

# Guide (Instructor & Trip Leader) Training

## Paddling Skill Checklist

### Strokes

- Forward
- Stopping
- Reverse
- Forward sweep
- Reverse sweep
- Draw (3 kinds)
- Low brace
- High Brace

### Rescues

- Bow
- T/Tx
- Paddle float

The ACA requires you are competent in these skills prior to attending. The emphasis during the workshop is on fine-tuning your paddling skills to ensure effective and accurate modeling with limited time for practice. If you are unfamiliar with these terms or have not had a formal lesson, you need to seek out additional instruction and experience before attending the workshop. We can provide referral to other instructors or possibly schedule instruction provided enough lead time.

## Reading/Viewing List

The following are recommended student resources for this course:

*The Essential Sea Kayaker* by David Seidman

*Handbook of Safety and Rescue* by Doug Alderson & Michael Pardy

*The Complete Book of Sea Kayaking* by Derek Hutchinson

*Fundamentals of Kayak Navigation* by David Burch