

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 routine. There are also opportunities to take part in competitive disciplines – both team 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 individuals' 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 fixed of 200m.

Paracanoe has newly been 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.

The 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. Free to SCA members.

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

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Edinburgh

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office@canoescotland.org

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 Deaf Association – www.bda.org.uk

UK Deaf Sport – www.ukdeafsport.org.uk

British Blind Sport – www.britishblindsport.org.uk

UKSports Association for People with a Learning

Disability – www.uksportsassociation.org

CP Sport – www.cpsport.org

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

Why not get involved today?



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