

ADAPTIVE CLASSIFICATION

British Rowing adopts the World Rowing Para-Rowing system of classification placing rowers into classes according to how much their impairment impacts on rowing

There are both national and international classes for the different rowing classification groups

INTERNATIONALLY RECOGNISED CLASSES:

Para Rowing

- PR1 - Para Rower (arms and shoulders)
- PR2 - Para Rower (trunk and arms)
- PR3 PI - Para Rower (legs, trunk, arms and physical disability)
- PR3 VI - Para Rower (legs, trunk, arms and visual impairment)

Rowers who do not meet the international rowing classification criteria may be eligible for national Adaptive and Indoor Adaptive groups

NATIONALLY RECOGNISED CLASSES:

Adaptive Rowing

- AR1 - Adaptive Rower (arms and shoulders)
- AR2 - Adaptive Rower (trunk and arms)
- AR3 PI - Adaptive Rower (legs, trunk, arms and physical impairment)
- AR3 LI - Adaptive Rower (legs, trunk, arms and learning impairment)

Indoor Adaptive Rowing

- IAR1 - Indoor Adaptive Rower (arms or trunk and single arm)
- IAR2 - Indoor Adaptive Rower (arms and shoulders)
- IAR3 - Indoor Adaptive Rower (single arm)
- IAR4 - Indoor Adaptive Rower (trunk and arms)
- IAR5 PI - Indoor Adaptive Rower (legs, trunk, arms and physical impairment)
- IAR6 LI - Indoor Adaptive Rower (legs, trunk, arms and learning impairment)

A classified Para Rower can race in the Adaptive and Indoor Adaptive groups, but an Adaptive or Indoor Adaptive Rower cannot race as a British Rowing classified Para Rower in national or international competitions

KEY:

 = An example of the impairment location

ELIGIBILITY

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

EXAMPLES OF IMPAIRMENTS:

IAR1

- Triple amputee, quadruple amputee, tetraplegia (SCI at T2 level and above), impaired use of 3 or more limbs resulting in loss of function

AR1, IAR2, PR1

- Ataxia, athetosis or hypertonia from CP, 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

IAR3

- Upper limb impairment(s) (above wrist joint) and/or one leg/one arm on same side impairment

AR2, IAR4, PR2

- 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

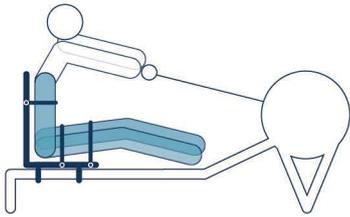
AR3-PI, IAR5, PR3-PI & VI

- 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

AR3-LI, IAR6

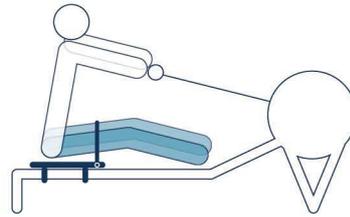
- Chronic health condition, physical impairment not comparable to the above

PARA ROWING



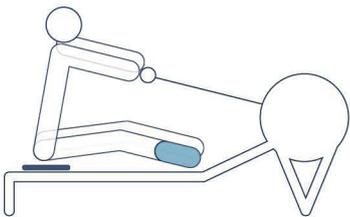
PR1 (Upright Seat)

- Athletes row with their shoulders and arms only due to minimal or no trunk function
- They use strapping around their trunk with optional leg straps for stability in the boat/ on the erg



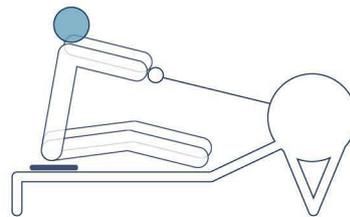
PR2 (Fixed Seat)

- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat
- They use a fixed seat with optional leg and lap straps to provide support and stability in the boat/ on the erg



PR3 - PI (Physical Impairment)

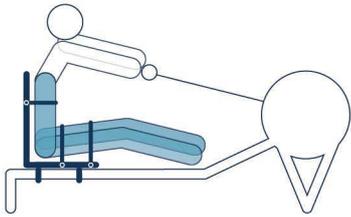
- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a physical impairment and meet the minimum impairment criteria



PR3 - VI (Visual Impairment)

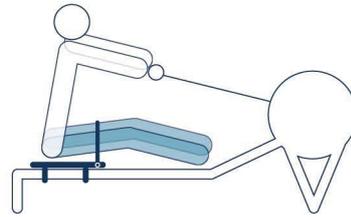
- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a visual impairment and meet the minimum impairment criteria

ADAPTIVE ROWING



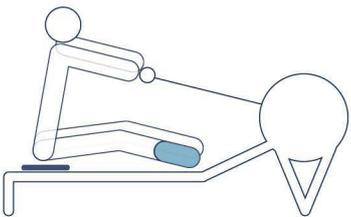
AR1 (Upright Seat)

- Athletes row with their shoulders and arms only due to minimal or no trunk function
- They use strapping around their trunk with optional leg straps for stability in the boat/ on the erg



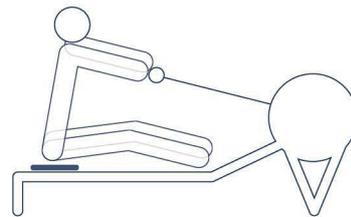
AR2 (Fixed Seat)

- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat
- They use a fixed seat with optional leg and lap straps to provide support and stability in the boat/ on the erg



AR3 - PI (Physical Impairment)

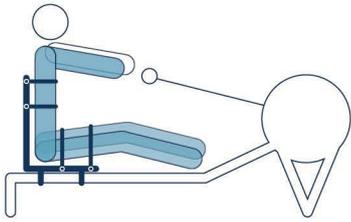
- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a physical or visual impairment and meet the minimum impairment criteria



AR3 - LI (Learning Impairment)

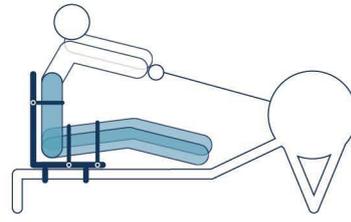
- This is an open category for those with chronic health conditions not resulting in a physical impairment
- They must complete a self-declaration form that is submitted for approval ahead of the event

INDOOR ADAPTIVE ROWING



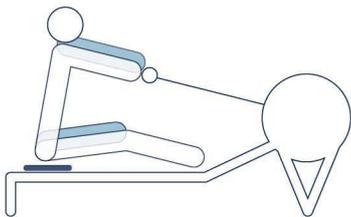
IAR1 (Upright / Fixed Seat)

- Athletes have limitations in one or both arms and are unable to use their legs to propel the sliding seat
- There is optional strapping for their chest, trunk and legs to provide support and stability on the erg



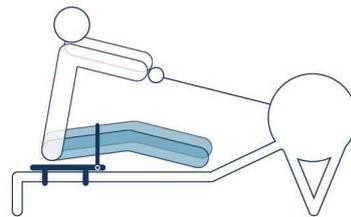
IAR2 (Upright Seat)

- Athletes row with their shoulders and arms only due to minimal or no trunk function
- They use strapping around their trunk with optional leg straps for stability in the boat/ on the erg



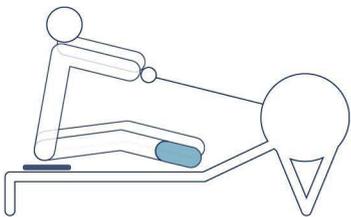
IAR3 (Physical Impairment)

- Athletes have upper limb impairments and/or one leg/ one arm on same side impairment
- They use a sliding seat and can row with a single hand grip or a D handle as required



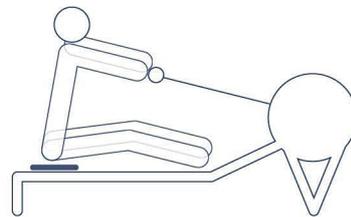
IAR4 (Fixed Seat)

- Athletes have trunk and arm movement but are unable to use their legs to propel the sliding seat
- They use a fixed seat with optional leg and lap straps to provide support and stability on the erg



IAR5 (Physical Impairment)

- Athletes have leg, trunk and arm movement and can utilise the sliding seat
- They will have a physical or visual impairment and meet the minimum impairment criteria



IAR6 (Learning Impairment)

- This is an open category for those with chronic health conditions not resulting in a physical impairment
- They must complete a self-declaration form that is submitted for approval ahead of the event