

Accessibility

At **Kayak in Grundsund** we accept you and ourselves as we are. However to be able to assist you best way possible we need to know if you have any special needs or disabilities to cater for.

We want to meet your needs in a proper way. Our idea is to help all persons that want to paddle to get into a paddling reality.

Using a hearing aid will work properly above the surface... Just use a rain hat if water comes pouring from above. Sign language is not our language but we are good at body language. At sea it is often easier to "be heard" using the body.

Week eyes will need a Twin kayak and a guide, or a friend, to navigate and to make decisions. Maybe a single kayak will be the solution at a very calm day in sheltered surroundings, beside a paddling friend.

If you have any disabilities in arms or legs, then the Twin kayak and a guide or friend onboard will be a brilliant solution.

Is there any struggle to sit then we try to find ways to get into comfort and stability.

Backs will often turn into healthier behavior by kayak paddling. The stroke of the paddle blade thru the water, the rotation in the spine that takes part will be vitalizing for all of the core muscles. The planed length of the trip will probably need to be modified to the backs health. "Short and often" is a good idea about this kind of medicine.

Welcome as you are.