



## **Adaptive Paddling Workshop**

### **Adaptive Paddling Workshop - 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.

#### **Course Objectives**

- Provide information on medical, legal, and social issues related to disabilities that are needed to integrate paddlers with disabilities
- Provide philosophy, medical, physiological background and techniques for developing safe adaptations to paddling equipment or instruction to meet the individual needs of a paddler with a disability
- Provide an opportunity to work with a novice paddler with a disability to apply skills and knowledge on safe adaptations to meet an individual paddler's needs
- Provide a basis for sound risk management practices in administration and implementation of paddling programs that serve or integrate persons with disabilities
- Provide knowledge on best practices in administering and implementing paddling programs that integrate persons with disabilities

#### **General Instructor Objectives**

- Address course objectives above and participant safety
- Demonstrate an in-depth knowledge of all topics in the Adaptive Paddling Workshop (APW)
- Demonstrate and teach effectively all legal, medical, and risk management topics as related to disabilities and administration of programs
- Use a variety of teaching styles and techniques to address participant needs and logistics constraints.
- Demonstrate effective knowledge of learning styles
- Develop a “critical eye” in identifying and addressing participant and risk management issues and needs
- Use positive feedback and multiple techniques to correct participant inaccuracies
- Manage overall APW course according to ACA best practices and with strong attention to risk management and safety issues, course and site specific logistics
- Coordinate and work closely with specific APW course host and coordinator, and other instruction team leaders including the Adaptive Paddling Equipment (APE) Instructor, and Head Paddling Skills Instructor to address timelines, paperwork, and all course related issues prior to, during, and following the APW

## **Course Specific Instructor Objectives**

### **Class/Course Management**

- Meet timelines and organizational criteria for APW per APW Guidelines prior to APW, during, and following conclusion of APW
- Show evidence of coordination with APW Coordinator, Instructor Team in APW site specific planning, and consultation with team during APW to address pertinent issues
- Conduct paddler interviews with students who have disabilities prior to APW
- Administer all ACA related and APW course paperwork necessary prior to, during, and following the site specific APW
- Distribute and clarify participant assignments and readings on Day One
- Demonstrate ability of oversight and final decision on all aspects of APW
- Establish an appropriate learning environment and present pertinent topics
- Facilitate Instructor meeting on Day 3, Course Close Out and Evaluation meeting with participants on Day 4 in positive manner that encourages sincere participant feedback
- Facilitate APW Team Course Close Out meeting in positive manner to share course evaluations from participants and develop APW Team Self Eval—what went well, what challenges, what could be done a different way, suggestions to improve

### **Social Issues and General Disability Orientation**

- Identify affect of disabilities on individual, family, friends
- Discuss updated Census Bureau statistics on general disability, mobility related, and other designations of disabilities
- Present overview of disability and paddling related issues, potential solutions
- Discuss paddling related issues such as need for seating and paddle adaptations
- Present overview of safety issues including skin breakdown concerns, self rescue, capsizes, wheelchair safety, prosthesis safety
- Discuss appropriate interactions with persons who have a disability
- Discuss appropriate person first terminology and inappropriate terminology related to disabilities

### **Legal Issues**

- Demonstrate knowledge and mastery of concepts related to the legal requirements for program and facility accessibility as cited in the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and how those laws relate to accessibility of paddling programs and facilities
- Demonstrate mastery of knowledge of facility accessibility issues—universal design, new facility requirements, existing facility requirements, “carry down” craft launching areas, “readily achievable” retrofits, “undue financial burden” and creative problem solving through appropriate answers to pertinent participant questions
- Discuss program accessibility as related to legal requirements for nondiscriminatory programming and the ADA “otherwise qualified” person requirement
- Demonstrate understanding and mastery of the concept of Essential Eligibility Criteria (EEC) and how to build defensible EEC
- Discuss safety and risk management as related to rescue plans, wheelchairs, venues, and student perception of risk

### **Medical Issues**

- Discuss the use and purpose of medical information sheets prior to a student participating in a paddling program, and nondiscriminatory formats
- Discuss the use and purpose of the paddler’s interview and open communication with the student with a disability

- Demonstrate the format of a paddler’s interview and pertinent issues to paddling Discuss the issues of disclosure and confidentiality pertaining to medical information—legal and safety ramifications and requirements
- Demonstrate mastery of medical terminology related to types of disabilities with particular focus on spinal cord injury terminology, explanation of letter/number combinations, and the impact of “complete” or “incomplete” designations in function or sensation limitations
- Discuss the term functional impairment and its relation to understanding material in the course manual
- Identify and discuss hearing impairment, visual impairment, cognitive impairment, and other medically defined disability areas—amputee use of prostheses, TBI, Autism, and possible implications for paddling
- Discuss the concepts of, and demonstrate the procedures for, safe and effective transfers and carries, with particular focus on transfers to midpoints, midpoints to boat and back, or midpoint to poolside and back

**Adaptation Issues—in unobtrusive role, since APE-I role is primary in this area**

- Demonstrate understanding of concepts of adaptation to offset loss of function, individualization of adaptation to meet the paddler’s needs, safety factors
- Identify types of foam typically used in adaptations and function of each
- Show knowledge of seating and paddle adaptation characteristics and integrity
- Use critical eye to note participant issues in building adaptations and alert APE-I
- Know and identify basic tools of adaptation
- Know and be able to identify lateral stability issues that may arise in adaptation development, potential skin abrasion issues
- Know and understand terminology related to effective adaptation development, i.e. “dump”, ballast, skin hot spots, etc.

**Risk Management**

- Establish venue requirements of wheelchair accessibility at put in and take out, procedure and safety of storage of wheelchairs, wheelchair accessible restrooms, protected water for final day, sole use of pool for lab day
- Observe and determine that all participants can successfully perform INDEPENDENT self rescue, wet exit and reentry with assistance if needed
- Establish use of safety boats near participants with higher level involvement or if Instructor team has concerns on readiness for open water
- Emphasize use of appropriate type PFD, back supports during transfers, appropriate procedures for transfers, wheelchair and prosthesis storage, use of padding at pool-side for pool entry, check of students for chilling or overheating, tiring, restroom needs
- Coordinate emergency weather conditions procedures with HPSI and APW Coordinator, and emergency procedures in the event of an incident
- Observe that ACA safety practices are observed in all areas of the APW

**Closing**

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