

## Instructor Cert Process & Maintenance Reqs

Why are we here?

Be ready to demonstrate all skills described in the materials that Lyn sent. You won't have to do all of them, but you may get called on for any of them!

- Parts of the paddle, canoe
- Hold the paddle
- Strokes & maneuvers, using proper form (paddle placement, torso rotation!)
- Rescues
- PFD use!

Be able to teach all of the skills listed!

- Clearly, concisely
- Whole Part Whole
- SSDUS (Sell, Show, Describe, Use, Summarize)
- Engage the participants!

Group management:

- Set boundaries as needed; line of sight
- Quickly assess & respond to situations as needed

Requirements:

- Complete this class, with flying colors!
- Maintain USCA Membership annually
- First Aid/CPR are strongly recommended