



## What is Paracanoe?

Paracanoe is the international competition structure for people with physical disabilities. At the 2016 Paralympics paracanoe sprint events will be included for the first time in the programme. Races (to be confirmed) are likely to be the 200m kayak (K1) and 200m Va'a (V1). Due to paracanoe now being a Paralympics event it is expected that interest in paracanoe will increase from para athletes looking for a new sport.

*\*Va'a is the term used for a traditional Tahitian rudderless outrigger Canoe (Known in New Zealand as Waka Ama).*

## Para-Paddle Programme

Canoe Racing NZ and Waka Ama NZ, both affiliated to the ICF through their membership of the NZ Canoe Federation, are developing a para-paddle programme to support the expected increase in interest in paracanoe and to give para athletes the opportunity to try paracanoe which may lead to a pathway to the Paralympic Games.



NZ Para V1 George Thomas - World Va'a Champion



NZ Para K1 Scott Martlew 5<sup>th</sup> at World ICF Paracanoe Champs

### The programme will be targeting:

- Young New Zealanders, who can develop a love of sport and recreation that leads to a lifelong participation.
- Disabled New Zealanders who are keen to become paracanoeists.
- Canoe Racing NZ clubs and Waka Ama NZ clubs to deliver para-paddle. community
- Talent identification of para athletes for the high performance pathway

## Project outcomes

1. An increase of at least 25 paracanoeist's across the two sports (K1 & V1) in the first year.
2. Empower clubs to enable them to offer para-paddling to disabled persons
3. Raise awareness of para-paddling amongst disabled persons and the wider canoe community
4. Safety plans and procedures developed to ensure safe introduction of the sport at club and competition levels
5. Online resources available for disabled persons to make contact with local clubs to access the sport.

### Where can I find out more information:

[www.paralympics.org.nz/canoe.htm](http://www.paralympics.org.nz/canoe.htm)  
[www.canoeracing.org.nz/](http://www.canoeracing.org.nz/)  
[www.wakaama.co.nz](http://www.wakaama.co.nz)  
[www.canoecif.com/icf/Aboutoursport/Paracanoe.html](http://www.canoecif.com/icf/Aboutoursport/Paracanoe.html)

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