



ACA Week June 2 - 7 2009

Sebago Lake
Harriman State Park
Sloatsburg NY 10974



The **Atlantic Division** of **ACA** is offering, a week of fun and training for all levels of paddlers. A variety of classes with top level instructors, is being offered in different disciplines and levels from beginner to instructor candidates. There will be something for everyone. Get a friend and join in the fun. Look over the schedule find what interest you and give a call to register for the class of your choice. The training week is being held at the ACA camp on Lake Sebago in Sloatsburg, New York. This camp is located 32 miles north of New York City in Harriman State Park. It encompasses 15 acres of park land surrounded on three sides by water. It has been a camp of the American Canoe Association for over five decades. The camp is managed through the Atlantic Division Board of Directors camp committee.

Instructor Certification

June 2-5 Multi day IDW/ICE Essential: Touring Canoe

June 2-5 Multi day IDW/ICE Essential: Touring Kayak

June 3+4 Instructional Development Workshop (IDW) June 5 +6 Instructor Certification Exam (ICE)

You must take an IDW to take an ICE

1/2 day classes

June 6

Take both for a full day of training

1. Quick Start Canoe (Level 1)
2. Quick Start Kayak (Level 1)
3. Flat water Canoe Safety and Rescue (Level 1)
4. Flat water Kayak Safety and Rescue (Level 1)

June 7

1. ACA Level 1 or 2 Skills Award Assessment
2. Kayak Rolling (Level 3)

Skill Courses

Mult day classes

June 6 & 7

1. Trip leader Training
2. Essential of Canoe Touring (Level 2)
3. Essential of Kayak Touring (Level 2)

Cost: 1/2 day classes: \$75
Full day training: \$125 (both #1 and #3 or #2 and #4 on June 6)
Multi day classes: \$115 per day
Equipment rental: \$20 per day or \$15 per day for multi day classes

If you don't see a class that you would like to take, please let us know.

Early Registration

If you register before May 1 - discount of \$50 off mult day class, \$25 off full day \$10 off 1/2 day class
Before May 15 - discount of \$25 off mult day class, \$15 off full day \$5 off 1/2 day class
One discount per registration

Food and lodging are the responsibility of participants.

All questions call or e-mail Elizabeth O'Connor
Atlantic Division Instructor Facilitator and event organizer
631-563-6654 e-mail sksa@optonline.net



Course Descriptions



Quick Start

Level 1

This three- hour introduction to paddling canoe or kayak. Covering basic strokes, wet exits and simple rescues. Basic information on dressing to paddle safely, potential hazards or also covered. This in minimal skill set allowing paddler to safely and comfortable maneuver on still water.

Flat water Kayak Safety and Rescue

Level 1

An introduction to essential flatwater safety practices and rescues techniques that can be performed with minimum of equipment in the first few minutes of an emergency

Essentials of Touring Kayak

Level 2

This eight-hour course focused on helping the student learn to travel safely and efficiently by kayak of the types designated as sit on top, folding, inflatable and “recreational.” There is more emphasis on practicing a simple rescue sequence, understanding the very basics of tides and currents, use of a compass (safety bearing), rules for paddling in channels with and without boat traffic, use of VHF radio and weather radio and other emergency equipment. The graduates should stay within swimming distance of shore in areas with no conditions such as wind, waves, or current

Flat water Canoe Safety and Rescue

Level 1

An introduction to essential flatwater safety practices and rescues techniques that can be performed with minimum of equipment in the first few minutes of an emergency

Essentials of Touring Canoe

Level 2

This eight-hour class focused on helping the student learn to travel safely and efficiently by canoe and assumes a significant commitment to the sport. It is designed as a stand-alone course, but could advantageously follow the QS or IC courses. There is more emphasis on stroke and paddle mechanics and the stroke/ maneuver list is more complex than in the shorter courses, including corrected forward strokes and cross strokes. Classes may be in tandem, solo or both. Touring canoe is a prerequisite to the FreeStyle course series

Sea Kayak Assessment Awards Level 1,2 and 3 information and criteria can be found on the ACA web site

ACA Coastal Kayak Day Trip Leader

This workshop is intended to provide minimum skills and training necessary for an adult leader with at least ACA basic coastal kayak skills to safely lead a trip for participants and beginner level paddling skills on lakes, rivers, and other protected coastal environments in gentle conditions and water levels.

ACA Instructor Training IDW/ICE Essentials of Touring Canoe or Kayak

American Canoe Association Instructor development workshops and certification examination is for club level instructors, camp counselors and professional outdoor educators. You must participate in an IDW before you can take as ICE. The IDW prepares you to take the ICE. Although each discipline has specific skills requirements, all Instructor Candidates are evaluated and tested on teaching ability, interpersonal skills, attention to safety, modeling skills and general paddlesport knowledge. Certification workshops require the ACA’s Instructor’s Manual, as well as discipline-specific materials. Certification in specific watercraft and or venue will be available, as will Intro Kayak and Intro Canoe.

More detail information can be found on the ACA web site

http://www.americancanoe.org/site/c.lvIZIkNZJuE/b.4514923/k.E49E/ACA_Course_Outlines.htm



ACA Week Registration 2009

Separate form for each person Please



Name _____

Address _____

Phone # day _____ evening _____

E-Mail address _____

Course:

1. _____ date _____

2. _____ date _____

3. _____ date _____

4. _____ date _____

5. _____ date _____

Rental equipment (PFD and Paddle will be included). ___ Kayak ___ Canoe

Height _____ Weight _____ (for boat fit)

Medical information: is there anything that we should be aware _____

In case of emergence contact information

Name _____

Address _____

Phone# day _____ evening _____

Please make checks payable to: ACA Atlantic Division

Send to: Elizabeth O'Connor PO Box 25 West Sayville NY 11716

ACA waiver

<http://www.americancanoe.org/atf/cf/%7B74254DC2-74B4-446F-92BE-547992272AB7%7D/>

ACA_waiver_2008.adult.pdf

Signed ACA waiver MUST accompany this form