Hadley

Boating and Open Water Swimming Sample

It’s a beautiful day, the water is fine, and the waves are gently splashing on the shore. If this puts you in the mood to go out on the river, the lake, or the wide-open sea for some fun and exercise, you’ve come to the right place. Check out these tips to help you enjoy paddling or rowing, surfing, swimming, or other open water sports, no matter your level of vision. To get started, here are a few basics to keep in mind.

First, for any open water sport, going with a buddy or a guide is always a good idea. If you don’t yet have a water-loving friend who wants to join in, look into local clubs and organizations. There are many sporting groups that help people who are visually impaired including rowing or surfing clubs, open water swim teams, and more. They can offer guides and helpful techniques, and they can tell you about safety needs and rules. Check out the Resource section for more information.

(Narrator): Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your email address, name, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you'd prefer to talk through these questions, we are just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus it connects you to the Hadley community and helps sustain our funding to keep Hadley free-of-charge. And last but not least, it gives you direct access to the Hadley team. So now is your chance to sign up and join us.