

Paddling and Rowing Sports—Master Progression Chart

Type of Craft and Water	Grade Level/ Minimum Age	Participant-to-Instructor Ratio	Instructor/Expert Certification
Rowboats			
Rowboat Flat, no current	D, B, J, C, S, A Daisies only with adult in boat	12:1 plus 1 watcher/helper	American Red Cross (ARC) Small Craft Safety Certification—Rowing, ARC Lifeguarding with Waterfront Module, or equivalent
Scull or shell Flat, no current	C, S, A who are strong swimmers	Varies; consult instructor or coach	U.S. Rowing Coach, Level 1 or higher; or equivalent
Corcl Boat			
Flat, no current	B, J, C, S, A	12:1 plus 1 watcher/helper	American Red Cross (ARC) Lifeguarding with Waterfront Module, or equivalent
Canoeing			
Flat, near shore, no current	D, B, J, C, S, A Daisies permitted only with an adult in their canoe	6:1, or 12:1 with qualified assistant	American Canoe Association (ACA) Canoe Level 1 Instructor or higher, ACA Paddle Sports Safety Facilitator in canoeing, ARC Small Craft Safety Certification—Canoeing, completion of boat-ed paddle sports course for your state, ARC Lifeguarding with Waterfront Module, or equivalent
Class I	J, C, S, A	6:1, or 12:1 with qualified assistant	ACA River Canoeing Level 2 Instructor or higher, or equivalent
Class II	C, S, A	6:1, or 12:1 with qualified assistant	ACA River Canoeing Level 3 Instructor or higher, or equivalent
Class III	C, S, A	6:1, or 12:1 with qualified assistant	ACA Whitewater Canoeing Instructor, Level 4 or higher

Trips on Class II–III	C, S, A	Varies; ask outfitter	Licensed professional guide or instructor, provided by an outfitter
Kayaking			
Flat, near shore, lakes, no current	B, J, C, S, A Daisies not permitted	5:1, or 10:1 with qualified assistant	ACA Kayaking Level 1 Instructor or higher, ACA Paddle Sports Safety Facilitator—Kayaking, American Red Cross (ARC) Small Craft Safety Certification—Kayaking, completion of boat-ed paddle sports course for your state, ARC Lifeguarding with Waterfront Module, or equivalent
River, Class I	J, C, S, A	5:1, or 10:1 with qualified assistant	ACA River Kayaking Level 2 Instructor or higher, or equivalent
River, Class II	C, S, A	5:1, or 10:1 with qualified assistant	ACA River Kayaking Level 3 Instructor or higher, or equivalent

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River, Class III	C, S, A	5:1, or 10:1 with qualified assistant	ACA River Kayaking Instructor Level 4 or higher, or equivalent
Sea/surf	C, S, A	5:1, or 10:1 with qualified assistant	ACA Coastal Surf or Coastal Kayaking Level 2 Instructor or higher, or equivalent
Standup Paddle Boarding			
Flat, near shore, no current	J, C, S, A	5:1, or 10:1 with qualified assistant	American Canoe Association (ACA) SUP Instructor Level 1 or higher, ACA Paddle Sports Safety Facilitator—SUP, completed boat-ed paddle sports course for your state, American Red Cross Lifeguarding with Waterfront Module, or equivalent. ACA SUP Yoga endorsement or equivalent for yoga on flat water.
Coastal	C, S, A	5:1, or 10:1 with qualified assistant	ACA Coastal SUP Instructor Level 3, or equivalent

Ocean surf	C, S, A	5:1, or 10:1 with qualified assistant	ACA Ocean Surf SUP Instructor Level 3 or higher, or equivalent
Class I-II	C, S, A	5:1, or 10:1 with qualified assistant	ACA River SUP Instructor 3 or higher, or equivalent
Trips	C, S, A	Varies; ask outfitter	Licensed professional guide or instructor, provided by an outfitter
Class III-V	Not permitted	N/A	N/A
Whitewater Rafting			
Whitewater rafting day trips Class I-II	B, J, C, S, A	6:1, or 12:1 with qualified assistant	American Canoe Association (ACA) Rafting Level 4 Instructor or higher, International Rafting Federation (IRF) Guide Certification, or equivalent
Whitewater rafting day trips Class I-III	J, C, S, A	Varies; ask outfitter	Licensed professional river guide provided by an outfitter
Whitewater rafting day trips Class I-IV	C, S, A	Varies; ask outfitter	Licensed professional river guide provided by an outfitter
Whitewater trips Class I-IV	C, S, A	Varies; ask outfitter	Licensed professional river guide provided by an outfitter