

DISABILITY AWARENESS TRAINING FOR CANOEING



Purpose

To give course participants an awareness of the needs of disabled people and the relationships between disabilities and the sport of canoeing. To give course participants knowledge and skills to enable them to widen the scope of their experience, so that they feel capable of introducing disabled people into canoeing.

Recommendations

- 1 Participants should hold the BCU Canoe Life Saving Award (LifeGuards Canoe Safety Test) or R.L.S.S. Life Saving Skills 3 or equivalent award.
- 2 Certificate in Basic First Aid (British Red Cross, St. John's Ambulance or equivalent.)

Qualification

There is no formal assessment. BCU members on successful completion of the course will be given a Certificate to confirm their satisfactory attendance.

Certificates will state that the holder is aware of the needs of disabled people with particular respect to their participation in canoeing.

The Certificate will not permit a participant to coach in any situation other than the one for which he or she is qualified.

Candidates may be refused the Certificate if they prove to be unsuitable, e.g. they have unacceptable attitudes to disability or are unsympathetic to the needs of disabled people.

Syllabus

Aims

- 1 To enable more disabled people to participate in the sport of canoeing.
- 2 To raise the awareness of canoeists and helpers of the needs of disabled people so they are able to coach and assist them safely and effectively.

Objectives

- 1 To impart basic knowledge on aspects of coaching and assisting disabled people to participate in the sport of canoeing.

Theory

- 1 To discuss attitudes to disability
- 2 To understand the implications of disability
- 3 To develop coaching programmes under the general headings of:-

Preparation
Education
Participation

Preparation

- 1 Access to facilities
- 2 Resources – transport, equipment, helpers, social needs, toilet and changing facilities
- 3 "Risk" factors and safety

Education

- 1 The disabled person in society
- 2 Disabilities and their implications
 - Physical**
 - Intellectual**
 - Sensory**
- 3 Communication issues
- 4 Knowledge of boats, clothing and equipment
- 5 Special adaptations and modifications
- 6 Programme of coaching
- 7 Water activities
- 8 Paddling skills
- 9 Capsizes and rescues
- 10 Courses



Participation

- 1 Styles of programmes
- 2 Introducing disabled people to canoeing
- 3 The issues of integration and segregation

Further Information

- 1 The course will provide an opportunity for participants to undertake practical sessions covering all aspects of safety, a range of equipment and working with disabled people. In addition to any disabled people who may be participants on the course, it is intended that some disabled people will attend for one of the practical sessions. This will provide an opportunity for participants to put into practice some of the practical skills they will learn on the course.
- 2 Lifting, transfers and carrying will be studied although it will not be possible to do other than explain principles.
- 3 You will need your canoe clothing with a couple of changes during the weekend.
- 4 It is not necessary to bring a canoe/kayak unless you have something which you believe may be of interest to the course members.
- 5 Participants holding log books should bring these with them for completion at the end of the course.
- 6 Punctuality is essential. There is a great deal we have to pack into the weekend and it will be necessary to maximise the time available.

Syllabus for Course Deliverers

1. Pre-course information

- 1.2 Notes to participants
 - Aims and objectives
 - Course programme
 - Home study pack
- 1.3 Registration forms

2. Registration

3. Course opening

- 3.1 Introduction
- 3.2 Domestic Arrangements
- 3.3 Ice Breaker
- 3.4 Expectations
- 3.5 Course Programme
- 3.6 Handouts
- 3.7 Negotiated Contract

4. Introduction to Disability Awareness

- 4.1 Terminology
- 4.2 Models Medical/ Social

5. Implications of Disability

- 5.1 Personal experience
- 5.2 Barriers to participation
- 5.3 Expand on medical/social models
- 5.4 Implications for coaches

6. Health and Safety

- 6.1 Legal risks
- 6.2 Rescues
- 6.3 Lifting, transfers and carrying

7. Communications

- 7.1 Methods
- 7.2 Medical Declaration

8. Role of the BCU

- 8.1 Tests & Awards
- 8.2 RDO's and the Disability Committee
- 8.3 Paddle-Ability
- 8.4 Access checklist





9. Clothing & Equipment

- 9.1 Looking at equipment and clothing
- 9.2 Modifications
- 9.3 Special aids

10. Practical Session

- 10.1 Planning
- 10.2 Delivery
- 10.3 De-brief

11. Working with Disabled People

- 11.1 Scenarios
- 11.2 Risk assessment

12. Further Information

- 12.1 Funding
- 12.2 Local Authority and other agencies
- 12.3 Local groups
- 12.4 Videos

13. Course De-brief

- 13.1 Schedule of attendance and administration
- 13.2 Expectations
- 13.3 Logbook
- 13.4 NCF Workbook

Practical Sessions

All aspects of safety, and rescues in particular, will be studied, discussed and practiced - sometimes in simulated emergency situations.

Lifting and carrying will be practised throughout the course programme.

Various canoes and kayaks, some designed or adapted specifically for use by disabled persons will be paddled, not as a 'try-a boat' session, but as a matter of course.

The candidates will take part in 'disability awareness' sessions in which they will probably experience simulated disabilities. They may spend time in a wheelchair and be temporarily incapacitated to simulate the effects of physical and sensory (hearing and vision) disabilities, both on and off the water.

The presence of disabled persons will be an opportunity for the course participants to meet the implications of being a disabled person at first hand, to discuss this with them and put into practical use some of the skills they will learn on the course.

MANUAL HANDLING

All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This could, of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine.

In Civil Law there is a Duty of Care towards your students and others who paddle. This includes, loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the 'duty' being neglected or abused.

The BCU has prepared an information leaflet which gives a brief outline of procedures to assess and evaluate Manual Handling operations. In addition, a one day Injury Prevention / Moving and Handling course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service. (see section 5)

