

# OOPS Activity Planning Worksheet

Revised 02/15/09

<b>Title:</b> Instructor Development Workshop		<b>Type of Activity:</b> Class		<b>Date(s) :</b> June 19-21, 2009	
<b>Narrative description:</b>					
<p>This class will be an official ACA Instructor Development Workshop (IDW). The goal of this three day workshop is to show you what you need to do in order to pass a follow-up Instructor certification exam (ICE). At the completion of an IDW and ICE, people will be eligible for up to an ACA level 3 instructor certification.</p> <p>Here is the approximate plan for the workshop. We will start with a brief class-room session covering learning theory and ACA logistics. Then we will go on the water to work on how to teach strokes to beginners. At the end of that session, we will video tape each of you as you go through the full range of strokes. That night we'll review the tape and discuss how to access strokes (a key coaching skill). The next day will be a long one. We'll work on teaching drills for intermediate learners and group management scenarios. In the course of the day we will cover a very complete list of rescues and towing skills. In the evening, we will give people chances to practice their oral presentation abilities and we'll provide a full navigation course. The last day is a "grace under pressure" session where we do group management skills in more serious conditions (up to OOPS level 4). We close by meeting with each student to go over their detailed development plan to reach the skills needed to pass an ACA instructor certification exam.</p> <p>This is not a free course. Each student will pay a \$25 fee to cover the cost of the ACA IDW materials. And each student will pay either (1) \$300 dollars to the instructor OR (2) lead three trips or classes for OOPS within 12 months of taking the IDW. We also expect that successful students (now called "instructor candidates") will join the ACA.</p>					
<b>Starting point:</b> the cape disappointment boat ramp.			<b>Ending point:</b> the cape disappointment boat ramp.		
<b>Route alternatives if bad weather:</b> black lake or Willipa bay					
Skills or Equipment ( <b>In addition to general requirements per the <a href="#">Activity Policy</a></b> ): This course is for people wanting to teach at up to the level 3 skill level. Hence, students are expected to have solid level 3/level 4 skills.					
Towline <b>yes</b>		Helmet <b>yes</b>		<b>Min. Immersion Wear:</b> Full dry suit	
<b>Other Requirements:</b> Ability to model the full range of strokes with good form. Experience with full range of rescues.					
<b>Primary Organizer:</b> Tim Mattson			<b>Organizer:</b> Pat Welle		
<b>First Aid Person :</b> Pat Welle, Joanne Barta			<b>Organizer:</b>		
<b>Max # of Participants:</b> 8			<b>OOPS members only?</b> Yes		
<b>Has organizer been on this paddle before?</b> Yes			<b>Has organizer led an OOPS activity here before?</b> Yes		
<b>CERTIFICATION:</b> <i>By checking this box, the Organizer certifies that they have read, understand and will conduct this activity in accordance with OOPS Activity Policies.</i> <span style="float: right;"><i>check</i></span>					
<b>CONDITIONS:</b>			<b><u>RATING FACTORS:</u></b>		
<b>Air Temp:</b> 65 °F		<b>Water Temp:</b> 50 °F		<b>Wind Strength:</b> 3 Above 14 knot	
<b>High Tide (Ft, time)</b>			<b>Swell/Surf size:</b> 3 3' or breaking waves 2'		
<b>Low Tide (Ft, time)</b>			<b>Sea State:</b> 3 some white caps		
<b>Flood (speed, time):</b>			<b>Landing Type:</b> 3 dock and sand beach		
<b>Ebb (speed, time):</b>			<b>Currents:</b> 3 <3 knots		
<b>Water time:</b> Hours		<b>Shipping traffic</b> No		<b>Total Distance:</b> 3. > 5 miles	
<b>Night Paddling</b> No		<b>Potential Fog</b> unlikely		<b>Open Crossing Distance:</b> . 1 miles	
<b>Note, night or fog bumps the rating up one level</b>			<b>OVERALL RATING:</b> Level three		
<b>Comment on overall rating</b> (if different than the rating system yields):					