

HOW TO ESTABLISH A 'PADDLE ALL' PROGRAM



PADDLE ALL

OPEN HOUSE SINGLE SESSION PROGRAM



OBJECTIVES:

- ✓ Provide a paddling experience to the broader community
- ✓ Provide an enjoyable activity in an 'on the water' sport for the disabled community and their family members
- ✓ Provide canoe club members an opportunity to share the sport that they love with the disabled community

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SINGLE SESSION CHECK LIST

- Identify a canoe club advocate to organize and promote the program
- Gain canoe club management and coaching support
- Determine the maximum participant number
- Make contact with groups and programs that support persons with a disability such as swim clubs, disabled associations, recreational programs
- Enlist one on one volunteers from the canoe club
- Determine equipment requirements, life jackets, boat types, paddle sizes, safety boat, life guard on duty
- Determine that liability insurance coverage is in place
- Establish a budget to provide the program
- Determine fee to participants
- Access mobility issues such as, entrance, washrooms, docks, boats; remembering safety
- Evaluate participants physical ability by a professional along established participation guidelines
- Provide training for the volunteers in advance
- Provide a social experience at the end of the paddle session, such as a BBQ or light refreshments
- Outline the time of day and the duration of the program, ideally when the club facilities are quiet and the water is calm



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SINGLE SESSION EQUIPMENT CHECK LIST

- Life jackets – clean, dry and proper size
- Paddles – determine grip requirements
- Boats – recreational canoes, dragon boats, paddle boards, sit-on kayaks, white water kayaks, canoe polo kayaks, outrigger boats and pontoons
- Safety boat – ease of rescue from the water