



# Level 3: River Stand Up Paddleboarding (SUP) 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.

## Course Prerequisites

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

## Course Duration

One day (8 hours) minimum

## Course Location / Accessible Venues

Moving water on rivers up to and including class I sections. *A rapid class includes rapids at the lower and upper ends of the difficulty range, designated "-" and "+" respectively.*

## Course Size

4 Participants : 1 Instructor; with an additional qualified assistant, the ratio can be 8 : 2. The maximum number of participants permitted is 8.

## Assessor

This assessment course may be offered by Level 3: River SUP (or higher) ACA Instructors, Instructor Trainers, or Instructor Trainer Educators.

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## 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, Expectations, and Logistics**

- Welcome, introductions, paperwork
- Student and instructor course expectations and limitations

- Explain assessment procedure
- Course itinerary and site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
  - No alcohol / substance abuse
  - Proper etiquette on and off the water
  - Respect private property
  - Practice Leave No Trace ethics

### Conclusion and Wrap-Up

- Group debrief/individual feedback
- Course Limitations
- Importance of first aid and CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety and rescue training
- Life sport/paddling options
- Local paddling groups/clubs
- Reference materials
- ACA membership
- Course evaluations
- Assessment cards (if applicable)

### 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?<br>Y/N/DNO |
|---|------------------|
| Lifting & Carrying: efficient, safe technique                             |                  |
| Launching & Landing: Low dock or bank for entering board in a safe manner |                  |
| Board trim: nose – tail / rail – rail                                     |                  |
| Paddle: proper grip / orientation while kneeling & standing               |                  |

| <b>Strokes and Maneuvers</b>  | <b>Pass?<br/>Y/N/DNO</b> |
|---|--------------------------|
| Stances: prone / sitting / kneeling / neutral / offset surf variations                              |                          |
| Efficient Forward Paddling: 200 yards in a reasonably straight line                                 |                          |
| Stop from a moderate speed within one to one and a half board lengths, forward and reverse          |                          |
| Bracing techniques (low brace, high brace and cross tail-heel side low brace)                       |                          |
| Spinning: forward & reverse sweeps / draw   |                          |
| Figure of 8: paddle a figure of 8 course using reasonable control to include the use of pivot turns |                          |
| Lateral Movement: use draws to travel sideways taking into account fin number and size(s)           |                          |
| Maneuvering: weight transfers from nose – tail and rail – rail                                      |                          |
| Pivot Turn  |                          |
| Moving Pivot Turn with submerged  |                          |
| Edging and Board Tilt: Paddle a circle while edging both toe and heel side                          |                          |
| Sideslip: board moves sideways with headway   |                          |
| Front Ferry   |                          |
| Eddy Turns (wide / shallow)   |                          |
| Peel Outs (wide / shallow)  |                          |
| C-Turn  |                          |
| S-Turn  |                          |
| Front Surfing   |                          |
| Tripping: Show evidence of at least one day-trip of at least 3 river miles                          |                          |

Comment:

| <b>Safety &amp; Rescue</b>   | <b>Pass?<br/>P/N/DNO</b> |
|--|--------------------------|
| Describe rescue priorities & responsibilities of individuals             |                          |
| Recover board and paddle after fall into deep water (without leash)      |                          |
| Deep Water Rescue: remount board in deep water                           |                          |
| Swim Rescue: swim to shore with gear (25 yards) in full paddling gear    |                          |
| Demonstrate a board assisted rescue                                      |                          |
| Towing: use leash or PFD tether to pull a weak or injured paddler        |                          |
| Consistently throw a throw bag at least 40 feet to a swimmer in a rapid. |                          |
| Demonstrate a proper 1-person wade                                       |                          |
| Safety Equipment: whistle / knife  |                          |
| Demonstrate a foot entrapment rescue                                     |                          |

Comment:

| <b>Technical Knowledge</b>  | <b>Pass?<br/>P/N/DNO</b> |
|---|--------------------------|
| History of the sport: indigenous roots to modern day SUP              |                          |
| SUP terminology   |                          |
| Equipment: working knowledge of SUP paddling equipment for whitewater |                          |
| Appropriate leash wear  |                          |
| Appropriate PFD wear (inherently buoyant vs. inflatable)              |                          |
| Safety: wind, waves, water & weather                                  |                          |
| Cold Water Shock / Hypo / Hyperthermia                                |                          |
| River Right of Way, Permits, Access Shuttle                           |                          |
| USCG regulations  |                          |
| Safety and Rescue Equipment   |                          |
| Environmental Issues  |                          |
| Trip Planning   |                          |
| Group Awareness   |                          |
| Securing boards to rack   |                          |

Comment:

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

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