

BRITISHROWING

Applying for Adaptive Classification

The purpose of this document is to provide guidance to Athletes applying for Classification; the process, what you will need and what to expect.

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British Rowing adopts the FISA/World Rowing Para-Rowing system of classification which places rowers into classes according to how much their impairment impacts on rowing.

Step 1: National recognised classes:

Note: Rowers who do not meet the international rowing classification criteria may be eligible for a national Adaptive Rowing Classification:

1. AR1 – Adaptive Rower (Upright Seat)
2. AR2 – Adaptive Rower (Fixed Seat)
3. AR3-LI – Adaptive Rower (Sliding Seat - Learning Impairment)
4. AR3-PI – Adaptive Rower (Sliding Seat - Physical Impairment)

Step 2: Internationally recognised classes:

1. PR1 – Para Rower (Arms and Shoulders)
2. PR2 - Para Rower (Trunk and Arms)
3. PR3-VI - Para Rower (Legs, Trunk, Arms & Visual Impairment)
4. PR3-PI - Para Rower (Legs, Trunk, Arms & Physical Impairment)

A classified Para-Rower can race in the corresponding Adaptive Rower Sport Class, but an Adaptive Rower cannot race in a British Rowing classified Para-Rower Sport class including international competitions.

Pre-requisites for Classification

Athletes seeking to be classified as an Adaptive Rower or Para-Rower, must present to the classification panel:

- A completed Medical Declaration Application Form
- A signed letter or documentation from a Medical Doctor confirming a clear medical diagnosis of the physical disability, the date of injury, and the functional effect the injury has on the rower.
- Rowers with Visual Impairment must provide proof of prior International Blind Sports Association (IBSA) classification with a sport class or have their Ophthalmologist/Optommetrist complete the Vision Qualification Form.

For rowers with a Visual Impairment, the British Rowing Head of Classification will review all paperwork. A functional assessment is not required.

All Paperwork should be submitted to the Head of Classification **two months** prior to a classification opportunity.

What health conditions are eligible for Classification in Para-Rowing?

Eligibility is determined through evidence of a health impairment which has resulted in a **permanent and verifiable activity limitation**. This must be supported by medical documentation signed and dated by a medical doctor.

Impairment		Examples of health conditions
Vision Impairment		Albinism, Retinitis Pigmentosa, macular or rod cone dystrophy
Physical Impairment	Limb loss or deficiency	Amputation from trauma, cancer, Limb deficiency from birth
	Loss of muscle strength	Spinal cord injury, Spina Bifida, Transverse Myelitis, Sacral Agenesis, Spinal Tumours, Erb's Palsy, Muscular dystrophy
	Hypertonia Ataxia Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumour, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis or other conditions where hypertonia (spasticity, rigidity or dystonia),
	Joint movement restrictions	Arthrogryposis, Talipes Equinovarus, joint fusions

What is the Minimal Disability Criteria?

Specific criteria applied for Para-Rowing to determine if a person's disability results in sufficient limitation to be eligible. This is called the **minimal disability criteria**.

Permanent and Verifiable Impairment Type	Examples of health condition (diagnosis) likely to cause such impairment	
Vision Impairment	Visual acuity less than or equal to 6/60 (log MAR 1.0); or visual field is less than 20 degrees radius in both eyes with best corrected vision.	
Physical Impairment	Limb loss or deficiency	Leg: Loss of half of one foot. Arm: Full loss of three fingers in one hand.
	Loss of muscle strength	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.
	Hypertonia Ataxia Athetosis	Hypertonia (Spasticity, Rigidity or Dystonia), Ataxia or Athetosis that affect coordination in at least one joint.
	Joint movement restrictions	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.

What are the Para-Rowing classes?

The list below is intended as a guide only. Only authorised classifiers are able to provide a formal classification.

Class Examples	
PR3	<p>Rowers with an eligible impairment, who have functional use of their legs, trunk and arms for rowing, and who can utilise the sliding seat will be assigned to the PR3 class after being evaluated by a British Rowing Classification Panel. This may include rowers with a visual impairment.</p> <ul style="list-style-type: none"> - Limb loss or deficiency, at least full loss of three fingers on one hand, or at least a tarsal metatarsal amputation of the foot, - Loss of muscle strength e.g., equivalent to incomplete spinal cord injury at S1 - Minimal ataxia, athetosis, hypertonia. e.g., cerebral palsy, brain injury, stroke or multiple sclerosis
PR2	<p>PR2 rowers demonstrate rowing-specific impairment primarily affecting the leg drive. PR2 rowers demonstrate significant limitations in the ability to use the sliding seat to propel the boat and therefore, use fixed-seat to compete in competition.</p> <ul style="list-style-type: none"> - Limb loss or deficiency equivalent to a double above leg amputation - Significant muscle strength loss in both legs equivalent to complete spinal cord injury at L3 level or incomplete lesion at L1 - Ataxia, athetosis or hypertonia from CP, brain injury or stroke which affects both legs or one side of the body
PR1	<p>PR1 rowers will demonstrate rowing-specific impairment affecting both the trunk swing and leg drive. PR1 rowers demonstrate significant limitations in the ability to use the sliding seat to propel the boat and therefore, use a fixed-seat to compete in para-rowing. Additionally, PR1 rowers demonstrate significant impairment in the ability to generate force through trunk swing rotating about the hips.</p> <ul style="list-style-type: none"> - Ataxia, athetosis or hypertonia from Cerebral Palsy, brain injury or stroke who may use a wheelchair or walking aid - Loss of muscle strength equivalent to complete spinal cord injury at T12 level.

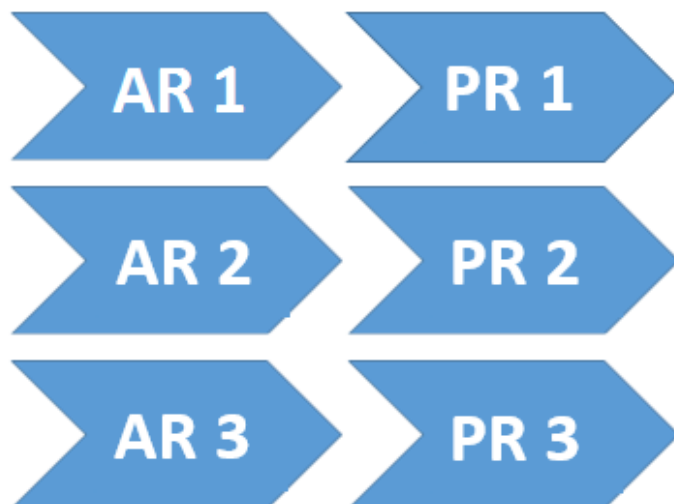
What if my impairment does not fall into the above categories?

Adaptive Rowing

Where your impairment does not fall into the FISA classification categories, provided that you meet a minimal disability through a loss of points, you may be eligible for a “Adaptive-Rower”. This is a British Rowing categorisation to enable athletes who are not eligible for FISA P3, P2 or P1 to be classified in a different set of categories:

1. AR1 – Adaptive Rower (Upright Seat)
2. AR2 – Adaptive Rower (Fixed Seat)
3. AR3-LI – Adaptive Rower (Sliding Seat - Learning Impairment)
4. AR3-PI – Adaptive Rower (Sliding Seat - Physical Impairment)
5. AR3-VI – Adaptive Rower (Sliding Seat - Visual Impairment)
6. AR – O – Adaptive Rower (Open, Self-Declaration Form)

Adaptive-Rower Classifications with corresponding Para-Rower Sport Classes:



Impairments eligible for Adaptive Rowing that are not eligible for Para-Rowing:

Examples of eligible impairments
<p>Learning Disability – eligibility must be evidenced verifying an IQ test at Full Scale score of 75 or lower. This test must be conducted before the Age of 18, or by a signed declaration from a schoolteacher, medical doctor, psychologist stating clearly the evidence on which the diagnosis of age of onset pre-18 is based.</p>
<p>Complex Regional Pain Syndrome - an uncommon form of chronic pain that usually affects an arm or a leg. Complex regional pain syndrome typically develops after an injury, surgery, stroke or heart attack, but the pain is out of proportion to the severity of the initial injury. Eligibility is at the discretion of the medical classifier during the medical assessment. Athlete will be required to produce supporting documentation from a medical doctor</p>
<p>Connective Tissue Disorders - refers to a group of inherited disorders that weaken connective tissues. Connective tissues are proteins that support skin, bones, blood vessels, and other organs. Examples include Ehlers-Danlos Syndrome, Osteogenesis imperfecta</p>
<p>Conversion Disorders – this causes the individual have neurological symptoms, such as numbness, blindness, paralysis, or fits without a definable organic cause.</p>

Examples of ineligible health conditions for Adaptive Rowing

- Post-traumatic Stress Disorder
- Hearing Impairment
- Cancer
- Autism Spectrum



Indoor Rowing Adaptive Classification

To demonstrate that rowing is open to all, regardless of ability, and give those with a disability or impairment as positive an experience of the sport as possible.

The following Indoor Rowing sport classes are:

IAR1 – equivalent to IR1

IAR1 competitors are unable to use their legs, with additional limitations in one or both arms. This includes complete C-spine SCI at T2 level and above. They use a static/upright or flat seat.

IAR2 – equivalent to IR2 / AR1 / PR1

IAR2 competitors have no or minimal trunk function. They cannot pass the long sit test due to loss of power/stability and not chronic lower back pain, and have no lower limb function. They use a static upright seat with mandatory chest strap, due to them likely also having decreased sitting balance, with optional lap/pelvis straps.

IAR3 – equivalent to IR3

IAR3 competitors have upper limb impairment(s) (above wrist joint) and/or one leg/one arm on same side impairment. They use a sliding seat and can choose to row with a single hand grip or a D handle as required.

IAR4 – equivalent to IR4 / AR2 / PR2

IAR4 competitors have functional use of the trunk movement and who are unable to use the sliding seat because of significantly weakened function or mobility of the lower limbs. They can pass the long sit test but not the squat test. They use a flat seat with optional legs straps.

IAR5 – equivalent to IR5 / AR3 PD /PR3-PD

IAR5 competitors meet the minimum impairment criteria but are not eligible for any other physical impairment class. They have functional use of their legs, trunk and arms for rowing and use the standard rowing set up (sliding seat) with hand grips allowed if grip is impaired. Competitors with a visual impairment must provide a BR/IG/FISA or IBSA sight loss form completed by an optometrist.

IAR6 – equivalent to IR6 / AR3 LD and AR3 Open



IAR6 is the Open category for those with chronic health conditions not resulting in physical impairment, or those with physical impairments not comparable with impairments in IAR1-IAR5. They must complete a self-declaration form that is submitted for approval ahead of the event.

Classification Process

1. Register your interest for Classification directly through a classification opportunity on the British Rowing Calendar, or send an email to:
2. Complete the relevant paperwork and submit this to the Head of Classification: classification@britishrowing.org

This should be sent **two months** before a classification opportunity. We will consider late applications, however this could result in a provisional classification or grouping given if pre-requisite medical documentation is not produced.

3. The paperwork will be reviewed for eligibility. This may require further communication via email or telephone if more information is needed. You will then be invited to a specific Classification Opportunity. A minimum of 6 athletes are required to run a Classification Opportunity.
4. On the day of the classification aim to arrive 20 – 30minutes prior to your appointment. Wear non-restrictive clothing (sports-wear) and bring any equipment you may need to assist you.
5. The classification appointment will last 45minutes to an hour and will involve discussion with a Medical Classifier and then a physical assessment by a Technical Classifier.
6. At the end of the appointment your classifiers will jointly determine the 'Final Classification' and the recommended sports class. This status will be noted on the application form which will be signed and submitted.

You will either be given an “N” (new) status, a “C” (confirmed) status, or an “R” (review) status will be given if you have a health condition that is progressive, or if there is any question regarding the sport class issued. Review status may also be issued if you have a newly diagnosed disability that may change with time. If you have a Review status you will need to be re-tested annually.

7. The form along with your classification status will be copied and submitted to the British Rowing Head of Classification.



For Adaptive Classification the same process takes place to ensure that you meet a minimal disability. The Classifications will be recorded onto the athlete's British Rowing racing licence (membership at the discounted rate) if the rower is eligible for an Adaptive Rowing Boat Class, but not classifiable into a British Rowing Sport Class.

What if I disagree with my classification?

If you believe you have been given an incorrect status, you should submit your appeal to the Head of Classification who will review all the information. If appropriate then a new classification will be arranged and overseen by the Head of Classification.

Contacts:

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