



Dear Instructor Candidate,

Thank you for your interest in enrolling in the Open Water Coastal Kayak Instructor Certification Exam on April 30th to May 3, 2009. This program will help you bring your kayaking and teaching skills to a new level and assess your readiness for ACA certification. Enclosed is a rough outline from a past course to give you an idea of what topics the class will cover. Due to weather, group needs, and time constraints we sometimes move the order of things around once the workshop gets underway.

It is worthwhile to take a little while now and review the notes you took in your ACA IDW. This should help you remember which skills you need to brush up on before the ICE and get you thinking of the certification requirements of an ACA Open Water Instructor.

Enclosed you will find some key pieces of information that will help you and us be better prepared for your workshop. Please take the time right now to read through the **entire package**.

We will plan to meet at the American Red Cross Building in Topsham Maine at 0800 sharp on the first day of the workshop. We will carpool to another location on day 2 & 3. This workshop will demand your full mental and physical attention for the entire 4 days. You will be asked to teach segments of the workshop and lead sections of open water. You may be asked to navigate tidal currents and paddle in surf. You will be a rescuer and the person being rescued in cold water and challenging conditions. 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. We try to end at 5:00 PM each night, but at times we may stay later. If you are coming to this workshop from a distance, we recommend that you plan to sleep somewhere close by. Lodging for this workshop is at your expense, **information on local hotels, B&B's and campgrounds will be provided upon request.**

We will be providing high quality instruction, basic safety equipment and lunch on day 1 and day 4. On day 2 & 3 we will be on the water all day and you will need to bring your own lunch, snacks, and water. Please let us know if you have any special dietary needs. 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 on all four days. If you are missing something on the bring list, please call me and I will try to help you get what you need. ***This is extremely important!***

The goals of this workshop are to: help you learn how to enhance your teaching techniques, give effective feedback, and work on group management skills. During the 4-day workshop we will be assessing your readiness to teach ACA Coastal Kayak Workshops. Successful completion in this workshop will result in an ACA Instructor Certification at some level. The highest level of certification achievable in this workshop is the "Open Water Coastal Kayak" certification.

Homework: An outline of the course (including your teaching assignments) will be sent to you once you have registered for the course. Each person will need to prepare one five-minute presentation and a 15-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 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 beginner! 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.

Prior to the workshop you will be given an IDW/ICE evaluation form; this is the form that we will be using to evaluate you during this workshop. By reading over this form you will have a good idea of what we are looking at during this evaluation process. We hope this helps you get ready for the exam!

Please get out and paddle soon. Your first day in the boat this year should not be in this workshop! Please feel free to contact me with any questions you may have.

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!**

Yours in adventure,

Bob Myron

Bob Myron, ACA ITE Coastal

Please see "Bring List" on the next page.

"Bring List" for ACA Coastal Kayak Instructor Candidates

Required:

- Sea Kayak (with bulkheads or floatation)
- Spray Skirt
- Paddle
- Spare Paddle
- Personal Flotation Device (with whistle attached)
- Helmet and warm scull cap
- River Knife or EMT Shears
- Dry Bag (Large enough for warm clothes)
- Repair kit
- Paddle float
- Pump
- Tow Belt
- Compact waterproof flashlight
- Chart of the area / with some means of protecting It from the water
Note: Casco Bay chart # 13290 will be adequate for Freeport Based Programs
- Tide Chart
- Handheld compass
- Deck Mounted compass
- Waterproof watch
- Weather Radio
- Dry suit or Wet suit and paddling jacket
- Pogies or Neoprene Gloves
- Appropriate clothing & Footwear for paddling in 40 degree water with air temperatures of 20 degrees (Temperatures are in Farenheight)
- Toilet Paper & 2-Quart Tupperware Container for human waste
- First Aid Kit
- Water bottles or hydration system (filled with water)
- Snacks & lunch for on water days
- 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
- Small amount of cash for Parking fees at the put in
- 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

Note: 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!

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