



OLTOA
Outdoor Leader Trainers of America



Dear Paddler,

Thank you for your interest in enrolling in the American Canoe Association Level 1-2 Essentials of SUP Skills course June 23, 2025.

The goal of this workshop is to help individuals learn how to enjoy and share in the enjoyment of stand- up paddle boarding. This is a training course, and it is not a certification or a pass/fail course.

This course is open to the public, but it is being offered especially for Maine Summer Camp staff who will be working the waterfront at their camps. If you are a camp director wishing to sign up more than one person, (even if you don't know who it is yet) please contact us and we can set up arrangements for placement and payment.

The course will run from 9:30 to 4:30 at 157 Mount Hunger Shore Road in Windham Maine 04062. This is Little Sebago Lake.

It is expected that each person coming to this training will arrive with the Appropriately Sized SUP and the equipment they will need for the day. See the next page for the detailed to bring list.

People should arrive well prepared, organized, and with a plan to embrace the learning experience, try new things, have some fun and get wet!

We will plan to meet you at 9:30 AM sharp at the waterfront, dressed to paddle, and with boards and paddles in hand. We have a lot to cover and your timeliness is greatly appreciated!

Some good things to know in advance:

- This workshop will demand your full mental and physical attention all day
- You will be asked to participate in exercises, and full participation is expected.
- You may be asked to paddle in wind and small waves
- 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

- carry your board 100 yards over uneven terrain.

OLTOA will be providing instruction, course materials if needed, and basic safety equipment. You will be either outside or on the water all day. Please bring your own snacks, lunch and plenty of water. 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 need a board or equipment, please get in touch with us and let us know well in advance. We have a limited supply of rental SUP's.

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, click on "How to Register" and follow the instructions on the website.
- 3) Fill out the course registration form and the medical form. Mail them to OLTOA at 157 Mount Hunger Shore Road, Windham Me 04062 along with your payment of \$160.00 per person.

Cancellation Policy: If you need to cancel...

- Before 45 days of the start date of your class, you will be given a full refund
- Within 45-35 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

(Note: 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, LLC

ACA ITE Coastal Kayaking, IT Canoeing and SUP

bobmyron@live.com

207-720-0257

www.oltoa.com

Revised 01-03-2025 (isaa)

Please see the bring list below:

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

Required:

- SUP w/fin and leash
- If you are flying in or need to rent, we can try to line up a board for you. Please let us know well in advance
- SUP Paddle
- Personal Flotation Device (with whistle attached)
- Dry Bag or garbage bag and a change of clothes
- Swim suit and/or Wet suit and paddling jacket (Wetsuit Optional)
- Appropriate clothing & Footwear that will stay on in the water (NOT Flip flops)
- Sunscreen, sun hat, and sunglasses with a safety strap
- Water bottles or hydration system (filled with water)
- Snacks & lunch
- Small Notepad and Pen

OPTIONAL:

- Towel
- Tow System
- Rescue Sling
- Spare paddle and spare fin

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!

Revised 01-03-2025 Bob Myron (iaa)

