Canoeing and kayaking are popular water-based activities that can be enjoyed by people of all abilities as a social/recreational/fitness activity or as a competitive sport. Canoeing and kayaking involve small water craft that can seat one to four people who propel the canoe or kayak with paddles. Canoeing and kayaking are a great way to escape and explore due to their low impact, affordability and mobility.

Australian Canoeing and Queensland Canoeing are committed to including people with a disability. Members are encouraged to attend local Paddleability or come and try days, or join their local club to take advantage of coaching, training and competition opportunities.

**Development**

Coaching and development opportunities are provided through local clubs and governing bodies for the sport. Australian Canoeing currently coordinates a High Performance squad on the Gold Coast.

**Competition opportunities and pathways**

There are many disciplines including sprint, slalom, whitewater, ocean and canoe polo. Para-canoe is one of the newest Paralympic sports, debuting at the 2016 Paralympics. Para-canoeists can also compete in national and world championships, with further events being developed at state and local level.

**Equipment**

There is a wide variety of canoes and kayaks, including some with fixed seating and specialised controls. Personal flotation devices are recommended at all times. Local clubs can assist with equipment for beginners and advice on purchasing your own. Para-canoeists identified in talent squads have access to specialised equipment through Australian Canoeing.

**Other roles**

You don’t have to canoe or kayak to be involved. You can make a contribution as a club volunteer, coach, team manager, official, administrator of the sport or as an enthusiastic supporter.

For more information, contact Queensland Canoeing on (07) 3899 1667 or email: qld@canoe.org.au