



NACK - North Atlantic Canoe & Kayak, Inc.
An ACA Paddle America Club & NYS Non-Profit Corporation

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Peer Practice Guidelines

Purpose of Peer Practice

NACK is a paddling club with goals of safety, training, adventure and fellowship. The Peer Practice makes a valuable addition to the regular programs of training, assessment and on-water trips. It is possible to practice some skills effectively alone, but others require support. It is also difficult for the individual to see what they are doing – a good observer can provide valuable feedback.

NACK Peer Practices are not meant to replace formal training. Peer teaching can be effective if you are working with someone that has good paddling skills, good teaching skills and the ability to assess and correct mistakes. If that person also has paddling capabilities greater than your own, you will likely benefit from the process. Generally this situation describes that of Instructor and student and is most reliable when the Instructor is certified. A peer practice is meant to be a shared experience where all parties benefit rather than a one-way flow of information as in the class scenario.

Advantages of Peer Practice

NACK Peer Practices are opportunities for members to practice skills with the help of others. They offer us greater safety than practicing alone in case we get into trouble. The added safety helps improve our effectiveness since we can push the limits when practicing strokes and maneuvers with greater confidence. Having a partner improves the efficiency of our practices, since when we fail in a maneuver it is generally much quicker to complete an assisted rescue than a self rescue.

Peer practice offers opportunity for learning by watching others practice their skills. With more experience this can help you decide how you want to direct your own training program. Watching more advanced paddlers demonstrate skills and inquiring about their application in various disciplines can give you insight in to areas you might like to explore with your own training program.

Peer practices also offer opportunities to see and test other gear and different boats. This gives us the opportunity to build our experience base in an effective and low-cost way. Please be polite when asking to use or borrow equipment and always return it in the same or better condition than when loaned. Remember, borrowing equipment is a favor, no one is obligated to loan their equipment or boat.

Peer Practice Requirements:

NACK Peer Practices are non-rated events open to all current members. You are welcome to bring friends who wish to watch, but for insurance reasons, we cannot allow non-members to participate. If you have not passed a Skill Assessment, you can be asked to demonstrate a controlled wet exit and boat swim before you participate. NACK provides no equipment. You are expected to bring your own boat and gear and be properly outfitted, equipped and dressed appropriately for immersion.

NACK provides skilled coverage for practices to help mitigate on-water risk. The Leader of the peer practice and their backups are responsible for the actions of participants in the same way a Trip Leader is responsible for the group. Participants are expected to obey directions pertaining to group safety and group support just as they would on a formal NACK trip. The Peer Leader can decline participants that are not properly equipped or appear otherwise to be unsafe on the water. All participants are expected to actively and cheerfully support these guidelines. See you on the water!