

# AMERICAN CANOE ASSOCIATION Kayak Instruction Programs at



Chesapeake Bay  
Environmental Center  
STEWARDSHIP & SUSTAINABILITY



**Chesapeake Bay Environmental Center (CBEC)** believes that accessibility to the waters of the Bay will increase appreciation, knowledge, and stewardship of the Chesapeake Bay Ecosystem. For this reason, CBEC is hosting six **American Canoe Association (ACA)** Instruction Programs for Kayak Paddling Skills and Assessments in the spring and summer to ensure paddlers have the opportunity to hone paddling technique and learn safety and rescue strategies.

## ACA Level 1 Quickstart Your Kayak Workshop (Dryland Only) Sunday, April 15 • 10 am to 1 pm

This workshop is a brief introduction to kayaking. Participants are presented with basic information on safe paddle preparations, and simple rescue strategies are introduced. Equipment terminology and description of usage is explored. Loading and unloading from a vessel will be demonstrated. A minimal paddle skill set is presented and practiced on dryland, allowing students to safely and comfortably maneuver on still water on the following crafts: traditional decked kayaks, inflatables, and sit on tops. Note: Use of spray-skirts is not part of this course.

**Content:** Pre-paddling preparation, equipment overview, stroke introduction, and self-rescue introduction. **Setting:** Class size minimum of 5 and maximum of 30, 3 hours of dryland instruction, Certified ACA Kayak Instructors at a ratio of 15 to 1. **Cost:** \$30 for CBEC members, \$35 for non-CBEC members

*See more course descriptions on reverse side.*



CANOE · KAYAK · SUP · RAFT · RESCUE

**What is the American Canoe Association?** The American Canoe Association (ACA) is the oldest and largest paddle sports organization in the United States, promoting canoeing, kayaking, and rafting. The ACA sponsors more than 700 events each year, along with safety education, instructor certification, waterway conservation and public information campaigns. There are more than 4,000 ACA certified canoe and kayak instructors. More than 200 local paddling clubs and 50,000 individuals are members. ACA publishes *Paddler Magazine* bi-monthly.

## ACA Level 1

# Intro to Kayaking Instruction Course

May 20, June 1, OR July 29 • 10 am to 5 pm

This American Canoe Association course is designed for beginner to intermediate kayakers who wish to develop skills of safe, responsible, and enjoyable kayaking on the following crafts: traditional decked kayaks, inflatables, and sit on tops. Note: Use of spray-skirts is not part of this course. This is being offered as a Skills Course with optional Assessment for an additional fee. Assessment provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability.

**Content:** Pre-paddling preparation, equipment overview, stroke development, maneuvers, self-rescue, and rules of the water.

**Setting:** Class size minimum of 5 and maximum of 15, 2 hours of dryland instruction, 3 hours of on-water instruction on calm, flat water, Certified ACA Kayak Instructors at a ratio of 5 to 1.

### Costs:

- **Course Fee:** \$65 for CBEC members (includes use of our kayaks and equipment), \$70 for non-CBEC members
- **Kayak and Equipment Rental Fee:** \$20 (for non-CBEC members)
- **Optional Assessment Fee:** Additional \$20

## ACA Level 2

# ACA Flatwater Safety and Rescue Course

August 10 or September 9 • 10 am to 5 pm

This workshop introduces essential flatwater safety practices and rescue techniques that can be performed with a minimum of equipment, in the first few minutes of an emergency. Note: Use of spray skirt is not used.

**Content:** Pre-paddling preparation, safety and rescue equipment overview, self and assist rescue maneuvers. **Setting:** Class size minimum of 5 and maximum of 15, 2 hours of dryland instruction, 3 hours of on-water instruction and full in-water self immersion on calm, flat water, Certified ACA Kayak Instructors at a ratio of 5 to 1.

### Costs:

- **Course Fee:** \$65 for CBEC members (includes use of our kayaks and equipment), \$70 for non-CBEC members
- **Kayak and Equipment Rental Fee:** \$20 (for non-CBEC members)

**Pre-Registration is required at**  
[bayrestoration.org/kayaking](http://bayrestoration.org/kayaking)

*Take advantage of CBEC's Guided Kayak Tours  
available from May through October!*

Pre-register at [bayrestoration.org/guided-kayak-tours](http://bayrestoration.org/guided-kayak-tours)



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