

Contents

Preface v

Acknowledgments vii

- 1 Introduction 1**
Who Has a Disability? 1 • Why Canoeing or Kayaking? 1 •
References 3
- 2 General Guidelines 5**
What to Say 5 • What to Do 6 • Risk Management 7
- 3 Legal Requirements:
Accessibility of Facilities and Programs 9**
Basic Legal Requirements 9 • Facility Access 10 • Evaluating
Facilities 10 • Costs 12 • Accessibility at Launching and Landing
Sites 12 • Mobility Device Security 13 • Safety Issues 13 •
Program Access 13 • Integrated Setting 14 • Developing Essential
Eligibility Criteria 15 • Accessible Information 18 • References 19
- 4 Instructor Checklists 21**
Program Overview 21 • Medical Information Sheet 23 • Paddler's
Interview 25 • Location 27 • Preprogram Scouting 28
- 5 Equipping the Paddler 31**
Selecting Clothing 31 • Life Jackets or Personal Flotation Devices
(PFDs) 34 • Selecting Canoes and Kayaks 36 • Selecting a
Paddle 40 • Reference 42
- 6 Disabilities and Their Implications for
Paddling and Instruction 45**
Upper Limb (Arm and/or Hand) 46 • Upper-Limb Amputation 47 •
Trunk 49 • General Impairment of the Leg(s) 50 • Lower Limb (Leg
and/or Foot): People Using Wheelchairs 51 • Lower-Limb Amputa-
tion 54 • Hearing Impairment 56 • Visual Impairment 58 • Lung
Diseases 60 • Cognitive and Brain Function Impairment 61 • Post-
traumatic Stress Disorder (PTSD) 63 • Side Effects of Medication 65

7	Adaptation Principles	67
	Outfitting for Optimal Performance 69 • Five-Point Outfitting 69 • Stable Seating 70 • Mobility and Safety 74 • Skin Protection 74 • Wheelchair Seat Cushions and Paddling 75 • The Layering System 76 • Basic Tool Kit 79 • Building a Bulkhead 81	
8	Adaptations Based on Functional Impairments	83
	Upper Limb (Arm and Hand) 84 • Upper-Limb Amputation 89 • Trunk 91 • Lower Limb (Leg and Foot) 96 • Lower-Limb Amputation 98 • Low Vision or Blind 101 • Cognitive and Brain Function Impairment 102	
9	Rescues	103
	Self-Rescue 103 • Rescue Priorities 103 • Adaptations for Rolling 109 • Reference 110	
10	Transfers and Carries	111
	Transfers 111 • Carries 112 • Transfer and Carry Techniques 112 • Equipment 115	
11	Paddling Trips	117
	Ratio of Paddlers With and Without Disabilities 118 • Route Selection 118 • Taking Wheelchairs and Mobility Devices on Trips 118 • Wheelchairs and Mobility Devices on Portages 119 • Repair Kits 119 • Medications 119 • Personal Hygiene 119 • Interviewing a Potential Outfitter, Guide, or Organization Before Taking a Trip 121	
	Appendix A Resources 123	
	Appendix B Medical Information Sheet 126	
	Appendix C Paddler's Interview 129	
	Appendix D Skin: The Body's Biggest Organ System 131	
	Appendix E Spinal Column 133	
	Appendix F Universal River Signals 135	
	Glossary 137	
	Index 141	
	About the Author 145	
	About the Editor 147	
	About the Contributors 149	
	About the Organization 151	