



## RAFT PADDLE TECHNIQUES

### Evaluation of American Canoe Association

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# Safety Module

Topic	Needs Improvement	Good	Excellent
Safety Speech (Universal Swimming Position, Throw Bag Rescue, Paddle Rescue, Fall Out, Flip, Self Rescue, PFD, Helmets)	X		
Dry Land Practice/Flat Water Practice before beginning (Review of guide and safety commands)	X		

## Ability to Interact and Analyze the External Elements to Set Up Safety Features

Topic	Needs Improvement	Good	Excellent
Scouting (Evaluate when necessary, stop in a safe place, evaluate risks and best line)	X		
Ability to involve guests in the safety (instructions given to guests in management of safety)	X		
Communication (Use of international river signals, be able to decide about critical situations, lines, rescue, water levels, weather, etc)	X		
Basics about safety in a raft flotilla	X		
Communication with other rafts	X		
Awareness of other rafts	X		
Able to set up safety river running technique (roll and cover, space between rafts, group navigation)	X		
Able to make instantaneous stop and set up safety for another raft	X		
Help another raft if needed	X		
Organize a rescue procedure (by assigning roles, knowledge of rescue techniques low to high risk, and respect the standard and priorities of a rescue)	X		

# Demonstrate Knowledge of Basic River Rescue

Topic	Needs Improvement	Good	Excellent
Swimming Skills (Ferry stops, alternating of Aggressive and Defensive swimming positions)	X		
International River Signals	X		
Common Knots, known and used (Figure 8, Double Loop, Follow Through, Prussic, Butterfly knot, Anchors, Etc.)	X		
Throw Bag Rescue Technique	X		
2 Times in 20 seconds	X		
Spaghetti Method	X		
Butterfly Method	X		
Overhand	X		
Sideways	X		
Underhand	X		
Raft Wrap (Use of commands and weight to dislodge stuck rafts)	X		
Flip Drills (Climb on, check for guests, re-flip, collect guests)	X		
Problems Associated with Flat Water (drowning, hypothermia, infection/contamination, traumatic injuries, cramps, sunburn, blisters, etc.)	X		
Apply Advanced Rescue Techniques	X		
Static and Dynamic Belay with throw rope exercise	X		
Set up rescue for unconscious swimmer (Live Bait Rescue)	X		
Foot Entrapment	X		
Rescue with Tethered Raft	X		
Advanced knowledge of rope systems used for rescue in a whitewater environment and wrapped raft (Mechanical Advance Systems)	X		
River Crossing Technique	X		

Topic	Needs Improvement	Good	Excellent
With paddle	X		
With one other person	X		
With two other people	X		
With 3+ people	X		
With victim	X		
Rescue Scenarios	X		
Run river section for the level desired	X		

## Risk Assessment of an Incident Site

Topic	Needs Improvement	Good	Excellent
Identification of dangers, risks and prioritization of actions in a rescue	X		
Risk assessment	X		
Build a rescue situation according to risk assessment	X		
Establish Priority in actions accordingly with personal and group safety, airway priority, casualty stabilization and incident containment, with upstream and downstream cover	X		

## Technical Module

Topic	Needs Improvement	Good	Excellent
Guide Seating Position (Best Position to be able to maneuver the boat)	X		
Paddle Strokes	X		
Scouting and Running (Choosing the best line in an easy rapid or current while avoiding obstacles)	X		

## Driving Techniques

Topic	Needs Improvement	Good	Excellent
Moving Forward	X		

Topic	Needs Improvement	Good	Excellent
Moving Backwards	X		
Rotating the boat while moving (left and right)	X		
Keep the angle in current	X		
Run rapids (Including scouting when necessary)	X		
Momentum (accelerate the boat forward while in a rapid)	X		

## Environment Animation and Knowledge Module

Topic	Needs Improvement	Good	Excellent
Hydrology basics and common river hazards	X		
General Knowledge of the River and Area	X		
Identification and Understanding of Potential Hazards	X		
Knowledge of Common Flora and Fauna	X		

## Knowledge of Local Rafting Federal Regulations

Topic	Needs Improvement	Good	Excellent
Governance of Sport (National and International)	X		
Local Federal Regulations	X		
Environment Guidelines and Water Protection	X		
Restrictions related to Rafting (Water Levels, Banned Areas, etc.)	X		

## Knowledge of Rafting Equipment

Topic	Needs Improvement	Good	Excellent
Personal Equipment	X		
Knowledge of Raft Equipment	X		
Inflation Pressure, Leaks and Repairs	X		
Proper Use of Equipment	X		

Topic	Needs Improvement	Good	Excellent
Knowledge of Anchors and Z-Drag	X		

## Knowledge of Water Regulation and Environment

Topic	Needs Improvement	Good	Excellent
Good relationship with the land owners and other users of the waters	X		
Knowledge of Water Levels and Seasonal Changes	X		
Understanding of Dam Operations and its Effects on River Flows	X		

## Knowledge about Environment and Animation

Topic	Needs Improvement	Good	Excellent
Know the basic of animation (create/develop and act with games with public on land and water)	X		
Ability to Animate a Group	X		

## Assistant Coach Module (For Class II)

Topic	Needs Improvement	Good	Excellent
Basics of Physiology, understanding of energy sectors	X		
Be able to read a training program	X		



The above of ACA RAFT PADDLE TECHNIQUES Evaluation (consisted of 40 hours) and level granted, is completed by an instructor from the ACA Costa Rica, reviewed and approved by the President of the ACA Costa Rica.

Instructor of the ACA Costa Rica:

Name: Stanley Esquivel Mesen

Date: 14/9/2024

Signature: \_\_\_\_\_

If you have any questions, please contact the President of the Costa Rica Rafting Federation at:

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