

ACA L1 Kayak Instructor Certification Workshop (L1 ICW)

Steven Henkind, M.D.

ACA L3 Coastal Kayak Instructor Trainer
ACA L4 Open Water Coastal Kayak Instructor
ACA L3 River Kayak Instructor



Description of the ICW

There are numerous benefits to becoming certified as an ACA Instructor:

- Significant improvement in your own kayaking skills
- Learning how to teach others to kayak
- Instructor discounts from major manufacturers
- Insurance for courses that you teach

During 3 days of training, we will cover the following areas:

- **Stroke Improvement:** Learn how to paddle faster, and further, with less effort. In addition, by learning proper paddling techniques, you will decrease the chances of injury and sore joints (does your shoulder hurt after a day of paddling?)
- **Safety and Rescues:** Learn how to minimize the chances of a capsized ... and how to rescue yourself, and others, when – not if - a capsized occurs.
- **Teaching:** Learn how to teach the above skills to other kayakers. For those who are able to meet the criteria, you may be able to certify as an ACA L1 Kayak Instructor.

A significant amount of time is devoted to improvement of personal skills, so you should leave the ICW as a significantly improved paddler. Given the attention paid to personal improvement, this course is also an excellent choice for paddlers who want to improve their skills and are not interested in instructor certification.

You should be aware that participating in the workshop does *not* guarantee that you will be certified. There are specific ACA criteria and tasks that you need to satisfy. However, if you are willing to do some preparation, and if you are open to coaching in order to refine the necessary skills, you stand a very good chance of becoming certified. This class is open to all types of kayaks including sit on tops, sit ins, sea kayaks and recreational boats.



Instructor Trainer Background



Steve Henkind is one of the highest ranked ACA instructors in the country. His certifications include L3 Coastal Kayak Instructor Trainer, L4 Open Water Coastal Kayak Instructor, and L3 River Kayak Instructor. In addition to his ACA credentials, Steve has also been a member of the U.S. Coast Guard in various capacities for 20 years. Given his Coast Guard and medical backgrounds, he takes safety very seriously. His classes are fun and highly educational, but safety is always the first priority.

Participant Perspective

The following descriptions were provided by recent participants and provide a good perspective as to the benefits of participating in an ICW.

“This is a terrific course for serious kayakers to advance their skills to the next level, and for instructor trainees to obtain the skills and awareness to become excellent teachers.”

“Not only was I able to learn how to teach, but also I was able to correct many poor paddling habits that I had picked up over the years. Steve was able to observe and diagnose what I was doing. He was then able to work with me to correct various aspects of my paddling in a non-threatening, constructive manner. I came out of the course as a different, much improved paddler.”

“Steve develops the individual as both a kayaker and as an instructor. He uses a variety of teaching strategies to effectively teach everyone in the course. He cares about his students. The emphasis on process creates empowering results!”

For further information, please feel free to contact Steven Henkind at 914-420-1615 (cell) or steven.henkind@gmail.com