



# ACA Week June 8 - 13 2010

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.

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## Instructor Certification

**June 8-11** Multi day IDW/ICE Essential: Touring Canoe

**June 8-11** Multi day IDW/ICE Essential: Touring Kayak

June 8+9 Instructional Development Workshop (IDW) June 10 +11 Instructor Certification Exam (ICE)  
*You must take an IDW to take an ICE*

1/2 day classes

## Skill and Assessments Courses

### June 12

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 13

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

Mult day classes

### June 12 & 13

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

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**Cost:** 1/2 day classes: \$75

Full day training: \$125 (both #1 and #3 or #2 and #4)

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.

## Paddle America Club Discounts

If you are a register of an ACA Paddle America you will receive a 10% discount off the class portion of your registration. (does not apply to cabin or equipment rental)

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>



# ACA Week Registration 2010

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)

Cabin Rental  Yes  No

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**

**Signed ACA waiver MUST accompany this form**