

# ACA SUP Skill Assessment – Level 2

## Thoughts

How can I be sure I have mastered essential SUP skills? Am I ready to support others in my group? This assessment will validate and certify your ACA Level-2 SUP skills.



**Prerequisites:** *current ACA membership; mastery of Level 2 ACA skills; trip log.*

**Next Step:** *ACA Level 3 skills classes, Level-3 Assessment*

## Topics Covered

Candidates will have gear and demonstrate knowledge and skills defined in the ACA Canoeing Level 2 Skill Assessment criteria. This includes gear and equipment for personal and group support; group awareness, efficient paddling, boat handling, maneuvering and support strokes; and competency in self and assisted deep water rescues. Please visit [www.AmericanCanoe.org](http://www.AmericanCanoe.org) for further details.

## Details and Requirements

Minimum of 2 candidates are required for this 4-8 hr Assessment. Please arrive early and be prepared. Candidates are expected to demonstrate competency with owned or borrowed equipment. Those receiving certification will show mastery of essential skills. Candidates may also be continued or refused based on performance as covered at the debriefing.

**Basic Equipment** includes a properly outfitted SUP with paddle and related safety equipment for self and group including PFD, leash, tow line, first aid kit. Some equipment may be provided with advanced request, but it is best to use your own.

**Personal Equipment** includes clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). Some students prefer to use nose-clips or earplugs – acceptable, though generally not required. Other items of personal responsibility include: sunglasses, sunscreen, hat (with visor), bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special needs or equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Certification Card
Inquire	Available, inquire	Included if successful