

Rolling in the Deep

Let's get wet in Bowling Green!



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Adaptive Watersports

Warren County has several ongoing programs for inclusive recreation. In 2020, they received a Wellness Edge grant to expand those offerings to include watersports. One of the key elements of the program was to make the Drake's Creek access at Phil Moore Park accessible to people in wheelchairs and with other mobility impairments. They also used grant funds to purchase equipment that visitors can borrow, rent-free, to allow them a chance to play in the water.



Long-term upgrades

While some of the grant funds were spent on equipment which is prone to breaking and wearing out over time, Warren County also made upgrades to the docks and to stabilize the grass walkways that will offer better access for people with disabilities for decades to come.



Lots of opportunities

The site upgrades aren't just for kayakers. They make it safer and easier for anyone looking to boat, fish from the dock, or other water fun to participate independently.

Warren County Parks and Recreation

The mission of the Warren County Parks and Recreation Department is to provide diverse and equitable recreational opportunities and programming to all citizens, youth, families, and visitors to Warren County to enhance their quality-of-life experiences through both passive and active recreational activities.

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Assistive technology for kayaking

Challenge: Getting to the water. The Parks Department encourages the use of Drake's Creek and the Barren River for water fun but the ground can be uneven or muddy which can make access difficult and even unsafe.

The Parks Department installed access matting along the creek banks. There are many types and styles of matting but they cover the grass and dirt to help provide a more stable walking surface. Manufactured from flexible plastic, access mats often have a grid pattern for extra traction and to allow grass to grow through. The grass hides the netting and also helps to stabilize it in place.

Challenge: Finding equipment. People with diverse needs need diverse equipment so that they have options to enjoy the outdoors. Standard equipment tries to fit a wide range of users but some folks need a little extra support.

Warren County's Adaptive Watersports program currently has bellykaks, waterwheels, and kayaks available along with some accessories for users who need them.

A bellykay is a lot like paddling a surfboard. The user lays on their stomach and uses their arms to paddle through the water. It works well for people who can use their arms but not their legs and keeps the center of gravity low to reduce the risk of flipping over. The open top makes it easy to get on and off of at the edge of the water.



The WaterWheels Floating Beach Wheelchair is a lounge chair that can be rolled straight in to the water over any terrain thanks to its large PVC wheels. The design keeps the user in an upright, seated position. It is more convenient than other small boats or floatation devices; the wheels remain attached so that the rider can get out on shore for a picnic lunch or to return to their vehicle.

Kayaks require some balance and trunk muscle strength, especially while paddling. They are also easy to flip over in the water and can be hard to get in and out of. To help combat this, companies have developed outriggers. The outriggers attach to one or both sides of the kayak and make it much more stable in the water.



Learn more about adaptive kayaking

adaptivesports.org

angleoar.com/adaptive-paddling



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