**ACA Canoe L1-4 IDW/ICE**

**Course Outline**

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**\*\* Please note that this is outline is deliberately vague to allow for the natural changes that occur in an IDW/ICW.**

**Day 1: May 20,2017**

09:00 am Riley’s Lock

* Instructor Trainers facilitate;
  + Introductions
  + Course Schedule (week)
  + Today’s Schedule
* Instructor Trainers facilitate informational session
  + Characteristics of Fantastic Instructors
  + Communication
  + Feedback (Define, how to construct and receive “FB”)
  + Barriers to Learning
  + Learning Styles
  + Teaching Styles (introduce “sell, show, do, review”)
  + ACA Information
    - History
    - Benefits
    - Certification Maintenance
    - Assessment Criteria
    - How to report/register/insurance

-Assign Additional Student Classes (strokes and maneuvers)

10:30am-12:30pm

* Instructor Trainers Present Level 1 Curriculum (tandem)
  + Venue appropriate safety talk
  + Technical Information (canoe parts/types, etc.)
  + Strokes/Maneuvers
  + Instructor Candidates Practice L1 Skills

12:30pm-1:15pm: Working Lunch

* + Instructor Trainers discuss technical knowledge within Level 1

1:15pm-4:30pm: On Water

* + ITs introduce L1 Curriculum
  + Instructor Candidates practice skills/teaching L1
  + ITs present L1 rescue curriculum

4:30pm-4:45pm: Address questions/debrief day/plan for tomorrow

**Day 2: May 21**

09:am: Meet at Riley’s Lock

08:30am-12:00pm: On Water

* ITs review L1 Curriculum
* Instructor Candidates practice L1 skills/teaching
* Instructor Candidates practice L1 rescues (if needed)
* Instructor Candidates perform L1 Skills Assessment (tandem/solo)

12:00pm-12:45pm: Working Lunch

* Instructor Trainers facilitate trip leading/group management discussion.

12:45pm-4:00pm: On water

* Wrap up L1 teaching modules
* ITs present L2 Curriculum
  + Strokes (tandem/solo)
  + Level 2 Maneuvers (that can be practiced in flat-water)
* Instructor candidates practice L2 strokes/maneuvers/teaching

4:00pm-4:30pm: Address questions/debrief day/plan for tomorrow

**Day 3: May 22**

09:00am: Meet at Violets Lock

08:00am-09:00am: ITs present technical knowledge L2 Curriculum

09:00am-12:00pm: On Water

* Venue appropriate safety talk
* ITs review L2 curriculum
* ITs present L2 Maneuvers/Rescues

12:00pm-12:45pm: Lunch

12:45pm-4:30pm: On Water

* Instructor Candidates practice L2 skills/teaching (tandem/solo)
* More rescue practice in L2 venue
* ITs start L3 curriculum (if there’s time)

4:30pm: Address questions/debrief day/plan for tomorrow

* ITs check-in with anyone leaving course

**Day 4: May 23**

08:00am: Meet at Violets Lock

08:30am-12:00pm: On water

* Venue appropriate safety talk
* ITs introduce L3 curriculum (tandem/solo)
  + Strokes/maneuvers
  + Rescues
  + Instructor candidates practice skills/teaching L3

12:00pm-12:45pm: Working Lunch

* Discussions on broaches/pins (what to do and how to prevent)

12:45pm-3:30pm: On Water

* Continued practice of L3 skills/maneuvers
* Instructor Candidates practice teaching L3 Curriculum

3:30pm-4:00pm: Address questions, debrief day, plan for tomorrow

* ITs check-in with anyone leaving the course

**Day 5: May 24**

08:00am: Meet at Violets Lock or Anglers Inn lower parking lot.

08:00am-08:30am: Discuss goals/venue change/assessment criteria

08:30am-12:00pm: On water

* Venue appropriate safety talk
* ITs introduce any new curriculum in L4
* Instructor candidates practice strokes/maneuvers in L4 venue (tandem/solo)

12:00pm-1:00pm: Working Lunch

* Discuss rescues scenarios: foot entrapment/boat pins/etc

1:00pm-3;45pm: On water

* Continued practice of canoe skills in L4 venue

3:45pm: Address questions/debrief day/final check-ins