



# **Introduction to Paddle-Ability Workshop Guide**

## **Introduction to Paddle-Ability**

### **3 hour workshop**

#### **Target Audience:**

Anyone who would like to develop their understanding of working with paddlers with a disability.

#### **Learning Outcomes**

This classroom-based workshop will cover the following themes through a range of media from film to group work and exploration activities, to help participants:

- Develop an understanding around the challenges faced by people with a disability in terms of accessing sport.
- Develop an understanding of how our sport can be made more appealing to paddlers with a disability.
- Develop an understanding of how to adapt communication media to make it more accessible to people with a range of different impairments.
- Understand how different impairments affect people and how to use different communication techniques to include people with a disability in paddlesport activities.
- Consider how different craft, paddles and equipment can be used to make paddlesport activities more accessible to people with disabilities.
- Consider how to plan sessions for people with a disability.

#### **Introduction**

Developing the opportunities available for people with disabilities in paddlesport has been part of British Canoeing Awarding Body work for many years. This has included developing competition opportunities as well as recognising clubs and centres who provide high quality activity for people with disabilities through the Paddle-Ability accreditation. Key to all of this work is our developing understanding

of the needs of people with disabilities and how they can use adaptations to participate in the full range of paddlesport opportunities.

Over the last decade there has been a real focus on developing insight and research which better understands the needs of people with disabilities in sport. British Canoeing Awarding Body has used this research and insight to influence its strategy for working with people with a range of disabilities. Key learnings from this research have influenced the content of our **Introduction to Paddle-Ability Workshop**. Research that has influenced the development of the Introduction to Paddle-Ability module included:

- British Canoeing Awarding Body Quantitative Paddle-Ability Research
- British Canoeing Awarding Body Qualitative Paddle-Ability Research
- Activity Alliance Research papers

In addition, British Canoeing Awarding Body has developed a deep understanding of the needs of clubs, centres and coaches through consultation, visits and development opportunities. This information has also been used to influence the content and delivery style of this workshop.

This workshop offers attendees an introduction to understanding the number of people affected by various disabilities and the broad range of ways in which people with a disability are affected. Through a series of practical exercises, attendees will begin to investigate the challenges, real and perceived, that people with a disability face in accessing paddlesport. Through this process, participants will gain a better understanding of how they can adapt their delivery style to best support and include people with a disability in paddlesport activities. This workshop also introduces a range of bespoke, adaptive and off-the-shelf equipment that is commercially available and how this can be used to work with people with a range of impairments.