



Kayak Polo Endorsement Criteria

Course Outline

Fundamentally, participants are expected to have the paddling skills, technical knowledge, rescue ability, teaching ability, group management, and interpersonal skills commensurate with this course content prior to presenting themselves for evaluation as an Endorsement Candidate.

The Kayak Polo Instructor Endorsement course is designed to enable ACA Level 2: Essentials of Kayaking Instructors (or higher) to teach paddlers to safely and enjoyably participate in Kayak Polo.

Course Prerequisites

- Acknowledgement of personal compliance with the [ACA Essential Eligibility Criteria \(EEC\)](#).
- Be a currently certified ACA Level 2: Essentials of River Kayaking or Level 2: Essentials of Kayak Touring Instructor (or higher) in good standing

Course Duration

Minimum of two days (16 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 Endorsement Candidates : 1 Kayak Polo Endorsed Instructor Trainer; with an additional Kayak Polo endorsed instructor or qualified assistant, the ratio can be 10 : 2. The maximum number of participants permitted is 10.

Instructor Trainer

This endorsement course may be offered by:

- Level 4: Open Water Coastal Kayaking Instructor Trainer (or higher) with the Kayak Polo Endorsement
- Level 4: Whitewater Kayaking Instructor Trainer (or higher) with the Kayak Polo Endorsement
- Level 2 or Level 3: River Kayak Instructor Trainer with the Kayak Polo and Kayak Rolling Endorsement
- Level 2 or Level 3: Coastal Kayak Instructor Trainer with the Kayak Polo and Kayak Rolling Endorsement

The following is a list of the criteria used to evaluate Endorsement Candidates. The content and sequence of evaluation is to be adjusted to best fit the participant's needs, class location, time allowance, and be craft appropriate.

General Requirements for all ACA Endorsement Candidates

- Be at least 18 years old
- Demonstrate general knowledge of ACA Diversity, Equity, and Inclusion (DEI) initiatives
- Successfully complete an Endorsement Workshop
- Have and maintain first aid and age appropriate CPR
- Demonstrate a general knowledge of paddlesports and the ACA
- Demonstrate the ability to appropriately perform and teach all of the following material, unassisted, in the appropriate venue

Maintain ACA Level 2: River Kayak or Coastal Kayak Instructor (or higher) status through the following:

Certification Maintenance Requirements

- Teach at least two courses that meet ACA standards within the four-year certification period and properly report the courses using the ACA Course Management System (CMS)
- Complete an Instructor Update, at the highest level of certification, during the four-year certification period
- Maintain ACA membership and SEIC registration annually
- Maintain appropriate CPR and first aid certification for the duration of certification

ACA Kayak Polo Endorsement Requirements

Demonstrate a knowledge of teaching and learning theory:

- Understand multiple methods of teaching and how they impact different learners
- Differentiate instruction targeting different learners
- Use effective teaching methods
- Present information effectively, both prepared and impromptu

Demonstrate the following:

- Positive interpersonal skills
- Appropriate group management skills including leadership and judgment
- Ability to choose an appropriate venue / class site

Demonstrate the ability to work collaboratively in an instructional team environment:

- Work well with students, including ability to effectively listen and respond to student concerns and desires
- Work well with other members of instructional teams

- Actively participate in discussions throughout the course

Instructing vs Coaching:

- Differences between instructing a group and coaching a competitive sport
- Teaching and leadership skills
- Personal skills review – physical
- Personal skills review – psychological
- Personal skills review – technical
- Personal skills review – tactical
- Understanding and setting action plans

Kayak Polo Basic Knowledge:

- History of the sport
- Current trends and development

Kayak Polo Equipment:

- Boats – size, construction, fit, trim
- Paddles – size, construction, blade designs
- Personal Gear – selection and fit of buoyancy vests, spray skirts, helmets
- Scrutineering – ICF rules

Rules of Kayak Polo:

- The playing area and its terminology
- ICF playing rules, referee hand signals, penalty cards system

Risk Management and Injury Prevention:

- Identify the risks – environmental, people, transport, venue, equipment
- Health and fitness
- Understanding the competition rules and play by the rules

- Technique and training
- Warm-up & stretches recommended for kayak polo

Technique Fundamentals:

- Fit in boat, posture, body rotation
- Protecting the shoulder, placing the body in strong positions

Planning a training session:

- Planning, what does the coach/player want to achieve?
- Who are you coaching?
- Goal setting, what should be in the program
- Preparing the program
- Warm-ups & Drills

Strokes & Maneuvers:

- Forward, sprint
- Back (stopping)
- Draw
- Sculling draw
- Forward sweep (including stern draw)
- Reverse sweep
- Pivot turn

Kayak Control:

- Kayak polo specific boat control, edging, nose and tail control in turning and control of the ball
- Bracing

Rescues:

- Capsize and wet exit the kayak with a spray skirt: skirted wet exits must be modeled and taught two ways: (1) utilizing the spray skirt grab loop and (2) releasing the skirt off the hip
- Assisted re-entry, T/X-rescues
- Roll
- Bow rescue
- Bulldoze and/or use the push technique to maneuver a kayak from one location to another location
- Swim with gear to shore

Ball Skills:

- Picking up the ball
- Catching
- Passing
- Shooting
- Dribbling
- Protecting the ball

Paddle Skills:

- Blocking
- Goalkeeping
- Picking up the ball with the paddle
- Dribbling with the paddle
- Passing with the paddle
- Shooting with the paddle

Principles of Defense:

- Tactical play – press, zone defense, 1-3-1, 2:2, flat 4

- Positional play – marking/defending
- Press
- Turnovers

Offence:

- Principles of offence
- Screens
- Jostling and tackling
- Fast break

Games:

Demonstrate knowledge and ability to effectively plan, organize and implement games (practice and competition).

Demonstrate leadership, group management skills, experience and judgment necessary to be a safe, effective instructor

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Date of last revision: 4/12/2023

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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](#).