

## FLATWATER INSTRUCTOR – TRAINING COURSE

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This course is the Queensland Canoeing pathway to prepare the participant for the Flatwater Guide Assessment to achieve their ACAS qualification.

### Award Definition:

The Flatwater Instructor Award is for people seeking professional certification in flat water paddling environments. The Australian Canoeing Award Scheme (ACAS) is the industry benchmark certification designed to meet the needs of the canoeing / kayaking guide industry for education, recreational and tourism sectors nationwide.

Holders of the Flatwater Instructor Award have been assessed at and are qualified to lead and guide day and half day trips, plus instruct, facilitate and skill transfer to develop participants in order so that they may act independently or with minimal supervision on inland waters such as open lakes and rivers (but not on whitewater or at sea) in controlled conditions for inland kayaking and canoeing which include:

- Sheltered and calm waters
- Minimal wind
- Ease of access to shore
- Minimal flow of water

### Prerequisites:

- Personal flatwater paddling skills as defined in the ACAS flatwater skills award
- Recommended obtaining prior to course:
  - current First Aid and CPR certificates
  - some experience and logged hours working as an assistant or observer under training

### Course Description:

- The Instructor Training Course consists of two full days approximately 8:00am to 4:00pm each day
- Participants should expect each day to consist of approximately half a day in a semi classroom-style environment and the other half of each day on the water
- Candidates must be prepared to put their skills into practice and will be required to do some work prior to the course to assist in moving swiftly through the syllabus
- Participants should come prepared for paddling sessions in both the morning and afternoon of the course
- **Please note:**
  - this is a guide and instructor training course
  - it is not a skills course
  - candidates are expected to have the personal flatwater skills as identified in the “Flatwater Skills Award” prior to commencement of the course
  - an assessment day is also required to obtain the full certification

### Course Cost and Dates:

- Please check <http://qld.canoe.org.au/education/acas-courses/> for advertised dates and cost.
- Craft & equipment hire available
- Course fee does not include Assessment and Australian Canoeing Award Registration Fee
- **Please note:** Courses need to meet minimum registration numbers to run on advertised dates. If sufficient numbers are not registered one week before the program, alternative arrangements will be made with registered participants.

### Course Location/s:

- Queensland Canoeing has a number of venues it uses
- The location of the course will be determined from the location of the course participants, which will determine the final cost of the course and if an additional fee is payable
- Other course locations are available for private groups by negotiation

### For Bookings and Enquiries Contact:

Steven Rowland, Education and Recreation Officer  
[qc.education@canoe.org.au](mailto:qc.education@canoe.org.au) or 07 3899 1667

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### What I will learn:

- Subject matter that will be covered includes but is not limited to:
  - paddling guiding skills
  - refining paddling technique
  - rescues
  - paddling instruction techniques and teaching methodology
  - ACAS overview
  - minimal impact practice
  - interpreting weather
  - navigation
  - trip, route, float plans and risk management planning
  - group management
  - personal and group guiding equipment

### Paddle Craft:

- You need to determine which craft you will be assessed in, as the award is also craft specific.
- If you are teaching people in canoes, you will need the “Canoe Award”
- If you are teaching people in kayaks, you will need the “Kayak Award”
- If you are teaching people in sit-on-tops, you will need the “Sit-on-Top Award”
- You may also hold both a canoe and kayak award in any ACAS award, however paddling skills and rescues will need to be assessed in both craft styles
- **Note:**
  - the “Kayak Award” covers sit-on-tops
  - the “Sit-on-Top Award” does not cover kayaks

### Equipment:

- It is expected that participants will supply their own equipment including craft, life jacket and paddle
- Please bring your rescue and safety equipment
- Personal equipment will require a safety check prior to commencement to determine its suitability for the paddling activity
- Paddle clothing, including enclosed footwear needs to be suitable to get wet and swim in, be sun-smart and appropriate for the conditions
- Please also bring
  - lunch, snacks, towel, change of clothing and water bottle
  - chair, clipboard, pen and paper

### What Next:

- Booking your assessment
- As this is the training to achieve your Flatwater Instructor certification you will need to book into a separate assessment course to achieve your qualification
- Prior to booking your assessment you should read the assessment requirements for the certification to ensure you can achieve them including the log book requirements within the designated time frame of six weeks from the date of the assessment
- Assessments are conducted over 1 day requiring additional costs for both the practical assessment plus qualification registration with Australian Canoeing
- To complete your qualification in addition to your assessment you will need:
  - current First Aid and CPR certificates
  - meet log book requirements for the Flatwater Instructor Award

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