

North Atlantic Canoe and Kayak – NACK Recommended Training

Level No.	NACK Rating	Paddle Conditions	Recommended Training	Hours (typ.)	Typical Course Content
1	Flat-water	Protected waters (lakes, ponds)	*Introduction to Kayaking	3	Basic boat handling, basic strokes, wet exit, capsized recovery.
2	Advanced Flat-water	Protected waters (estuaries, bays)	*Coastal Kayaking Basic Strokes Rescues and Recoveries (or)	9	Boat control, basic strokes wet-exits, basic assisted and unassisted recoveries, influence of weather, tides, rules of the road. (<i>minimum training for AFW level</i>)
			*Essentials of Kayak Touring	12	Personal equipment, kayak carries, car topping, launching and landing, wet exits, basic strokes, assisted and unassisted recoveries, hypothermia/cold shock, risk management, group management, communication, rules of the road. (<i>recommended training for AFW level</i>)
3	Inner Coastal	Inland coastal (large bays)	*Kayak Strokes & Maneuvering (and)	8	Advanced strokes: forward and reverse strokes, sweeps, beam draws, bracing, rudders strokes, hanging draws
			Basic Rolling (and)	3	Review support & recovery strokes, develop hip-snap, rolling the kayak
			Advanced Rescue	4	Multiple rescue scenarios under real conditions.
4	Open Water	Open crossings	*Coastal Kayak Open Water Navigation and Touring (and)	8	Combining & refining strokes, edging, deepwater re-entries, towing, trip planning, chart reading, navigation techniques, understanding tides and how to read tide charts, common injuries & avoidance, weather, risk management, group paddling & communication
			Advanced Rolling	3	The "on-side: & "off-side" roll; different rolling methods extended vs standard paddle rolls, hand-rolling.
5	Advanced Open-water	Advanced surf Rock gardens Rough conditions	TBD	TBD	TBD

* ACA Certified Classes