



ACA courses are open to all individuals who satisfy the following essential eligibility criteria.

In order to participate in an ACA Skills or Assessment Course, each participant must satisfy the following essential eligibility criteria:

- Be able to independently participate in all individual skills and activities listed in the course outline while also maintaining an appropriate and safe body position.
- Be able to hold their breath while under water and, while in the water wearing a properly fitted lifejacket, be able to independently turn from a face down to a face up position keeping their head above water.
- Be able to effectively communicate with the instructor and other course participants.
- Be able to manage all personal care independently, or with the assistance of a companion.
- Be able to manage all personal mobility independently, or with the assistance of a companion.