



# 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/Upgrade on May 17-18, 2018. You must be a currently certified ACA Kayak instructor to take this course.

Some people will be coming to this workshop as Level 1 kayak instructors aiming for their Level 2 certifications. Others will be coming to maintain their Level 2 certifications.

You are all ACA instructors and know the drill. Please arrive well prepared, organized, and with a clear understanding of all the skills needed, you will need to both demonstrate and teach kayaking skills. You should be able to demonstrate Level 2 kayaking skills and share creative teaching ideas with the class.

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

Please review the ACA instructor criteria (see the link on the next page). Our goal with this workshop is to help current ACA Instructors upgrade and 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 at the designated location at 0745 sharp on the first day of the workshop. We have a lot to cover and your timeliness is appreciated. I will text you the location of the meeting place either on or before the evening of May 15th (It will be within a one hour radius of Topsham, Maine). We appreciate your flexibility in this matter. Where we meet will be dependent on the needs of the class, the weather, and the tides. **Please email me the best number to reach you.**

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 all day, every day. 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 and 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 very 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 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:** An outline of the course (including your teaching assignments) will be sent to each student prior to the course. You will need to prepare a 10-12 minute presentation. 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 two or three 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: Please 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 (12 copies) of your teaching topic(s) to class.

**Note: If you are doing 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 on it. 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/12\\_ekt\\_instcrit.pdf](https://c.ymcdn.com/sites/aca.site-ym.com/resource/resmgr/sei-courses/12_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 we will be working on with you. Note: One has to effectively demonstrate the skills listed to be certified. Participation alone does not guarantee certification. If you are not currently an ACA member, you can sign up while you are visiting the website.

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.
3. Fill out the course registration form and medical form and return them to OLTOA with your payment of \$275.00.

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,

ACA ITE Coastal Kayaking, ITE Canoeing and IT SUP

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[www.oltoa.com](http://www.oltoa.com)

revised 3-06-18

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 some 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 (Temperatures are in 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
- ACA Instructor Manual

### **OPTIONAL:**

- Flares, Strobe and Expired flares
- VHF Radio
- Binoculars
- Cash for food
- Casual clothing for classroom sessions
- Towel
- Dry Gear Bags for keeping spare clothing dry
- Waterproof camera (At your own risk)

\*Items not required for Level 2 IDW or ICW