

Adaptive Sports Connection Kayaking Program

05.2018

Participants in this program will be introduced to adaptive paddling and safety skills in a controlled flat water environment. The experience, knowledge, and training of the Adaptive Sports Connection volunteers and instructors in addition to the variety of Adaptive Sports Connection kayaks allow individuals of all ability levels to experience kayaking in a fun, safe, and successful environment. Adaptive Sports Connection's location on Twin Lakes and the Scioto River allows paddlers to experience basic flat water and moving water within one session.

GENERAL PROGRAM EXPECTATIONS

Participants should expect to experience and learn the following:

- To be safe in all aspects of the program
- To learn the skills needed to successfully paddle a kayak including but not limited to the following:
 - ✓ Parts of a kayak
 - ✓ Proper entrance and exit from a kayak
 - ✓ Basic navigation on the water
 - ✓ Wet exit and re-entry in water
 - ✓ Forward stroke, back stroke, sweep stroke, and draw stroke

ADAPTED LESSONS

INSTRUCTORS AND VOLUNTEERS: Adaptive Sports Connection has over 15 Level 1 ACA Certified Kayaking Instructors, many of which also have an adaptive paddling certification, and over 100 trained volunteers that dedicate their time and energy into teaching individuals with disabilities how to kayak.

LESSON DATES: Adaptive Sports Connection provides kayaking sessions every Tuesday evening from 6:00PM-8:00PM from June-August. There are many mid-week morning programs and weekend programs that coincide with Adaptive Sports Connection's large events or special outside group visits to the Adventure Center.

COST:

Adaptive Sports Connection Members – \$10.00

Non-Members – \$20.00

Cost includes all equipment and PFD, Quickstart lesson, and on-water instruction.

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KAYAK VOLUNTEER GUIDELINES & RESPONSIBILITIES

As a Adaptive Sports Connection kayak volunteer, you are expected to be courteous and professional in your interactions with participants, families, community partners, medical professionals, Adaptive Sports Connection staff and other volunteers, as well as any outside sources you may contact for assistance.

In addition, Adaptive Sports Connection expects their kayak volunteers to abide by the following guidelines:

1. All instructors/volunteers must have read the general volunteer guidelines and responsibilities along with the kayaking guidelines and responsibilities.
2. Volunteers must be familiar with weather patterns and the inherent dangers that come with extreme weather conditions.
3. Everyone must wear a coast guard approved personal flotation device at all times when on the water and on the "beach" area adjacent to the water.
4. Volunteers must attend a kayak safety and information meeting session taught by a Adaptive Sports Connection certified instructor or lead volunteer.
5. Volunteers must ensure that all participants are within visible and audible distance at all times.
6. Before participants are on the water, a Adaptive Sports Connection volunteer must be on the water ready to give assistance if needed.
7. Participants should never be taken in the vicinity of potential hazards such as downed trees in the water, shallow water, or dams.
8. All equipment must be inspected before being used for a lesson. If the equipment has any deficiency that affects operational safety, the equipment must be taken out of service and an out of service tag must be filled out.
9. At no time should a participant be strapped into or tied to a kayak.
10. Volunteers should work and perform tasks within their level of training. Volunteers wishing to increase their training level should attend mid-season trainings.

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KAYAKING ESSENTIAL ELIGIBILITY CRITERIA

All kayaking participants must acknowledge the ability to perform the following EEC:

- Breathe independently (i.e. not require medical devices to sustain breathing).
- Independently maintain sealed airway passages while under water.
- Hold head upright with or without adaptive head/neck support.
- Manage personal care independently or with the assistance of a companion.
- Manage personal mobility independently or with a reasonable amount of assistance.
- Follow instructions and effectively communicate independently or with the assistance of a companion.
- Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted life jacket.
- Get in/out of a paddle craft independently or with a reasonable amount of assistance. Adaptive Sports Connection volunteers are unable to perform transfers on anyone other than small children. Participants will need to bring a companion to help with transfers in needed.
- Independently get out of a capsized paddle craft.
- Following a deep water capsize, be able to hold on to a kayak/tow rope or swim back to shore.
- Maintain a safe, well balanced body position in the kayak.

Anyone who is unable to meet these criteria will need to speak with staff or a lead volunteer to discuss adaptive options to make kayaking a safe and enjoyable program.

Thank you for helping to carry out the Adaptive Sports Connection mission of connecting individuals with disabilities, their families, volunteers, and community organizations through a lifetime of adventure sports!