



Adaptive Paddling Workshop Adaptive Paddling Equipment – Instructor Performance Objectives

Course Overview:

This workshop teaches the medical, legal and social aspects of disability, the risk management, administrative, and programmatic issues as well as how to adapt teaching styles to meet the specific and unique needs of a paddler who has a disability in order to safely initiate paddling programs to serve persons with disabilities or to expand existing paddling programs to integrate persons with disabilities. The workshop includes classroom and hands on learning of adaptation development and instruction with a person who has a disability in both a pool session and open water paddling.

Venue: APW courses are taught in classroom and flatwater settings.

Course Objectives:

- Promote inclusion of people with disabilities in paddlesport education and recreation programs.
- Develop and practice key equipment adaptation and instructional skills.
- Develop and practice safe paddlesport instruction at the introductory level by use of equipment and instruction adaptations.

General Instructor Objectives:

- Focus on course objectives above and overall participant safety
- Effectively and accurately demonstrate and teach all skills addressed in the skills course. Demonstrate an in-depth knowledge of all topics
- Use a wide a variety of teaching styles and techniques in response to participant needs and logistic constraints. Demonstrate an effective knowledge of learning styles.
- Develop a “critical eye” to help identify and solve common participant errors
- Develop multiple techniques to help correct participant errors/inefficiencies
- Manage each course module and the overall course according to ACA instructional best practices, and with strong attention to site- and course-specific logistics.
- Choose appropriate sites for courses and specific drills.

Course Specific Instructor Objectives:

Medical Issues

- Demonstrate knowledge of paddlesport safety
- Demonstrate the ability to utilize resources to identify common traits associated with differing disabilities

Equipment

- Demonstrate proper function and working knowledge of the appropriate paddle craft being utilized for instruction.
- Demonstrate knowledge of paddlesport nomenclature.

Adaptation Strategies

- Identify and develop appropriate equipment adaptations
- Identify and define the use of different types of foam necessary for equipment adaptation. Including but not limited to: Ethafoam, Minicell and Ensolite

- Demonstrate a clear understanding of various tools that can be utilized to build adaptations
- Identify the major muscle groups effected while participating in paddlesport and list adaptations that will accommodate the loss of function in those areas
- List three (3) resources where individuals can obtain the necessary materials to build adaptations

Closing

- Guide participants to appropriate further training opportunities
- Emphasize the need for ongoing practice and education