



FAQs – PaddleALL

OVERALL

PaddleAll athletes – please see the FAQs on the Cheema homepage for general information.

Question: What is Cheema’s PaddleAll program?

Answer: The PaddleAll program introduces athletes with physical and intellectual to the sport of sprinting canoe/kayak. The program's experienced coach will teach participants how to paddle safely and effectively in the various types of canoes and kayaks that Cheema has to offer. Once athletes feel they are ready, they can choose take part in local regattas (paddling races) and possibly the national championships. PaddleAll offers individuals an opportunity to try a new and challenging activity in safe aquatic and dryland environments designed to build confidence and self-esteem.

Question: When does the program run?

Answer: The program runs from June 3rd - September 27th, 2024.

Question: How much does it cost?

Answer: \$345 + \$50 Capital Fund Contribution

GEAR

Question: Do I need to have my own paddle and canoe/kayak?

Answer: No, Cheema has paddles and club boats for sharing purposes. There are a variety of boats available that can be tailored to accommodate those of all abilities. Coaches will also work with athletes to ensure equipment fits the unique needs of each person, as well as teach them the fundamentals of balance and stability while in the boat.

Question: What should I look for in a certified PFD? Are there special PFDs for padding?

Answer: We suggest local supplier Ol Creel located on Hwy #2 in Waverley. They are very familiar with our programming and can recommend an appropriate PFD for your paddler.

Question: What should I bring to practice?

Answer: That depends on the weather. Dressing in layers is a safe way to be able to manage body temperature and the day’s weather. When it is colder and if there’s a wind, a pullover or coat made of nylon or similar material to break the wind and keep the heat inside, is very important. Same on rainy days. It is important to always bring a dry change of clothes and sneakers to practice! After practice your paddler may be a bit wet, and our coaches encourage changing out of damp clothes after practice to avoid getting sick and uncomfortable! Sneakers always come in handy just in case it is too windy to go paddling, and the group decides to stay on land or inside to do a workout.

PRACTICES

Question: Can parents watch practices?

Answer: At Cheema, parents can watch from the parent viewing room. In our experience, watching from a distance makes for a better experience for your child and their coach.

REGATTAS / NATIONALS

Question: What's a regatta? How often do they happen?

Regattas occur at various times over the spring and summer. PaddleALL races are typically 200 meters in length, and happen in single person kayaks whether they be touring or sprint ICF. Touring kayaks are wider, sturdier, and heavier, while sprint ICF kayaks are narrow, sometimes tippy, and tend to glide a little easier in the water. Oftentimes, there are also opportunities for PaddleALL athletes to race in two person kayaks, also known as K2s! This can happen with their other PaddleALL training partners, or in a new race called unified sport where individuals with and without intellectual disabilities are able to race together.

Question: Is there a cost?

Answer: There is no cost to participate in our local regattas. Racing at Canoe Kayak nationals does incur racing fees.

Question: Do I need uniform pieces? (ie. singlet)

Answer: As of the 2023 Racing season, only those competing in Canoe Kayak Canada (CKC) sanctioned events, or Atlantic Division Canoe Kayak Canada (ADCKC) events in U16 and up are required to wear an approved Cheema racing top. This includes PaddleAll athletes. The cost of the singlet is \$49.00. It can be ordered through www.Cheema.ca/register

Question: Can parents watch?

Answer: Parents are encouraged to come and support their kids and to cheer for Cheema. The viewing area is along Prince Albert Road for races on Lake Banook. Other venues will designate the viewing area.

COACHES

Question: What training do coaches have to support persons with disabilities participating in Cheema programs?

Answer:

First of all, coaches are required to take National Coaching Certification Program courses appropriate for the level of coaching they perform. In addition, they are required to have a motorboat license, SafeSport training, First Aid, High Five (leadership training), a Criminal Record and Vulnerable Sector checks.

Cheema's coaches have received specific training in coaching neurodiverse athletes. More complete bios on our coaches and their experience can become available upon registration and during initial introduction via email!

Question: If I have any concerns, who should I contact?

Answer: Depending on a concern there is a hierarchy of leadership to answer your questions and deal with any concerns. First stop should be your child's PaddleAll coach. If they cannot address your concerns, feel free to reach out to the executive director.