

PADDLEABLE

ESP have made a commitment to PaddleAble

PaddleAble is all about developing an inclusive paddling community and overcoming the barriers faced by many with regard to participating in sport for fun, wellbeing and competition.

We believe kayaking can be an activity where those who face physical and mental challenges will be able to participate alongside their peers, and when on the water there is the potential for our differences to disappear.

In making a commitment to PaddleAble, Eastside Paddlers have undertaken to working towards catering for, and providing positive paddling opportunities for all participants.

We are:

- Making a commitment to being "disability **inclusive**."
- Adopting an inclusive approach and **culture**.
- Committed, to the best of our ability, to provide **opportunities** for people who face challenges.
- Undertaking, where possible, to modify kayaking **equipment** and to adapt activities to support paddlers who face challenges in their lives
- Ensuring our coaches receive "disability inclusive" **training**
- Checking and making a commitment to enhance our club **facilities** to support paddlers who face physical and mental challenges.
- Developing systems to support paddlers who have challenges to overcome.

PaddleAble informs all programs delivered by Eastside Paddlers .

In order to paddle with us you must be able to follow instruction, swim 50 metres in light clothing while wearing a buoyancy aid, be able to submerge and close your airways without taking in water, and be self transferring .

Disabled paddlers will generally start with our try learn explore program.

There are no charges for our programs. To pre-register, get in touch by clicking the link below and we will send you further details.

