



Kayaking

Kayaking is both an indoor and outdoor water activity. With modification, kayaking can be beneficial for Soldiers who possess stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Adaptive Reconditioning team will screen each Soldier for participation in kayaking.

Resources are provided by:

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Local Team River Runners Chapter (or similar organization)
- Morale, Welfare and Recreation (MWR) program

Team River Runners (www.teamriverrunner.org), a non-profit that provides adaptive paddling programs for wounded, ill and injured Soldiers and Veterans, has 45 locations across the country. Each AR team will connect with Team River Runners (or a similar organization if there is no local chapter) to coordinate activities and equipment use.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources provided:

- Kayaks /adaptive kayaks
- Personal flotation devices
- Oars
- Water proof bags
- Two-way radios (in case of emergency)

Equipment/resources Soldier brings:

- Swimsuit
- Water shoes
- Sunscreen
- Goggles
- Towel
- Change of clothing
- Each AR team will notify Soldiers if there is other equipment needed (weather dependent)

Location(s):

- Morale, Welfare and Recreation (MWR) indoor pool – Initial instruction must take place in an indoor pool with certified instructors
- Local indoor pool
- River, lake, ocean - Team River Runner will identify appropriate outdoor location for kayaking
- *Costs may be associated (use of pool and equipment)