

Project Spotlight



National Rehabilitation Hospital

Canoeing Ireland have been collaborating with the National Rehabilitation Hospital with the inclusion of kayaking as a rehabilitation and therapeutic exercise in the new state-of-the-art aquatic physiotherapy pool at the NRH.

We have had a fantastic experience so far opening up the world of paddle sports to the patients of the NRH and assisting to connect interested patients with opportunities in their home communities.



The Canoeing Ireland PaddleAble initiative aims to provide more opportunities for people with disabilities to find longevity in paddle sports within their community. Take a look at our ambassadors videos here to take a look at how they joined paddle sports and be inspired.



Contact Us

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For more visit canoe.ie

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COME TRY PADDLE SPORTS

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New To Paddle Sports?



Paddle sport is for everybody and there are many ways to enjoy the sport, both competitively and recreationally.

Everybody begins kayaking or canoeing in wider, more stable boats until they are comfortable to use the smaller, more technical shaped boats such as the two types of boat used in ParaCanoe racing - the K1 & Va'a.

Getting Started

There are a wide range of clubs and activity providers in Ireland. They are all a part of the Canoeing Ireland community and they will have varying facilities and equipment capacities. Our goal is to help you find the right opportunities.



Step 1

You can make contact with the club or activity provider through their contact details on the map on canoe.ie, or follow step 2...

Step 2

To assist with finding the best introductory opportunity near you, contact us at: emer@canoe.ie to let us know you are interested in trying the sport. The team will help to make introductions and answer any specific questions you may have.

Step 3

If you think you will need to use adaptive equipment to help you get started, mention this to our team and they will talk through the options with you. We will do our best to connect you with an accessible paddling option, whether you aim to compete in Paracanoe Racing, participate in other disciplines and competitions or enjoy paddlesports recreationally.

Equipment

There is a range of adaptive equipment to assist with accessing paddlesports for all abilities, including upper limb disabilities and restrictions.

