

Paracanoe easy presentation



- The field of play
- The boats
- The paddle
- Adaptations
- How to begin



The Field of Play 1

- Any place with flat water :
river, lake, laguna...
- Competition course :
200 m long, straight. One
start line and one finishing
line marked by 4 buoys is
enough to begin the first
races



The field of Play 2

- 8 or 9 lanes marked with buoys every 10 m
- 9 m wide
- Automatic system start, waiting for the Ready.... Set Go order
- 200 m to go to the finishing line



The boats : kayak = K1



The boats : va'a= V1



Boats specifications

Boats	Kayak	Va'a
Max. length (cm)	520	730
Min. width (cm)	50*	
Min. weight (kg)	12	13**

Note:

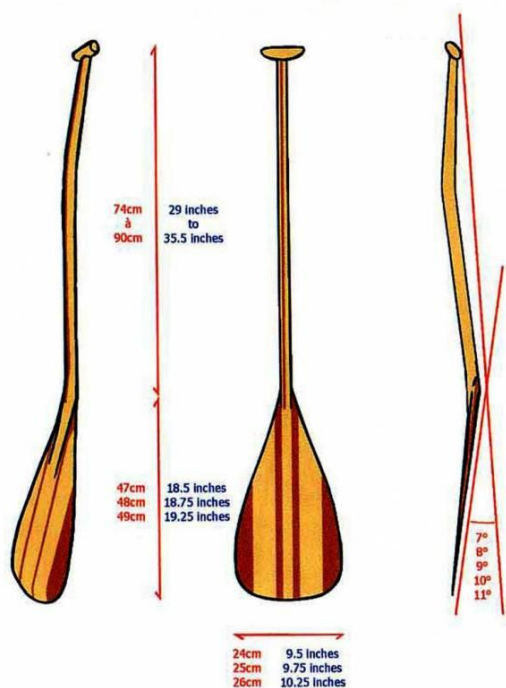
* measured 10 cm from the bottom of the hull

**Including hull, ama & iato

Kayak Paddle : double blade flat or wing shape



Va'a Paddle : single blade



Adaptations to fit in the boat and transfer the power



How to begin : paddling is a common worldwide skill...



Paracanoe technique

- Paracanoe follows the same biomechanic rules.
- Key point is how to fit in the boat, feel the balance, how to transfer the power with My Abilities
- Don't hesitate to use stable boats, team boats, and take the time to learn the « good » technique before using the « paralympic standard »

With paracanoe, have pleasure to improve abilities and feel speed on the water!

