

Canoeing for Disabled People in Scotland

This fact sheet provides an overview of canoeing in Scotland for those with a disability. It also provides useful contact details for your local club or Approved Paddlesport Provider – the best places to get started in canoeing.

Canoeing – Something for Everyone

Canoeing offers something for everyone – whether you want the thrill of descending steep white water burns and rivers or whether you enjoy the sea or the tranquillity of an inland loch and the opportunities it provides to study wildlife or just to get away from the daily routing. There are also opportunities to take part in competitive disciplines – both teams and individual.



Canoeing allows family and friends to get some exercise and is therapeutic for both mind and body. More importantly, canoeing is pleasurable and fun!

To promote and develop opportunities for people with a disability to go canoeing, British Canoeing uses the concept and term Paddle-Ability. Paddle-Ability focuses on the individual's ability in canoeing rather than any disability.

Policy and process enable disabled canoeists to achieve personal performance awards and enter the coaching scheme. The BCU has a range of personal performance awards which are open to all canoeists. Where a disability prevents a candidate from completing a particular part of the training or assessment, the award will still be given, where it is clear that the candidate has had relevant coaching and can show that they understand the technique and the purpose.

Much like its Olympic counterpart, paracanoeing is the term used for flat water sprint racing for athletes with a disability where paddlers race in a straight line for a fixed distance of 200m.

Paracanoe was introduced as a discipline for the 2016 Paralympic Games so there is a strong emphasis on development. A successful British Canoeing Paracanoeing performance programme is in place, with Britain being the best nation at the world championship.

Classifications for Paracanoe

LTA

The LTA class is for paddlers with a disability who have functional use of their legs, trunk and arms for paddling, and who can apply force to the foot rest.

TA

The TA class is for paddlers with a disability who have functional use of their trunk and arms with incapacity to apply continuous force on the foot rest.

A

The A class is for paddlers with a disability who have functional use of their arms with incapacity to apply force on the foot rest and minimal use of their trunk to transfer power.



Coach Education

BC PaddleAbility Foundation Module

The aim of the module is to consider perceptions of people with disabilities, their attitude towards this sector of the population, and to consider how you can adjust your coaching/approach to be more inclusive.

See more at www.canoescotland.org.

These courses are usually free to SCA members.

Key Contacts

Andy Murray

andy.murray@canoescotland.org

SCA Office

Scottish Canoe Association

Caledonia House

1 Redheughs Rigg

Edinburgh EH12 9DQ

E: office@canoescotland.org

T: 0131 317 7314

Key Websites

Scottish Canoe Association

www.canoescotland.org

British Canoeing

www.britishcanoeing.org.uk

British Paralympic Association

www.paralympics.org.uk

IPC

www.paralympic.org

British Blind Sport

www.britishblindsport.org.uk

UK Sports Association for People with a Learning Disability

www.ukasportsassociation.org

The sport is so varied that there is literally something for everyone.

Why not get involved today?

