

Tips for facilitating canoeing for people with disabilities

Facilitation

- Be aware of a person's capacity to right themselves and to respond promptly and appropriately if the canoe rolls
- A person with a disability may be better positioned in the front of a two-person craft
- For extra stability, on flat water two canoes can be joined together forming a raft
- When teaching canoe skills, provide visual cues to help with orientation e.g. on paddle blades, as grips on paddle shafts

Equipment

- Have various sizes and thickness of padding available to prevent the paddler rubbing against edges and to assist in sitting upright
- Provide wind proof and water proof jackets to reduce the chilling effect of wind
- Use an access frame or portable hoist to assist people into canoes