

Wheels to Water 2019:

National Celebration of Para Water Sport and Para Cycling



Clyde Muirshiel
REGIONAL PARK

Wheels 2 Water 2019

Funding Support from:



Partners:



Clyde Muirshiel Regional Park's Castle Semple Centre, Scottish Disability Sport our wonderful partners invite you to join them in a celebration of para water sport and para cycling.

If you have a physical or sensory disability come and try the sports below with friends and family.

Canoeing - Cycling – Sailing - Kayaking - Power-boating – Hand cycling

Venue: Clyde Muirshiel Regional Park, Castle Semple Visitor Centre, Lochlip Road, Lochwinnoch, PA12 4EA

Date: Saturday 8th June 2019

Time: 11.00am - 3.30pm

If you would like to book, please complete this form and return to activities@clydemuirshiel.co.uk

Alternatively if you would like further information please contact Castle Semple on 01505 842 882

NB Booking essential

WHEELS TO WATER: NATIONAL CELEBRATION OF PARA WATER SPORT AND PARA CYCLING

Following three successful para sport events since 2015, Scottish Disability Sport and Clyde Muirshiel Regional Park invite you to join us in this year's exciting National Celebration of Para Water Sport and Para Cycling (Wheels to Water event).

Once again, we have partnered with NDCS, Scottish Cycling, Scottish Canoe Association, Royal Yachting Association Scotland to offer people with physical and sensory disabilities the chance to try different sports with family and friends.

Come and join us in this unique opportunity to try any or all of these sports for free.

To see what we have in store for you, watch [2016's video](#) on Youtube.

Venue: Clyde Muirshiel Regional Park
Castle Semple Centre
Lochwinnoch PA12 4EA
Date: Saturday 8th June 2019
Time: 11.00am - 3.30pm
Cost: FREE

Sports on offer are cycling (adapted bikes), sailing, rowing, kayaking, power-boating, canoeing and handcycling

You don't need to try all the sports, let us know which sports you would like to experience and if you would like to continue the sport after the event Scottish Disability Sport will support you to find the right inclusive club.

It is essential to book your place as numbers for all activities are limited. The closing date for registration is Friday 24th May 2019

Please see further information and the application process in the application pack.

Some sports have age limits, as follows:

- Cycling: 10+ years (this can include side by side, hand bike, trike, mountain trike)
- Canoeing: 10+ years (this may include canoe raft or bell boat)
- Kayaking: 10+ years
- Power-boating: 10+ years, participants can stay in their wheel chairs, power chair users may need to transfer to a manual one due to the weight of a power chair.
- Sailing

APPLICATION PACK

We are delighted you are joining us in the Celebration of Para Water Sport and Para Cycling in the beautiful location of Clyde Muirshiel Regional Park and we hope you have an enjoyable day with us. The purpose of this day is to introduce people with physical, hearing and visual impairments to a range of sports and offer further opportunities in any sports they feel they would like to pursue.

Scottish Disability Sport and partners will support participants to find out more information on what opportunities are available in your area to progress in your chosen sport.

Qualified, experienced, club coaches will be delivering the sessions.

If you would like more information regarding sports before or after the event please telephone Castle Semple Centre 01505 842 882

Please ensure you bring a change of clothing in case you need to change. There is a fully accessible changing facility in the Visitor Centre with hoist and changing bed available

Should you require the use of a portable hoist please bring your **Oxford type slings** that you use on a daily basis, to allow us to meet your needs on the day. Only Oxford slings and loops are compatible with the hoists available in the changing/toilet facility and the pontoon Hoists. The Centre has some Oxford type slings should you not have this type.

ARRIVAL

Car parking is available at the Centre. Extensive extra parking will be allocated for people taking part in this event with level access to the Centre.

For public transport information please see the Clyde Muirshiel Regional Park website:

<http://www.clydemuirshiel.co.uk/park-sites/castle-semple/>

Please note: if coming by train from Glasgow there is a set of stairs to get off the Lochwinnoch platform and chair users or those who need assistance are advised to contact Scotrail to make arrangements. This may mean travelling on to Kilwinning and returning by taxi.

Registration will be situated within the Castle Semple Centre Café - please register when you arrive.

When you arrive, you will be given information on the session times you have registered with.

MORE INFORMATION ON AVAILABLE ACTIVITIES

CYCLING

Cycling is a sport that offers many positive features - healthy sociable and fun, the sport is open to all ages, abilities and disabilities. At performance level, speed, fitness and endurance are all characteristics needed for cycling, a sport that has been included in the Paralympic Games programme since Seoul 1988. The sport of disability cycling is currently contested in over 70 countries at elite level.

Scotland has a strong tradition of disability cycling with representation at the Paralympics in Athens 2004, Beijing 2008, London 2012 and Rio 2016.

There are four sessions of cycling available on the day. There are a variety of adapted cycles on offer for participants to use. There are various routes to cycle at the Park. The cycle leaders will determine the best

route depending on the ability of cyclists.

Castle Semple are offering hand cycling and trike cycling. The trike cycling is suitable for anyone who can pedal a bike with their legs but may need the balance support given by a 3-wheel trike. The hand cycles come in various styles from upright basic to fully recumbent racing machines. Ideal for chair users who can transfer themselves and are looking for a sportier experience.

CANOEING

Canoeing offers something for everyone – whether you want the thrill of descending steep white water burns and rivers or whether you enjoy the sea or the tranquillity of an inland loch and the opportunities it provides to study wildlife or just to get away from the daily routine. There are also opportunities to take part in competitive disciplines – both team and individual.



Canoeing allows family and friends to get some exercise and is therapeutic for both mind and body. More importantly, canoeing is pleasurable and fun! To promote and develop opportunities for people with a disability to go canoeing British Canoeing uses the concept and term Paddle-Ability. Paddle-Ability focuses on the individuals' ability in canoeing rather than any disability.

Much like its Olympic counterpart, para canoeing is the term used for flat water sprint racing for athletes with a disability where paddlers race in a straight line for fixed distance of 200m.

Para canoe has newly been introduced as a discipline for the 2016 Paralympic Games so there is a strong emphasis on development.



Canoes, kayaks and bell boats will be available on the day to try. These can be outfitted with a variety of specialised equipment to help anyone take as much of an active role as they wish.

SAILING



Boating is inspiring, challenging, enjoyable and fun. RYA Scotland offers a range of opportunities for people with disabilities to experience being on the water in a safe and supportive environment.

Sailing for people with disabilities became popular during the 1980s and in 1988 the International Handicap Sailing Committee was formed. In 1991, the International Sailing Federation recognised the IHSC and the organisation was re-named the International Foundation for Disabled Sailing which remains the international

organisation today.



The RYA Scotland's overarching objective is to increase participation in all forms of boating which includes sailing and motor cruising, dinghy sailing, windsurfing, powerboating and personal watercraft. They work closely with clubs and training centres to ensure that they are accessible as possible for people with disabilities.

Adapted boats will be available, and the sessions will be led by expert sailing instructors.

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Registration Form

In order for us to meet your needs, please provide us with as much information as you can in the registration form below. *Please bring a change of clothes with you on the day.*

Name			
Address			
Email			
Phone			
Age			
Weight category	Under 8 st / 50 kg		<input type="checkbox"/>
	8 st - 10 st 13 lbs / 50 - 69 kg		<input type="checkbox"/>
	11 st - 13 st 13 lbs / 70 - 88 kg		<input type="checkbox"/>
	14 st - 16 st 13 lbs / 89 - 106 kg	<input type="checkbox"/>	Max Weight for Sailing 15st
	17 st + / 107 kg +		<input type="checkbox"/>
Disability			
Additional support needs			
Interest in sport / previous experience			
Do you require the use of a portable hoist to transfer you to and from your chair?			
Yes <input type="checkbox"/>		No <input type="checkbox"/>	
<i>*If yes, please remember to bring your own sling</i>			
Please indicate your choice of sports in order of preference below (1-6 with 1 your first choice):			
Canoeing	<input type="checkbox"/>	Power-boating	<input type="checkbox"/>
Sailing	<input type="checkbox"/>	Kayaking	<input type="checkbox"/>
Cycling	<input type="checkbox"/>	Handcycle 5km	<input type="checkbox"/>

Continues...

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DECLARATION OF MEDICAL CONDITIONS

I, _____ wish to participate in the activities provided at the National Celebration of Para Sport Event on 8 June 2019. I understand that I am required to state any known medical conditions that may compromise my safety in the activities. I understand that I also must state the current management for my condition/s.

Please provide information on any medical conditions and/or disability you have:

Are you subject to any sudden illnesses, for example fits that require urgent treatment? If so, what tablets, injections or treatment do you require?

Allergies and any treatment:

Medication:

Signature

Signature of parent/guardian if under age 18

Please note – given the nature of the event, photos and video will be taken during the day and may be used for promotional purposes including social media. For a full privacy policy see the link below.

<http://www.renfrewshire.gov.uk/privacypolicy>

**Please return your completed form to activities@clydemuirshiel.co.uk
by Friday 24th May 2019**