



**American Canoe Association (ACA)
Adaptive Paddling Workshop (APW)
Student Registration & Outline**



Course Dates: Sept. 14-17, 2023	Location: Bay Cliff Health Camp, Big Bay, MI
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Are you interested in learning to kayak?

- Bay Cliff is hosting a FREE Adaptive Paddling Workshop! This is an opportunity for individuals with significant mobility impairments to receive kayak instruction from expert instructors.
- You will be paired with kayak instructors who are learning new skills to integrate individuals with mobility impairments into paddlesport programs.

WHAT WILL YOU LEARN?

- How to focus on your ABILITY to perform introductory paddling skills.
- How to adapt paddling equipment to compensate for loss of function due to a physical disability.
- Paddle Skills including: boat selection and fit, paddle strokes, safety and rescue, FUN!
- Attendance BOTH days is required.

WHAT IS INCLUDED?

- Saturday morning: boat fit and equipment adaptation – Bay Cliff Health Camp
- Saturday afternoon: Pool instruction including use of a lifejacket, boat stability, paddle strokes, wet exit (capsize) and rescue – Bay Cliff Health Camp
- Sunday: kayak outing at an inland water way – Lambros Park (Marquette)

Course Overview:

Date (2022)	Location	Time (end times approximate)
Day 3 Saturday, Sept 16	Bay Cliff	9:00 am – 4:30 pm
Day 4 Sunday, Sept 17	Lambros Park	10:00 am – 3:00 pm
Course Instructors: Nancy Uschold, John Tatro		

Fee: Free **Optional Room and Board:** *FREE* for student and PCA

Food: If staying on camp, meals are provided both days. For those not staying on camp, lunch is provided both days.

Cancellation Policy: If you need to cancel after you register, please let us know as soon as possible! The course depends on volunteers like you and is not successful without student volunteers.

Course Contact: Colleen McKay, APW Coordinator Bay Cliff Health Camp PO Box 310 Big Bay, MI 49808 Phone: 906.345.9314 Fax: 906.345.9890 Email: baycliff@baycliff.org Website: baycliff.org

Instructor Trainer: Nancy Uschold nancy.moveability@proton.me 906 458 2450



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Equipment To Bring:

Swimsuit / clothing that will get wet	Water bottle
Paddle Footwear: with a heel strap – will get wet	Sunscreen
Hat / sun-shading headwear	Sun Glasses (w/ strap)
Rainwear (No Ponchos)	Towels
Synthetic clothing (not cotton) that can get wet and / or for when on pool deck or land.	
Change of clothing and shoes for both days.	

Go to Page 3 for EEC and Page 4 for Registration

Attached Health History Form should also be returned as part of registration.



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Essential Eligibility Criteria (EEC)

All water-based programming participants (including all paddlesport programs) must acknowledge the ability to perform the following EEC*:

- Breathe independently (i.e. not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently hold head upright without head / neck support
- Manage personal care independently or with assistance of a companion
- Manage personal mobility independently or with a reasonable amount of assistance
- Follow instructions and effectively communicate independently or with the assistance of a companion

Paddlesports program participants must also acknowledge the ability to perform the following EEC:

- Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted life jacket
- Get in / out of a paddlecraft independently or with a reasonable amount of assistance
- Independently get out from under a capsized paddlecraft
- Re-enter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance
- Maintain a safe body position while attempting skills, activities, and rescues listed in the appropriate course outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation

*To participate as a student in the Adaptive Paddling Workshop, a participant must meet only the first six EEC listed above. The adaptive paddling program will include teaching and practicing the last five EEC listed above.



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Bay Cliff Registration Form*

Name / Pronouns:	Phone / Email:
How did you hear about this course?	
Disability / Mobility Impairment:	
Will you be bringing a PCA (personal care attendant) or family member?	
Please list any dietary needs or food allergies:	
Do you require any housing accommodations?	
Comments / Questions / Concerns:	
Signature:	Date:

***Please note:** This information is confidential. Email is not secure.
Please MAIL or FAX this form along with Health History to:
Fax: 906.345.9890
Bay Cliff Health Camp PO Box 310 Big Bay, MI 49808