ParaCanoe

Cheema prides itself in its efforts to provide diverse and inclusive paddling opportunities. Recently we have invested in equipment, infrastructure and coaching development to deliver paracanoe programming for athletes with a physical disability. Our new boathouse and docks are fully accessible.

We offer limited spaces for those interested in paracanoeing; our coach to athlete ratio is generally 1:3 for beginners and up to 1:5 for more experienced padders. Our regular, focused group sessions are both for beginners and those with a paddling background. Minimum age is 8. Sessions cover basic boatmanship, paddling technique and steering skills but before even getting on the water we spend considerable time finding solutions to mobility issues; developing techniques to get in and out of the boats; creating the means to establish a secure connection with the boat; helping with equipment modification; and any other personalized adaptations that might be necessary.

All participants are asked to have their own Accessible Personal Floatation Device which has features that are supportive of the specific disability. We can offer advice on this. Basic comfort in the water is required.

<u>Options:</u>

Competitive - Experienced paddlers who are training for competition are eligible for an enhanced training program that includes up to three coached sessions per week (with experience, this can increase for individual athletes) during the on-water season (June 1 – September 30) and 3 coached sessions per week during the off-water season (October 1 – May 31).

Recreational – Individuals new to the sport with a non-competition basic participation interest are provided 1-3 instructional sessions per week during the on-water season (June 1 – September 30).

Schedule:
The schedule will be developed with athletes/participants when they join.

Once registered, each participant will be able to book a one-on-one intake meeting in May, with the coach. The purpose is to fully understand the specific disability and develop a personalized participation strategy to be ready for the first group session.

Summer Fees: $450 or pro-rated based on modified schedule.

Off-season fees: $450 or pro-rated based on modified schedule.