep the kayak under control is discouraged but allowed.</i> |               |
| Landing: return to dock / shore and exit boat in a safe manner                                                                                                                                                                                                                                     |               |
| Bow draw: turn the bow toward the paddle                                                                                                                                                                                                                                                           |               |
| Draw sideways: move the kayak sideways 10 feet (both sides)                                                                                                                                                                                                                                        |               |
| Ruddering                                                                                                                                                                                                                                                                                          |               |
| Low brace                                                                                                                                                                                                                                                                                          |               |

| Ball Skills                                                                                                                                                                                                                                                                           | Pass? Y/N/DNO |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Effectively pick up the ball on the water                                                                                                                                                                                                                                             |               |
| Catch the ball over a distance of at least 15 feet whilst stationary 3 out of 5 times <i>Note: The distance can be adjusted for those paddlers physically not able to catch over the set distance. The skill is the catching technique.</i>                                           |               |
| Throw/pass the ball accurately over a distance of at least 15 feet to another player's hand 3 out of 5 times. <i>Note: The distance can be adjusted for those paddlers physically not able to throw the required distance. The skill is the throwing technique over the distance.</i> |               |

| Ball Skills                                                                                                                                                                                                                                                                                    | Pass? Y/N/DNO |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Shooting: successfully score into a kayak polo goal from the 6-meter line directly in front the goal 3 out of 5 times. <i>Note: The distance can be adjusted for those paddlers physically not able to throw the required distance. The skill is the throwing technique over the distance.</i> |               |
| Dribbling: dribble over a distance of 15 yards in a reasonably straight line                                                                                                                                                                                                                   |               |
| Team Play                                                                                                                                                                                                                                                                                      | Pass? Y/N/DNO |
| From a moving position, pass a ball to the water in front of a player who is traveling alongside them to pick up                                                                                                                                                                               |               |
| From a stationary position, pass a ball to the hands of another player who is on the move <i>Note: The moving player can use one or two hands to catch the ball</i>                                                                                                                            |               |
| Demonstrate the correct positioning to be a safe pass for a teammate who is under pressure                                                                                                                                                                                                     |               |
| Demonstrate good sporting conduct at all times to teammates, competitors and officials                                                                                                                                                                                                         |               |
| Safety and Rescue                                                                                                                                                                                                                                                                              | Pass? Y/N/DNO |
| Wet exit with spray skirt: Skirted wet exits must be modeled two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip                                                                                                                                         |               |
| Boat over boat rescue and re-entry                                                                                                                                                                                                                                                             |               |
| Swim rescue: swim to shore with boat and paddle                                                                                                                                                                                                                                                |               |
| Bulldoze boat and/or swimmer to shore                                                                                                                                                                                                                                                          |               |
| Technical Knowledge                                                                                                                                                                                                                                                                            | Pass? Y/N/DNO |
| Basic knowledge of kayak polo gear and competition area                                                                                                                                                                                                                                        |               |
| Basic knowledge of kayak polo competition rules                                                                                                                                                                                                                                                |               |
| Basic knowledge of kayak polo referee hand and whistle signals                                                                                                                                                                                                                                 |               |
| Referee card system                                                                                                                                                                                                                                                                            |               |
| Basic knowledge of kayak polo offence and defense strategies                                                                                                                                                                                                                                   |               |
| Fair play                                                                                                                                                                                                                                                                                      |               |
| Basic knowledge of the different player positions and their role in offense and defense                                                                                                                                                                                                        |               |

| <b>Final Assessment</b>              |
|--------------------------------------|
| Pass or Needs More Work (circle one) |
| Assessor Name:                       |
| Assessor Signature:                  |
| Assessor ACA Number:                 |
| Course Conclusion Date:              |
| Comments:                            |

© American Canoe Association

Date of last revision: 4/14/2023

<https://americancanoe.org>

This curriculum is managed by the ACA River Kayaking Committee. To connect with the leadership of this committee, please view the SEIC Committee rosters on [the ACA website](#).