

## Para-Rowing Information Sheet

### About the Sport

Para-Rowing was included for the first time in the Paralympic program in 2008. Para-rowing, it is open to athletes with a physical impairment or vision impairment in sweep rowing or sculling disciplines.

The hull of the adaptive rowing boat is identical to Olympic boats. Para-rowing boats are equipped with specialised seats, which vary according to the disability of the rower. The P3 rowers, the least impaired class, use a sliding seat and all other boat classes have fixed seats and may use some support on the seat to assist the rowers sitting balance. Smaller boats are equipped with buoyancy devices called pontoons, which act as stabiliser attached to the boats riggers, providing additional lateral balance.

### Who can compete?

Para-Rowing is open to athletes with a vision or physical impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Leg: Loss of half of one foot. Arm: Full loss of three fingers in one hand.
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	Leg: Loss of strength in a hip, knee or ankle that impacts on rowing. Arm: Loss of strength in a shoulder, elbow, wrist or fingers that impacts on rowing.
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg

Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Leg: Joint movement restriction in one hip, knee or ankle that impacts on rowing. Arm: Joint movement restriction in one shoulder, elbow, wrist or fingers that impacts on rowing
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.

## Para-Rowing Sport Classes

(PR=Para-Rowing)

Sport Class	Description (Guide Only)
PR1	Athletes with the most significant physical impairments. Rowers use their arms and shoulders to accelerate the boat, as they have minimal use of their torso and legs. Athletes use strapping around their torso to provide support and stability in the boat. PR1 rowers compete in Single Sculls.
PR2	Rowers use their torso and arms to accelerate the boat. Rowers are unable to use their legs or a sliding seat during stroke. PR2 rowers compete in Double Sculls (Mixed).
PR3	Rowers may have a physical (PR3 - PD) or vision impairment (PR3-VI). Rowers are able to use their arms, torso and legs and can use a sliding seat during stroke. Rowers with a vision impairment wear a blindfold when competing. PR3 rowers compete in Coxed Four (Mixed).
Not Eligible (NE)	Athletes do not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Rowing Australia for more information.

## Find out more

To get involved or for more information contact:

[Rowing Australia](http://www.rowingaustralia.com.au)

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**E:** [jloveday@rowingaustralia.com.au](mailto:jloveday@rowingaustralia.com.au)

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.

