



Make A Difference Today

As a VAVS Kayaking Volunteer, you will be a vital part of a healthcare network helping to improve the lives of our Nation's veterans.

Please join VAVS as a volunteer today. For more information on volunteering with the Adaptive Kayaking program or other volunteer opportunities, please contact the Voluntary Service office at your local VA facility.

Contact Info:



Or visit these websites at:
www.teamriverrunner.org
www.volunteer.va.gov

Department of Veterans Affairs
Washington, D.C. 20420

OFFICIAL BUSINESS
Penalty for private use \$300



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Volunteer with VA Adaptive Kayaking



Changing Veterans' Lives One Splash at a Time

2008



What is Adaptive Kayaking?

Adaptive Kayaking is using standard or adaptive equipment, or adjusting the skills necessary, so that veterans with disabilities, impairments, or injuries can participate in the sport of kayaking as a recreational activity on a "level paddling field" with their non-disabled peers.

VA Partnerships for Adaptive Kayaking

The Department of Veterans Affairs has joined together with Team River Runner (TRR), a non-profit organization that helps veterans in various stages of recovery at military and VA hospitals find health, healing, and new challenges through the sport of kayaking.

Adaptive kayaking is a very beneficial therapeutic activity that can help veterans with a wide range of diagnosis, such as:

- Spinal Cord Injuries
- Paralysis
- Slight Impairments
- Traumatic Brain Injury
- Amputations
- Post Traumatic Stress Disorder

Benefits of Adaptive Kayaking

Adaptive Kayaking offers many benefits for those with disabilities or injuries, such as:

- Allows for Independence
- Builds Strength and Endurance
- Builds Courage and Self-Reliance
- Builds Friendships and Teamwork
- Increases Mobility
- Provides a Sense of Freedom
- Fulfills Competitive and Adventure Needs
- Provides the Opportunity to Connect with the Healing Elements of Water and Nature

Do You Paddle?

We are seeking volunteer paddlers from the local community to assist and train others in Adaptive Kayaking. Training takes place at indoor heated swimming pools. Once the basic skills are developed and training is successfully completed, the kayaker will be able to progress to places such as canals, lakes, and rivers.

Experienced paddlers are a vital asset in making the Adaptive Kayaking program successful for the disabled participants, and would be:

- Experienced with Kayaking Equipment
- Familiar with the Local Area
- Skilled in Kayaking
- Familiar with and Appreciate all of the Safety Aspects of Kayaking

Non-Paddler Volunteers are also Needed

Volunteers are needed to assist with many other aspects of the Adaptive Kayaking program, even if you are not a paddler. We are seeking volunteers to serve as:

- Deck Hands to Assist with Equipment
- People to provide or Assist with Meals and Drinks
- Drivers for Participants to and from Sites
- Greeters to Meet Participants and Volunteers at each Activity or Outing

