

**American Canoe Association
Level 1-2: Essentials of Kayak Touring Instructor
Certification Workshop (IDW/ICW)
May 28-30, 2019**



COST: \$375 Public/\$350 UML

COURSE DESCRIPTION: This course is an America Canoe Association Instructor Certification Workshop for [Level 1](#) and [Level 2](#) Instructors for Essentials of Kayak Touring.

PHYSICAL EXERTION: Moderate to Strenuous due to paddling mileage and possible conditions

PREREQUISITES: *All prerequisites must be met to participate.*

See [ACA Essentials of Kayak Touring Instructor Course Criteria](#) document.

REGISTRATION:

[Register Online](#)

ONLINE WAIVER

Each participant must have a completed online waiver submitted before they are allowed on the water. Fill them out by clicking on the link below or visiting <https://www.uml.edu/CampusRecreation/Kayak-Center/plan.aspx>

COURSE CONTACTS:

Host: Kevin Soleil UMass Lowell Campus Recreation Assistant Director of Outdoor and Bicycle Programs (w) 978-934-6797 kevin_soleil@uml.edu

Course Instructor: Kevin Horner ACA Level II Essentials of Kayak Touring IT
Lumpywaters93@gmail.com website: <http://cohassetpaddlesports.com>

TENTATIVE ITINERARY: *Due to the nature of outdoor trips, all itineraries are subject to change based on many factors.*

- **Tuesday, May 28th**
 - 9am Meet at the Boathouse with boats and equipment ready for a day of classroom work, paddling and instruction
 - Paddle on the Merrimack river from the boathouse
 - 5pm Dismiss
- **Wednesday, May 29th**
 - 9am meet at the Boathouse or paddle area TBA
 - 5pm dismiss from the Boathouse or paddle area
- **Thursday, May 30th**
 - 8am meet at the boathouse
 - 9 am Practice Teaching Day Clients arrive
 - 12pm Lunch
 - 1pm Final activities and Debrief
 - 4pm dismiss from the boathouse

Continue to the next page to view the Packing List...

PACKING LIST:

The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. An (*) denotes items that can be provided for you at no additional charge.

- Sunglasses (add a keeper strap for security)
- Baseball cap or full-brim hat (for sun protection)
- A Warm hat (wool or fleece fabrics are best)
- Sun Shirt (light quick dry covers shoulders)
- Insulating jacket (fleece is ideal, should be compact and synthetic)
- Shirts (cotton is ok around camp or in the van, but during activity quick-dry material is preferred – long-sleeve shirts recommended while on the water)
- Shorts and/or pants (avoid cotton, quick-dry material is preferred)
- Swimsuits/rash guard
- Camp Socks (1 pair to wear around camp and while sleeping, wool preferred) Water Shoes (old athletic shoes, neoprene booties, or similar shoes with hard soles for foot protection)
- Gloves for paddling if you are prone to blisters
- Small or super-absorbent towel, or a few bandanas (always appreciated)
- Sunscreen & lip balm (15 SPF minimum) We will be exposed to a lot of sun, so plan to lather or cover up!
- Camera (protective case, strap and/or float is highly recommended)
- Personal medications (inhaler, epinephrine, etc.)
- Toiletries (if you wear contacts bring an extra set)
- Feminine hygiene products (bring a small Ziploc for disposal)
- Ziploc bags of various sizes – these are great for organizing , storing, & protecting clothes and gear
- *Dry bags, various sizes – helpful to have to keep personal clothing, sleeping bag, and other needed items dry while on the water.
- *Paddling or Rain Jacket(a wind-proof, water-proof jacket is a must, providing much needed insulation in a variety of conditions – rain pants also recommended)
- *2 water bottles (quart size, Nalgene preferred - a water bladder (i.e. hydromedary or camelback) is great to bring in addition.
- *PFD (Personal Floatation Device, AKA Life Jacket)
- *Wetsuit

Note: We will distribute other equipment specific to the activity at the final pre-trip meeting

For further questions or information, please contact us:
Kevin Soleil Assistant Director of Outdoor and Bicycle Programs
(w) 978-934-1932