

Workshop Information

DATE: September 9-12, 2010 (4 days)

(Students attend: September 11 & 12 - FREE!)

WORKSHOP FEES:

\$180 if registered by June 15

\$200 if registered by July 15

\$225 if registered by Aug 15

Optional Room and Board fee: \$180
(Includes on-site lodging and meals all 4 days.)
Students (adults with disabilities) stay free.

Registration deadline is August 15.

Space is limited! Pre-registration is required.
Call, write, email or go on-line to register for
the workshop or to receive more details.

Contact us today!

Course Coordinator - Karen Schlicher

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906 345-9314 (Voice)

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Address:

Bay Cliff Health Camp
PO Box 310
Big Bay, MI 49808

Email:

baycliff@baycliff.org

Download Forms On-line:

www.baycliff.org

(click on Adaptive Paddling button)

www.seakayakspecialists.com

(click on APW button)

Bay Cliff Health Camp

PO Box 310

Big Bay, MI 49808



Adaptive Paddling Workshop

An ACA sanctioned event



September 9-12, 2010

Bay Cliff Health Camp
Big Bay, MI



Why an Adaptive Paddling Workshop?

“When I injured my spinal cord... I was left with paraplegia. I would now have to do some of my favorite activities from a wheelchair. Basketball, softball, and backpacking are not the same sports that they were before my injury. Canoeing, however, is exactly the same sport it was before my injury. I have to take a different route to the water, and adapt my seating, but the sport has not changed. The first time after my injury that I paddled with my daughters, my older daughter smiled at me from the bow. It was a smile I'll never forget.” - Tom, 2000 Workshop



(An ACA sanctioned event)

This ACA workshop has been taught across the country since 1990 & at Bay Cliff since 1998. The course brings together certified instructors, recreational paddlers, and people with physical disabilities with the goal of further promoting canoeing and kayaking for paddlers with disabilities.

Questions & Answers

Q. Who can attend? Anyone with an interest in paddling. **Instructor** participants are individuals with interest/experience in kayaking & canoeing. Instructor certification not necessarily required. Paddling experience is required. **Student** participants are adults with physical disabilities who want to learn to paddle! Students would attend on the last two days of the workshop.

Q. What will it cost? **Instructor** participant fee schedule for the 4-day course is listed on the back and is discounted for early registration. The cost is **FREE** to **student** participants (adults with disabilities) .

Q. Is lodging available? Yes! Room & board is available at Bay Cliff (the workshop site). This includes lodging and meals for the 4-day course. **Student** participants (adults with disabilities) stay **free**. Other lodging can be found around the Big Bay area.

Q. What equipment will I need?

Instructors: Kayak (must have acceptable flotation), paddle, spray skirt for kayak, PFD, wetsuit, paddling clothing. Instructors may bring extra of the above equipment to share with the student participants (adults with disabilities). **Students:** Kayak equipment is provided.

Q. What if I don't have equipment? For **Instructors**, all the necessary paddling equipment except a wetsuit is available for a rental fee for the duration of the workshop. **Student** participants (adults with disabilities) have all kayaking equipment provided.

Q. What will I be learning? The **Instructor** participants will be involved in a 4-day course that includes on-water instruction, a classroom session, and interactive learning with adults with disabilities. Instructors learn what disabilities are, how to work with people with disabilities, what adaptive equipment is available, and how to adapt. Instructors then participate in real-time instruction with a student, which involves making adaptations, a pool session, and an open water paddling session. In addition, instructors will have an opportunity to update paddling skills and practice rescue techniques.

Student participants will be involved in the last two days of the workshop. Students learn the basics of boating & paddling, practicing first in a pool and then on flat open water.

