

# ACA Adaptive Paddling

## Thoughts

Do you have physical issues that you feel will challenge your ability to access sport of paddling? Are you willing to think outside the box and persevere in order to meet your goal of being safe and successful on the water? We are trained to help you.



**Prerequisites:** *Be prepared to describe your issues. Students must be able to turn and right themselves unassisted while floating with aid of PFD.*

**Next Step:** *We work together to meet your needs.*

## Topics Covered

Once the boat and equipment is adapted to your physical needs, we then develop a custom curriculum of instruction based on individual capabilities and needs.

## Details and Requirements

A careful survey of student physical and activity requirements is followed by a project to adapt available boat and equipment to specific needs. This is a joint project where we work together to optimize elements of access, comfort, activity and safety. We rely on our training and experience to arrive at a custom solution to your specific needs.

Once the above requirements are met, programs can be designed to fit specific needs. Intensity of training ranges from relaxed to intense depending on interests and commitment of the student. Private (1 student), semi-private (2 students) and small group programs can be designed with rates adjusted accordingly.

**Basic Equipment** includes a properly outfitted kayak with paddle and related safety equipment including PFD, spray skirt, paddle float, pump and sling. We use conventional padding, packing and leverage elements to adapt this to individual physical needs. This equipment is normally provided for the beginner, although it is best to use your own equipment if available.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for brief periods of immersion while practicing certain skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, though generally not required. Other items of personal responsibility include: sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind-breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure.

## Costs and Fees

Class Fees	Boat and Gear Rental	ACA Participation Card
Inquire	Available, inquire	Available for ACA Curriculums