

Paddle-Ability Competitions

Paddle-Ability is the term used by British Canoeing to describe all Paddlesport activity for disabled people. The term focuses on a person's ability to take part in Paddlesport rather than their disability. British Canoeing encourages and supports anyone with any disability or impairment to participate in competition in specific Paddle-Ability events and mainstream competitions. Specific Paddle-Ability events are held at National Regattas in Nottingham from April to September. Racing is based on ability (in time bands).

Eligibility

- Paddle-Ability competition is open to any paddler with a disability/impairment or long- term disabling illness. This can be physical, sensory, or intellectual. **
- Competition will be divided by age (Junior and Senior) and gender.
- A Junior competitor is someone aged under 18 years on the 1st of January of the year in which the event takes place.
- Competition with a large number of younger paddlers, organisers may divide the competition further and provide an under 14 category, i.e., under 14 years on the 1st of January of the year in which the event takes place.

** If proof is needed, especially for those impairments which are "invisible", for example, Cystic fibrosis, Epilepsy, ADHD and ASD, a variety of documents may be submitted by the paddler. These include GP or Consultant letters, DLA or PIP papers, and SEN statements.

Boats and Equipment

- Competitors may race in any standard racing Kayak (K1 or K2), Canoe or Va'a
- Competitors may race in any straight-line running boat, which may be suitable as a beginner's racing boat which may be more stable than a standard racing boat.
- Any physical adjustment may be made to the boat, which is required to meet the competitors' additional needs. For example, an outrigger may be placed on a standard racing kayak to aid stability if needed.
- Any adjustment may be made to a paddle or buoyancy aid to meet the competitors' additional needs.
- A Kayak may be raced with or without a rudder, and a rudder may be immobilised if required. However, a Canoe or Va'a must be raced without a rudder.
- Any athlete wishing to be considered for Paracanoe racing, must have a National Paracanoe Classification, and must compete in a boat which meets the Paracanoe dimensions.

Safety

- Buoyancy aids that meet the minimum standard of BS EN ISO 12402-5. must be worn by all competitors under the age of 18, and by all competitors who do not have a strong swimming ability.
- Escort boats may be provided to assist competitors to the start line.
- Escort boats may follow the race down the course, but the support paddler must not coach the competitor.

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Safety Cont'd

- Support paddlers must not cross the finish line until **all** competitors have finished.
- Escort boats will be expected to wear yellow escort bibs.
- All boats must have suitable buoyancy (see Sprint Competition Rules 11.1 to 11.8)
It is the responsibility of the coaches and team leaders to ensure that there is adequate buoyancy in their competitors' boats.

Paddle-Ability available events, when there are sufficient competitors are: -

K1: 200m, 500m K2: 200m, 500m,
V1: 200m, 500m.

The National Regattas with Paddle-Ability events, can be found on this link:
<https://canoesprint.org.uk/all-events/upcoming-events/>

Entries for National Regattas must be submitted, in advance (at least two weeks), with other club entries via the Club Team Leaders. If your club does not already have an appointed Sprint team leader, please contact: Gregory.vanheerden@britishcanoeing.org.uk

Further Paddle-Ability, information, including the full rules, 500m & 200m time bands for Canoe/Va'a are on the SRC website via this link: [Paddle-Ability – Canoe Sprint Racing UK](#)

More information about Paracanoe Classifications can be seen on this link:
<https://www.britishcanoeing.org.uk/olympic-paralympic/paracanoe-intro/paracanoe-classification>.

Paddle-Ability Time bands for Kayak 500 metres

Time band	Men	Junior Men	Women	Junior Women
A	2:16 *	2:26 *	2:32 *	2:40 *
B	2:31	2:41	2:47	2:55
C	2:51	3:01	3:07	3:15
D	3:16	3:26	3:32	3:40
E	3:46	3:56	4:02	4:10
F	4:16	4:26	4:32	4:40
G	4:46	4:56	5:02	5:10
H	5:16	5:26	5:32	5:40
I	5:46	5:56	6:02	6:10
J	6:16	6:26	6:32	6:40

*= this is the time standard for competitors in Paddle-Ability to cross over into the Main Regatta Competition in Band D if they wish to do so.

As there are no specific Paracanoe 500 metre races at present, Paracanoe competitors can follow the same path as Paddle-Ability to cross over into the Main Regatta

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Competition.

For paddlers who are aiming to progress further in the main National Regatta the following are the Time Standards for Band C.

To compete in main National Regatta Band C, Male Para or Paddle-Ability competitors must achieve a time of 2:06, whilst Female Para or Paddle-Ability competitors must achieve a time of 2:22.

To compete in main National Regatta Band C, Junior Male Para or Paddle-Ability competitors must achieve a time of 2:16, whilst Junior Female competitors must achieve a time of 2:32.

NOTE: all competitors entering Paddle-Ability competition at National Regattas must have posted a 500m time of 4 minutes or less.

Paddle-Ability Time bands for Kayak 200 metres

Time band	Men	Junior Men	Women	Junior Women
A	:49 *	:52 *	:54 *	:57 *
B	:57	1:00	1:02	1:05
C	1:05	1:08	1:10	1:13
D	1:15	1:18	1:20	1:23
E	1:25	1:28	1:30	1:33
F	1:37	1:40	1:42	1:45
G	1:49	1:52	1:54	1:57
H	2:03	2:06	2:08	2:11
I	2:17	2:20	2:22	2:25
J	2:33	2:36	2:38	2:41
K	2:49	2:52	2:54	2:57

* = This is the time standard for any competitors in Paddle-Ability to cross over into main National Regatta Competition in Band D if they wish to do so.

:49 seconds = entry level for KL3 Men to Paracanoe competition at National Regattas

:52 seconds = entry level for KL2 Men to Paracanoe competition at National Regattas.

:58 seconds = entry level for KL1 Men to Paracanoe competition at National Regattas.

:59 seconds = entry level for KL3 Women to Paracanoe competition at National Regattas

1:01 = entry level for KL2 Women to Paracanoe competition at National Regattas.

1:06 = entry level for KL1 Women to Paracanoe competition at National Regattas

NOTE: all competitors entering Paddle-Ability competition at National Regattas must have posted a 200m time of 2 minutes 30 seconds or less.