



# OLTOA

Outdoor Leader Trainers of America



Thank you for your interest in enrolling in the American Canoe Association Level 2 Essentials of Kayak Touring Update on May 11, 2019. You must be a currently certified L-2 ACA Kayak instructor to take this course.

Please arrive well prepared, organized, and with a clear understanding of all the skills you will need to demonstrate and teach kayaking skills. We are looking to see you demonstrate solid Level 2 kayaking skills and share some creative teaching ideas with the class.

During this course you should be ready to take a lead role at any time. You may be asked to provide a learning experience for real students. Think in advance of some games, drills and exercises you will use to provide a varied learning experience in the Level 2 environment.

If you haven't looked at it in a while, please review the ACA instructor criteria. (See the link on the next page) Our goal with this workshop is to help current ACA Instructors update their certifications as well as create an environment where we can all share teaching techniques, receive feedback and polish our paddling skills.

We will plan to meet you at **0745 sharp at TBD (Possibly Mere Point Boat Launch or Bethel Point Boat Yard.)** The day of the workshop. We have a lot to cover and your timeliness is appreciated!

Some good things to know in advance:

You may need to carpool to other locations during the program. This workshop will demand your full mental and physical attention. You will be asked to teach segments of the workshop and you may be asked to paddle your kayak in wind, and river currents of up to 2 knots. You will be both a rescuer as well as the person being rescued in cold water. Please come prepared to get wet. To participate in this workshop you will need to be able to spend several hours in a kayak, have the physical ability to perform self and assisted rescues and carry one end of a kayak 100 yards over uneven terrain. You should plan to come to this workshop well rested and leave tired. This course will be physically and mentally demanding.

OLTOA will be providing quality instruction, course materials and basic safety equipment. You will be either in class or on the water all day. Please bring your own snacks, lunch and water for the day. To enhance the quality of the program and the safety of our entire class, we ask that you bring all of the equipment on the enclosed bring list every day. If you are missing something on the bring list, please call us and we will try to help you get what you need. ***This is extremely important! Note: If you are flying to this workshop and need a canoe or equipment, please let us know in advance.***

**Homework:**

You will need to prepare one 10 - 12 minute presentation. The topic will be one of your own choosing. Please contact me and let me know what you would like to present on. It should be something you are passionate about and related to coastal kayaking. Your presentations should include visual aids and get the group involved as much as possible. Your goal should be to demonstrate good teaching techniques. It is more important to us that you choose 2 or 3 points of a subject and get those across effectively, rather than try to show us everything you know about the subject. Remember all presentations should be geared towards the novice ocean paddler! Feel free to use books, videos, and other resources as you prepare your teaching topic. Note: Remember you do not have to cover everything about the topic. We assign you this topic in advance so that you have the opportunity to show us your best work. We may still ask you to do an impromptu presentation on any given topic. Please bring an outline (6 copies) of your teaching topic(s) to class.

**Note: If you are going to share something, and you have a great exercise you want to do, ask me for more time in advance, and we'll try to work it in.**

Please look over the ACA "to bring list" and ensure you have everything. You will be evaluated on your preparedness as an instructor.

Go to the American Canoe Association website: [https://c.ymcdn.com/sites/aca.site-ym.com/resource/resmgr/sei-courses/l2\\_ekt\\_instcrit.pdf](https://c.ymcdn.com/sites/aca.site-ym.com/resource/resmgr/sei-courses/l2_ekt_instcrit.pdf) and review the instructor criteria for an ACA Level 2 Essentials of Kayak Touring Instructor. This will give you an idea of some of the skills you will be assessed on. Note: One has to effectively demonstrate the skills listed to be certified. Participation alone does not guarantee re-certification. Also, you must be an ACA member in good standing and have taught and reported at least two courses in the last four years. One of those courses has to be a Level 2 or equivalent.

To register for this course:

- 1) Please contact OLTOA and make sure that there is space available in this class.
- 2) Please go to [www.oltoa.com](http://www.oltoa.com) and click on "How to register" and follow the instructions on the website.
- 3) Fill out the course registration form and medical form and return them to OLTOA with your payment of \$150.00.

Cancellation Policy: If you need to cancel:

- Within 45 days of the start date of your class you will be given a full refund
- Within 35 days of the start date of your class you will be given a 50% refund
- If you cancel after the above times no refunds will be given
  - We reserve the right to cancel any offering due to low enrollment.
  - If we cancel due to low enrollment you will be given a full refund.

Please feel free to contact me with any questions you may have.

Yours in adventure,  
Bob Myron  
Outdoor Leader Trainers of America,

Please see the bring list below:



## **"Bring List" for ACA Coastal Kayak Workshop**

### **Required:**

- Sea kayak (with bulkheads or floatation) (may be provided by your school)
- Spray skirt (may be provided by your school)
- Paddle (may be provided by your school)
- Spare paddle (may be provided by your school)
- Personal Flotation Device (with whistle attached) (may be provided by your school)
- Helmet and warm skull cap\*
- River knife or EMT shears (or pocket knife for level 1 & 2)
- Dry bag (Large enough for warm clothes)
- Repair kit\*
- Paddle float (may be provided by your school)
- Pump (may be provided by your school)
- Tow belt
- Compact waterproof flashlight\*
- Chart of the area / with means of protecting it from the water
- Tide Chart\*
- Handheld compass
- Deck mounted compass\*
- Waterproof watch
- Weather radio\*
- Dry suit or wet suit and paddling jacket (**MUST HAVE**)
- Pogies or neoprene gloves
- Appropriate clothing & footwear for paddling in 40 degree water with air temperatures of 20 degrees ( Fahrenheit)
- Toilet Paper & 2-Quart Tupperware Container for human waste \*
- First aid kit \*
- Water bottles or hydration system (filled with water)
- Snacks & lunch & notepad and pen
- Personal resources for your presentations: Books, visual aids, etc.
- Anything else you feel you need to guide a successful day trip in October
- Proof of ACA Membership (ACA Number) or \$65.00 for ACA Membership & SEIC fees

### **OPTIONAL:**

- Flares, strobe and/or flares
- VHF Radio
- Casual clothing for classroom sessions
- Towel & dry Gear Bags for keeping spare clothing dry

\*Items not required for Level 2 IDW or ICW