



OLTOA

Outdoor Leader Trainers of America



Dear Paddler,

Thank you for your interest in enrolling in the American Canoe Association Level 1-2 SUP Instructor Certification Exam/Update/Upgrade July 9-10, 2021.

You will be joining the last two days of an ACA Level 2 ESUP ICW that will have run June 29-30th, 2020. Some people will be coming to this workshop to test for their Level 2 others will be coming to get credit for an update.

You are all ACA instructors and you know the drill. Please arrive well prepared, organized, with a clear understanding of all the skills you will need to demonstrate and teach. Be ready to take a lead role at any time. 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 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. A week before the course I will be sending you an outline with your teaching topics. I will also send you the entire outline so that you can see what others have been up to. You need only read the last 2 pages for what will be required of you. Look closely at the outline as you may have more than one topic to present.

We will plan to meet you 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 on or before the evening of June 30th. (It will be within approximately a 1 hour radius of Topsham, Maine.) We appreciate your flexibility in this matter. Where we meet will be dependent on the needs of the class and the water levels at hand. **Please e-mail me the best number to text to 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. You will be asked to teach segments of the workshop and you may be asked to paddle in wind and or river currents. Please come prepared to get wet. To participate in this workshop, you will need to be able to spend several hours on an SUP, have the physical ability to perform self and assisted rescues, and carry your board 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 and could run into the evening hours.

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 each 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 board 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 one 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 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 entry level 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 teaching a lesson and have a great exercise you wish to incorporate, 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 the list. You will be evaluated on your preparedness as an instructor.

Go to the American Canoe Association website:

http://www.americancanoe.org/?page=Instructor_Criteria and review the instructor criteria for an ACA Level 2 SUP 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) Go to www.oltoa.com and click on "How to Register" and follow the instructions on the website.
- 3) Fill out the course registration form and the medical form. 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.

COVID Clause: For the safety of our customers and staff, OLTOA reserves the right to cancel any guided trip, workshop, or class during the pandemic. If we cancel a class due to the pandemic you will have the option of receiving a full refund or crediting your funds toward a future program. Thank you for your understanding.

Yours in adventure,

Bob Myron

Outdoor Leader Trainers of America,

ACA ITE Coastal Kayaking, IT Canoeing and SUP

bobmyron@live.com

207-720-0257

www.oltoa.com

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Please see the bring list below:

"Bring List" for ACA Level 1-2 SUP Instructor Candidates

Required:

- Your own SUP w/leash (If you are flying in we can try to line up a board for you. Please let us know.
- Paddle
- Personal Flotation Device (with whistle attached)
- Pocket knife or River Knife
- Dry Bag (Large enough for warm clothes)
- Repair kit
- Dry suit or Wet suit and paddling jacket
- Appropriate clothing & Footwear for paddling
- First Aid Kit
- Water bottles or hydration system (filled with water)
- Snacks & lunch for each day
- Notepad and Pen
- Personal resources for your presentations; Books, visual aids etc.
- Anything else you feel you need to lead a successful day trip on a SUP
- Proof of ACA Membership (ACA Number) or \$65.00 for ACA Membership & SEIC fees
- Proof of First aid and CPR certification (Please bring a photocopy you can leave with your IT)
- ACA instructor Manual
- 12 copies of your course outline

OPTIONAL:

- Cash for food
- Casual clothing for classroom sessions
- Towel
- Weather radio
- Tow System
- Thermos with hot drink
- Waterproof Camera
- Spare paddle

The weather varies a lot in Maine this time of year. You may use every piece of clothing you have with you and wish you had more, or you may end up leaving some in the car. Better to have it and not need it than need it and not have it! We are trying to prepare you for the worst weather we expect while hoping for the best! Thanks for coming prepared!