

# PARA ROWING CLASSIFICATION

## Do you know someone who may be interested in Para rowing?

Rowing Canada Aviron offers opportunities for athletes with physical and visual impairments to train and compete. Para athletes can compete in 3 rowing classifications depending on their specific impairment.

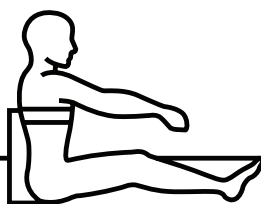
## What impairments classify?

- Impaired muscle power (dystrophy, paraplegia)
- Impaired passive range of movement
- Hypertonia (too much muscle tone)
- Limb deficiency (including digits)
- Ataxia (anything impacting coordination, balance, or speech due to stroke, brain injury, brain tumour or hereditary)
- Leg length difference
- Visual impairments

**PR1**

### PARA ROWING 1

Formerly known as arms & shoulders



For athletes with spinal cord injury, cerebral palsy, brain injury or stroke; is a wheelchair user; seating: upright fixed

Rowers use arms and shoulders and are unable to use trunk, or legs to push a sliding seat.

**PR2**

### PARA ROWING 2

Formerly known as trunk and arms



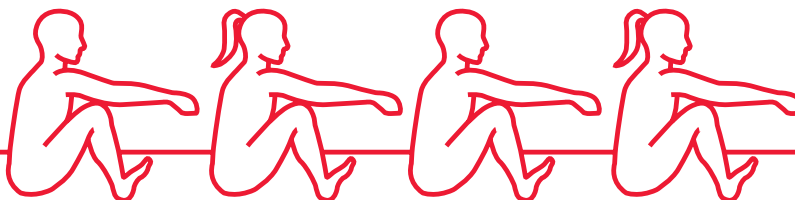
For athletes with limb loss/deficiency (double above knee), muscle strength loss in both legs, cerebral palsy, brain injury or stroke which affects both legs or one side of body. Seating: fixed

Rowers use trunk and arms and are unable to use their legs to push a sliding seat. Strapping around the legs provides stability.

**PR3**

### PARA ROWING 3

Formerly known as legs, trunk and arms



For athletes with limb loss, muscle strength loss, cerebral palsy, brain injury, stroke, ms, visual impairment. Seating: sliding seat

Rowers use legs, trunk and arms and can push a sliding seat.