

KAYAKING



WHAT TO EXPECT:

Adventure starts here!

Everyone can experience the thrill of paddling with adaptive flatwater kayaking! This inclusive program features state of the art adaptive equipment and expert instruction, so you can build your strength, enhance your well-being, and enjoy the beauty of nature! Join us and experience the freedom, fun, and fitness of adaptive kayaking today!



JOIN THE FUN:

Our athletes participate in adaptive kayaking with a wide range of diagnoses including, but not limited to:

- Traumatic Brain Injury
- Visual Impairments
- Multiple Sclerosis
- Post CVA (Stroke)
- Spinal Cord Injury
- Spinal Muscular Atrophy
- Cerebral Palsy
- Amputation

EQUIPMENT

- Sportable alongside partner Chesterfield County Parks and Recreation will provide all equipment necessary including:
 - A wide variety of paddles, helmets, and life jackets
 - Kayaks with cockpit style seating, seating on top for ease getting in/out, and tandem style for 2 people



COMMON ADAPTATIONS*

- Outriggers can be utilized on both sides of the kayak to increase stability and security on the water
- Wrist adaptors attach onto the user's wrists to control the paddle for individuals with decreased dexterity and grip strength
- Paddle pivots can be utilized to support the weight of the paddle and control it one handed
- Bent shaft paddles have divets where each hand grasps the paddle to reduce stress on the wrists
- Various adaptations can be made for the kayak seat including basic seats offering lateral support and high back seats offering postural support for individuals with decreased sitting balance
 - Foam supports can also be placed throughout the kayak to increase comfort and skin protection
- Back-of-hand grips provide extra support needed to grip the paddle shaft for athletes with reduced hand function



HOW IT WORKS

- Upon arrival you will get fitted with a helmet and life jacket that fits you securely
- If needed, Sportable staff and trained volunteers will follow your lead to assist you in transferring into a kayak adapted to your individual needs!
- After transferring into the kayak and ensuring comfort and safety, Sportable staff will pull the kayak into the water to get paddling!
- At the end of the session, staff will assist bringing the kayak back onto land and if needed, transfer you back into your chair



*This is not an exhaustive list – Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:

