

# Paddle Canada Level-2 Instructor – Details 2022

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The Level-2 Instructor is certified to:

- conduct Paddle Canada Waterfront Kayak, Basic Kayak, Rolling Skills clinic, Level-1 Skills and Level-2 Skills courses and certify paddlers at those levels,
- assist a Level-3 Instructor on a Level-3 Skills course, and
- assist a Level-1 Instructor Trainer on a Level-1 instructor course.

## Prerequisites

- At least 18 years of age.
- Current Paddle Canada membership
- Paddle Canada Level-3 Skills (this is a strictly enforced prerequisite).
- Paddle Canada Level-1 Instructor.
- Has taught as lead instructor a min of 2, Level-1 Skills courses within the past 3 years,
- Significant teaching experience as a Level-1 Instructor in a wide variety of conditions and locations including a minimum of 15 days of logged instruction of Level-1 curriculum (either courses or clinics).
- Restricted Operator Certificate (Maritime). The candidate must be able to provide proof of certification within one year after Level-2 Instructor certification is complete.
- Significant paddling experience in a wide variety of conditions and locations.

Minimum Course Length: 40 hours of instruction (5 days) with a min. of 30 hours on the water.

Minimum # of registered candidates: 3

## Course Location:

Environmental conditions and sea state must match those outlined in the Level-2 Skills course syllabus. Certification cannot be considered complete if skills were not demonstrated & assessed in class-2 conditions.

## Instructor Candidate Assessment

1. Continuous assessment (by observation) of skills throughout the course.
2. A minimum of 3 demos of teaching with at least 2 “on water” covering a Lv-2 skill.
3. Written and/or oral presentations demonstrating ability to communicate course content.
4. Ongoing assessment (by observation) of the candidate’s performance in the areas of safety, self-care, care of equipment, group dynamics and leadership.
5. Successful completion of a written 1 hr test (developed by the course director).

The Instructor Candidate will demonstrate all skills at the Level- 3 standard suitable for demo purposes. Re-entry and general paddling skills will exceed min. skills & be suitable to the instructional environment.

For each category of paddling skills, theory and teaching, candidates will be graded Pass, Weak, or Fail. To achieve certification, a pass is required in all categories, but one weak may be accepted. Two weak evaluations may be eligible for a conditional pass. A fail in any one category will result in a fail in the overall course. The head instructor will outline as clearly as possible the criteria, which determine a pass, weak or fail grading of each test to the candidates prior to assessment.

Reassessment or retesting may be conducted by the course instructor or a designated instructor at the appropriate level, according to the guidelines.

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## Course Outcomes

Knowledge and Paddling Skills Review. The candidate will:

- explain all knowledge and theory topics as outlined in the Level-2 Skills course, and
- perform “demonstration quality” of all paddling skills as outlined in the Level-2 Skills course.

Teaching notes:

- It is expected that the instructor candidate is able to demonstrate the required skills with ease and confidence, clearly showing the key components of each stroke or skill at a level appropriate to the Level-2 syllabus.

Instructor Ethics. The candidate will:

- describe what it means to be a Paddle Canada instructor and how the responsibilities may have changed at this level,
- explain tactics for working with difficult participants, dealing with conflicting personalities, co-instructor conflict, etc.,
- demonstrate a strong ethic in line with the Paddle Canada code of conduct.

Teaching Theory. Coaching and Working with Long-term Participants. The candidate will:

- compare and contrast the role of the instructor to that of the coach and discuss where each role fits in the skills progression,
- work with each participant to create an individualized plan for future learning and development as a paddler, coach and instructor,
- explain participants’ cognitive development over the full skills progression (e.g., me/we/the sea competence),
- give examples of stress as a positive learning tool and demonstrate skill in managing participant stress appropriately,
- break down the anatomy and biomechanics of paddling and apply this knowledge to help participants learn and paddle safely.

Teaching Styles. The candidate will demonstrate a variety of teaching strategies and be able to explain how each one is relevant to the particular skill or knowledge component being taught.

Program Design and Delivery. The candidate will:

- demonstrate a consistent, logical approach to the scope and sequence of teaching Level-2 material,
- explain the level and assessment benchmarks of the skill, knowledge & judgment required for Lv-2 Skills,
- outline the characteristics of specific Level-2 Skills populations (e.g., age, culture, degree of existing knowledge) and how to alter delivery to meet specific needs,
- demonstrate proficiency at prioritizing Level-2 objectives to make best use of program time,
- demonstrate an ability to teach complex skill sets including strong risk management and incident response skills, intermediate strokes and rescues, rolling, navigation, safety in moving water, navigating in low visibility, and multi-day weather forecasting, and
- demonstrate a strong ability to lead and co-teach effectively with fellow instructors and assistants.

Adaptive Paddling and Inclusive Instruction. The candidate will:

- explain the importance of empathy when working with all participants, and
- provide examples of methods to adapt programs for different abilities, including learning types and disabilities, hearing impairments, vision impairments, and physical limitations.

Teaching Notes:

- While the Level-2 Instructor course is aimed at teaching Level-2 Skills, a discussion around adaptive paddling will involve discussing lower-level skills.
- The aim is an approx one-hour conversation to increase the breadth of knowledge for the candidate.

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Leadership and Group Management Skills: The candidate will:

- maintain an effective learning environment in challenging paddling conditions such as deteriorating weather, increased sea-state and current and reduced landing/launching options,
- demonstrate strong leadership skills & effective group management in a variety of situations during incident scenarios, group travel in class 2 conditions, & the daily routine of running a Level-2 program,
- demonstrate excellent communication skills by speaking clearly and effectively with participants using a variety of verbal and nonverbal communication tools,
- explain, implement and teach a comprehensive risk management protocol that provides the participants with a logical framework for making decisions. This framework should include group reflection to inform future decisions,
- manage intra-group conflict, honouring the need for privacy and empathy, while working toward the stated goals of the group,
- model appropriate behaviour in social, verbal, psychomotor, and ethical actions, and
- choose appropriate locations and routes for the skill level and expectations of a Level-2 Skills course. Route plans should take into consideration such factors as tides and currents, weather, obvious hazards, speed of the group, and points of interest.

Safety Skills. The candidate will:

- respond effectively and quickly to a participant unable to exit from their capsized kayak, and
- outline safety procedures, effective hazard recognition, and use of safety equipment.

Evaluation and Assessment Skills. The candidate will:

- design a rubric for Level-2 skills for quick, on-water assessment of strokes with a variety of possible solutions for common problems,
- demonstrate accurate assessment of participant's typical stroke problems,
- provide timely, accurate and appropriate feedback to participants, and
- describe the use of video for participant assessment and feedback.

Course Administration and Paddle Canada Knowledge. The candidate will:

- explain Paddle Canada policies, programs, and procedures,
- explain how courses are sanctioned, the requirements for reporting, and maintaining certification,
- explain the legal and liability issues affecting the instructor,
- explain the benefits and limits of the Paddle Canada instructor insurance program, and
- outline the volunteer opportunities with Paddle Canada (e.g., committees, Board of Directors, etc.).

Assignments and Tasks. Course Plan Development. Candidates will:

Individually develop a detailed course plan for a complete Paddle Canada Level-2 Skills course. This assignment may be completed after the instructor course; however, certification will not be issued until the assignment and all other criteria have been satisfied. The course plan will include:

- a list of course objectives,
- a clear and logical progression of skills and theory topics taught,
- a detailed lesson plan of 4 strokes and 2 theory topics (different from formal teaching topics assigned),
- a list of 3-6 benchmarks for each stroke and re-entry skill,
- estimated timelines,
- possible teaching locations for each skill or activity, and
- a simple risk assessment and emergency response plan for a hypothetical Level-2 Skills course in the near future. The plan could be built around 2-3 likely incidents on a Level-2 Skills course.

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Teaching Skills Demonstration. The candidate will:

- develop and present a minimum of three formal demonstrations of their teaching ability by teaching both paddling skills (on-water) and knowledge topics (on-land) based on the Level-2 Skills syllabus,
- develop and demonstrate an appropriate teaching progression for the skills taught and a learning strategy that meets the participant's needs,
- demonstrate an ability to move beyond using simple teaching frameworks (e.g., IDEAS, Whole-Part-Whole) to more complex teaching strategies (e.g., guided discovery or discovery learning),
- provide a detailed teaching outline or lesson plan for each topic assigned,
- foster a rewarding learning environment by using positive language,
- use a range of appropriate teaching aids and techniques including on-water activities and games,
- model ethics and values consistent with the Paddle Canada community of sea kayak instructors,
- offer relevant, constructive feedback to participants during debriefing sessions, phrased in a non-threatening manner,
- select a teaching location appropriate to the skill being taught and to the skill level of the participants as well as clearly communicate all boundaries for practice sessions, and
- articulate and demonstrate how to maximize learning by assessing the teaching environment and making use of natural or artificial features present. For example, the candidate is able to articulate why moving the class to a specific location will make learning a specific stroke more effective.

Teaching notes:

Presentations should be at least 45 minutes in length depending on the assigned topic and be organized as follows;

- a clear introduction,
- a middle that provides opportunity for feedback to participants,
- guides to identifying and fixing common errors, and
- a defined end.

All strokes will be demo quality and demonstrated in a manner consistent with the explanation. Candidates should be given at least 24 hours' notice of their formal teaching topics. Other practice teaching session topics on course may be assigned at short notice from a previously issued list.

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