



**World Rowing
Para Conference**

London, Great Britain

December 9 2017

WELCOME

Matt Smith – FISA Executive Director

Para Rowing Conference

Para Rowing Background and IPC's Strategy going forward

Matt Smith



PARA ROWING ORIGINS

1993 to 2002



PARA ROWING ORIGINS

1993 – First Adaptive Rowing races at the WCH – Racice (CZE)

1995 – Adaptive Rowing races at the WCH – Tampere (FIN)

1995 to 2000 – Annual Adaptive Rowing Conferences

Regular contact with the IPC

Constantly rising targets to qualify for the

PGs

2001 – Election of Philip Craven as President of the IPC

2002 – Appointment of Xavier Gonzalez as IPC CEO

2002 – Creation of the first strategic plan for the IPC

2003 – Creation of the guiding principles for the PGs

2003 to 2005 – Intensive work between FISA and the IPC

2005 – Rowing admitted to the 2008 Paralympic Games

PARA ROWING ORIGINS (continued)



2011-2015 IPC Strategic Plan issued

2012 London Paralympic Games – huge success

2013 CSM Strategic Review of the Games

2014 IPC Membership Gathering

2015 IPC Paralympic Games Committee tasked with mission...

2017 PG Sport Programme “Values-based” Guiding Principles issued

September, 2017

Matt Smith, Chairperson of Paralympic Games Committee



Paralympic Games Sport Programme Guiding Principles





Introduction

- **2014-2017 Paralympic Games Committee** consists of ten members:

Matt Smith (SUI/USA)*,

Evgeny Bukharov (RUS),

Dena Coward (CAN),

Terje Roel (NOR),

Cyril More (FRA),

Masoud Ashrafi (IRI),

Mark Bullock (GBR),

Tim Hollingsworth (GBR),

Lambis Konstantinidis (GRE),

Julie Dussliere (O'Neill) (USA)

*chairperson



The Mission and Objective

The Committee's **mission** was to deliver a proposal on the Paralympic Games purpose, vision and aspiration, and to define the guiding principles for the long-term development of the Paralympic Games Sport Programme

The Committee's **objective** was to define a blueprint for the development of the Paralympic Games 'Sports Programme



Relevant References before starting:

- CSM Strategic Review of the London 2012 PGs
- 2014 IPC Membership Gathering in Berlin

IPC Membership Gathering

Berlin, Germany
3 – 5 October 2014



CSM Review - section 3

Other challenges relating to the achievement of the Games strategic priorities focus on increasing exposure during and between Games cycles (an issue which is addressed throughout this report), increasing the skills and expertise of people involved in the Games through improved knowledge transfer structures and promoting public, media and government interest in the Games globally through effective communications and marketing activity. These challenges are all addressed elsewhere in the report.

OVERALL PARALYMPIC GAMES STRATEGY

R.3.1 Develop a clear vision and purpose for the Games

Clarity of vision and purpose

KEY FINDINGS AND RECOMMENDATIONS

Section 2 draws together key findings from across the research and consultation undertaken, to provide an overarching context for ongoing development of the Paralympic Games. These findings can be summarised as follows:

- There is a general perception, identified by a range of consultees and in relation to varied aspects of the Games, that whilst the stated strategic goals of the Games are appropriate, there is not a clear understanding of the overall vision and focus of the Games going forward, particularly in relation to the balance between an elite/ commercial focus versus a participation focus. Clarity of vision and purpose is therefore considered a key issue.

CSM Review - section 4

SPORTS PROGRAMME AND RELATED GAMES PRODUCTS

- R.4.1 Review sports programme criteria to reflect future strategic vision/purpose (R.3.1) if required
- R.4.2 Revise the sports programme admission process to ensure transparency and stakeholder engagement
- R.4.3 Develop a new innovative Torch Relay format to optimise interest, coverage and commercial potential

new sports, disciplines and events; and to communicate and engage more effectively with the key Stakeholder groups, to minimise the impact of major changes on their organisation. Greater emphasis on achieving a high standard of competition, professionalism and good participation levels (to ensure credibility through depth of competition) was also supported, along with consideration of media, broadcaster and sponsor requirements.



Developing the Paralympic Games' Sports Programme

Key Questions

IPC Membership Gathering

Berlin, Germany
3 – 5 October 2014

- Key Vision / Objectives underpinning the development of the Sports Programme
- Development Options for the Paralympic Games' Sports Programme
- The Review Process for the Sports Programme



Key Vision/Objectives underpinning the development of the Sports Programme

- Elite sports encourages participation - must include **high performance**
- Competitions must be **competitive** - minimum athlete entry numbers
- Sports programme should be **financially viable** and hold **commercial appeal**
- A sport programme without barriers - **smaller nations participation** must be considered
- **Paralympic sport vision** should drive the programme's development - set **aims/targets**
- Protect **values on inclusivity** (high level disability events) - change broadcast beliefs
- **Remedy commercial conflicts** - high support needs sports vs commercial attraction
- **More sport, less athletes**

- “High Performance”
- “Competitive”
- “Financially Viable”
- “Smaller Nations”
- “Paralympic Sport Vision”
- “Values on inclusivity”
- “Commercial Conflicts”
- “More sport, less athletes”



Guidance and Reference Documents “Due Diligence”

- IPC Handbook
- IPC Strategic Plan
- 2008 Beijing Sport Review
- 2016 Rio Sport Review
- 2020 Tokyo Sport Review



IPC Handbook



Key objectives of the Paralympic Games are:

1. To allow Paralympic athletes to achieve their best performance(s) at...
1. Ensure the visibility, distinctiveness, showcase spirit and values of the Paralympic Movement
1. Catalyst stimulates social development...

services in an operationally sound environment.

- To ensure the visibility, distinctiveness and promotional opportunities that showcase the spirit and values of the Paralympic Movement
- To act as catalyst that stimulates social development and leaves a positive long-term legacy that benefits communities in the host country and across the world.

IPC Handbook



Guiding Principles for the Sport Programme are:

1. Quality (excellence...accomplishment)
1. Quantity (viable, sustainable)
1. Universality (diverse movement)

accomplishment.

- Quantity - The principles that ensure viable sports, disciplines and medal events within a sustainable programme.
- Universality - The collective principles or conditions that ensure and reflect a diverse movement.



The Vision

To Enable Paralympic Athletes to Achieve Sporting Excellence and Inspire and Excite the World.

Enable

Creating conditions for athlete empowerment

Paralympic Athletes

The primary focus, from initiation

Achieve

Sporting excellence is the goal of a

Inspire & Excite

Touch the heart of all people for a

International Paralympic Committee
Strategic Plan
2011 - 2014

The Aspiration

The athletes and the Paralympic Movement. Their performances and inclusion, acceptance and appreciation for

The Paralympic Movement which links sport with the social and economic development of a more equitable society with respect and equal opportunities for all individuals.



The IPC has made this philosophy part of its Constitution and used it as the guiding underlying reference for this Strategic Plan. Hence references are found throughout this document which link back to the very essence of the Movement.



“They [Paralympic Games] represent a **showcase** to a **worldwide audience** and act as primary vehicle to **change perceptions** and to leave tangible legacies.”

Strategic Goal 1: Paralympic Games

The Paralympic Games are the pinnacle of the career of Paralympic athletes and a motivation for many to participate or engage in Paralympic sports. They also represent the most visible element of the Paralympic Movement and its values.

Thus they represent a showcase to a worldwide audience and act as primary vehicle to change perceptions and to leave tangible legacies. Finally, the Paralympic Games also guarantee the majority of the IPC's funding. Given their central role it is the goal to safeguard the high standard of the Paralympic Games and continue to develop their appeal to all participants.



IPC Strategic Plan

Ensure Successful Paralympic Games for all Participants

“The impact of the Games on Paralympic sports ... Its role as an **agent for social change** has been proven.”

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The impact of the Games on Paralympic sports, the global media coverage and its role as an agent for social change has been proven. Finally, the quality of the sporting experience has also been praised by athletes and spectators. This success has further emphasized the critical role that the Paralympic Games have on the development of the Paralympic Movement.

The rapid growth of the Games also brings with it higher expectations and increasing accountability and responsibility, thus placing considerable pressure on the IPC's capabilities (i.e., Games management). It is also challenging the credibility of the systems (e.g., sport and athlete classification rules) and the ability of the members to deliver (e.g., athlete development).

A series of measures focusing on the IPC's capabilities to govern, manage, deliver and evaluate the Games have been successfully implemented in this period.

This effect goes beyond the Games itself. It affects the members when developing and implementing sport programmes that provide critical pathways for athletes aspiring to participate in the Paralympic Games.



“Ensure delivery of an attractive sports programme with elite competition based on solid qualification and classification. Target the right balance to allow fair gender and impairment type representation as well as participation from all continents with a diverse mix of cultures and nations.”

STRATEGIC PRIORITIES

- “Attractive sports programme”
- “Elite competition”
- “Solid qualification and classification”
- “Right balance”
- “Fair gender and impairment type representation”
- “Participation from all continents”
- “Diverse mix of cultures and nations”

support and advising Committees.

of the Games, event. Develop ensure that the Movement are ted using the focusing on their

ic Games within London and Sochi opment of the

nes legacy and nizing Commit-

tees, host cities, governments and relevant authorities to identify appropriate legacy goals and desired impacts in each local and regional context. Work with staff and volunteers involved in the Games to continue promoting the Paralympic ideals and spirit, so that the pool of 'active ambassadors' also becomes a real legacy.

Ensure delivery of an attractive sports programme with elite competition based on solid qualification and athlete classification systems. Target the right balance to allow fair gender and impairment type representation as well as participation from all continents with a diverse mix of cultures and nations.

2008 Sport Programme (in 2004)



“The Paralympic Games represents an international, multi-sport competition for athletes with a disability that reflects the highest standards of athletic excellence and diversity.”

“The goal of the Paralympic Programme is to provide exciting and inspiring events in the Paralympic Games that allow athletes to achieve competitive excellence while engaging and entertaining spectators.”

2008 Sport Programme



“Paralympic Programme Guiding Principles”

process for sports and disciplines applying to the Beijing 2008 Paralympic Programme. In June 2004, the IPC Management Committee, upon the recommendations of the Working Group, established the minimum eligibility conditions and the Beijing 2008 Paralympic Programme Review process, including the Paralympic Programme Guiding Principles (hereafter referred to as “the principles”) (see attachment 2).

The Principles were categorised by broadly distinguished the philosophical The core-characteristics and their the principles are as follows:

Quality	The esse of excell attainme
Quantity	The prin condition
Universality	The colle ensure a

“The Principles have 3 core-characteristics which broadly distinguish the philosophical priorities of the Paralympic Programme:

- Quality,
- Quantity and
- Universality”

2008 Sport Programme



ATTACHMENT 2 - Paralympic Programme Guiding Principles

Quality – The essential principles with respect to grade of excellence; accomplishment and/or attainment.

Elite – Representing the highest athlete performances in the context of the specific sport.

Exciting – Providing a vibrant and energetic atmosphere that is entertaining in the context of each sport, yet creates a collective motivational atmosphere that is attractive to spectators and media.

Inspirational – Creating a distinct opportunity for personal experience/reflection that acts as a catalyst for change through showcasing the extraordinary perseverance of the human spirit through athleticism.

Fair Play – Driving collective values of the sport by ensuring that the spirit of fair play prevails, that the health risks of athletes are managed, that fundamental ethical principles are upheld, that prejudice and discrimination are not tolerated and that all forms of cheating are discouraged and dealt with sternly.

Quality:

- “Elite”
- “Exciting”
- “Inspirational”
- “Fair Play”

2008 Sport Programme



Quantity – The principles that establish parameters and/or conditions necessary for success.

Viable – Ensuring operational and programmatic capability in the context of the IPC's obligations to its relationship with the IOC and considering the impact on the POC/OCOG (e.g. financially, cost effective, manageable, number of training and competition venues, safety, risk management).

Sustainable/Dynamic – Ensuring a healthy and stable programme (components of the sport) that allows forecasting (foresight) and ongoing evaluation. – “Stable enough to be sustainable, and dynamic enough to meet the needs of the present and the future.”

Quantity:

- “Viable”
- “Sustainable
- “Dynamic”

2008 Sport Programme



Universality – The collective principles or conditions that ensure and reflect a diverse movement.

Equitable – ensuring that gender representation and the type and extent of disabilities represented at the Games are taken as a fundamental factor in establishing the Games framework.

Global – Establishing a framework that strives to ensure regional representation and global nature of the Games.

Balance – Weighing and positioning the types of sports and competitors included based on the nature of the sports/disciplines (e.g. individual versus team; power versus precision; speed versus endurance, combat versus artistic).

Universality:

- “Equitable”
- “Global”
- “Balance”

2016 Sport Programme



Core Characteristics and Guiding Principles

The Core Characteristics and Guiding Principles of the Paralympic Sports Programme are as follows:

QUALITY: The essential principles with respect to grade of excellence and accomplishment.

High Performance – Representing the highest athlete performances in the context of the specific sport.

Exciting – Providing a vibrant and energising each sport, yet creates a collective motivation media.

Inspirational – Creating a distinct opportunity catalyst for change through showcasing the through athleticism.

Fair Play – Driving collective values of the IPC the health risks of athletes are managed, the prejudice and discrimination are not tolerated and dealt with sternly.

Quality:

- “Elite” → “High Performance”
- “Exciting”
- “Inspirational”
- “Fair Play”

2016 Sport Programme



QUANTITY: The principles that ensure viable sports, disciplines and medal events within a sustainable programme.

Viable – Ensuring operational and programmatic obligations vis-a-vis the International Olympic Committee and the Organising Committee of the Olympic and Paralympic Games are effective, manageable, number of training and competition events.

Sustainable – Ensuring a stable programme that allows for the dynamic evolution of each sport.

Quantity:

- “Viable”
- “Sustainable
- (“Dynamic” disappeared)

UNIVERSALITY: The collective principles that ensure and reflect a diverse and equitable programme.

Equitable – Ensuring that gender representation and the type and number of sports and disciplines represented at the Games are taken as a fundamental factor in the design of the programme.

Global – Establishing a framework that strives to ensure regional representation and the nature of the Games.

Balance – Weighing and positioning the types of sports and athletes to ensure a diverse nature of the sports/disciplines - eg, individual versus team; power versus endurance, combat versus artistic.

Universality: (No change)

- “Equitable”
- “Global”
- “Balance”

Tokyo 2020 Sport Programme Questionnaire



All 24 sports were asked to fill out a comprehensive questionnaire to validate their compliance with the requirements for inclusion as set out in the IPC Handbook. A sample application questionnaire is attached to this report as an appendix. In addition, the two new applicant sports (Badminton and Taekwondo) had to return a second questionnaire to further introduce themselves and to provide background on the history of their respective para-sport programme. These two documents are also included in the appendices to this report.

In consultation with the Sport Working Group of the Paralympic Games Committee the 57 questions in the application questionnaire were grouped into eight most relevant categories.

Governance:

- Rules and Regulations
- Anti-Doping programme
- Classification programme
- Financials

Worldwide Reach Eligibility Criteria (as stipulated in the IPC Handbook):

- Worldwide Reach
- Quadrennial competition programme

Sport Specifics:

- Technical Officials
- Initiatives to make the sport more attractive

“All 24 sports were asked to fill out a comprehensive questionnaire to validate their compliance with the requirements for inclusion as set out in the IPC Handbook.”



The external reference points

- IOC Agenda 2020
- Principles of the Olympic Movement
- United Nations' Sustainable Development Goals





IOC Olympic Agenda 2020



Reference document

20+20 Recommendations to shape the future of the Olympic Movement

1. Shape the bidding process as an invitation	9
2. Evaluate bid cities by assessing key opportunities and risks	10
3. Reduce the cost of bidding	11
4. Include sustainability in all aspects of the Olympic Games	12
5. Include sustainability within the Olympic Movement's daily operations	12
6. Cooperate closely with other sports event organisers	13
7. Strengthen relationships with organisations managing sport for people with different abilities	13
8. Forge relationships with professional leagues	13
9. Set a framework for the Olympic programme	14
10. Move from a sport-based to an event-based programme	14
11. Foster gender equality	15
12. Reduce the cost and reinforce the flexibility of Olympic Games management	15
13. Maximise synergies with Olympic Movement stakeholders	15
14. Strengthen the 6 th Fundamental Principle of Olympism	16
15. Change the philosophy to protecting clean athletes	16
16. Leverage the IOC USD 20 million fund to protect clean athletes	16
17. Honour clean athletes	16
18. Strengthen support to athletes	17
19. Launch an Olympic Channel	18
20. Enter into strategic partnerships	18





Principles of the Olympic Movement

Olympism is a philosophy of life, which places sport at the service of humankind.



As approved by IOC Members in Kuala Lumpur, July 2015



United Nations' Sustainable Development Goals





The Recommendations of the Committee

Paralympic Games Purpose, leading to a Vision, an Aspiration then to Guiding Principles and a 'values-based' sport programme



Purpose of the Paralympic Games

Purpose: “The Paralympic Games is the **pinnacle** sporting event for athletes with an impairment worldwide, showcasing the very best of Para sport and continued growth of the Paralympic Movement”



Vision for the Paralympic Games

- **Vision:** “The Paralympic Games is a globally respected and inclusive event which provides a platform for sporting excellence, is delivered with integrity, demonstrates genuine diversity and universality, and is a model of sustainability.”



Aspiration for the Paralympic Games

- **Aspiration:** “The Paralympic Games aspires, through the energy generated by the Para sport, to stimulate the creation of truly inclusive societies that have fully accessible environments and celebrate the capabilities of people with impairments; to promote safe and fair participation; and to inspire physical activity by all.”

The Five Guiding Principles for the Paralympic Games and its Sport Programme



Excellence

Integrity

Diversity

Universality

Sustainability

The Five Guiding Principles for the Paralympic Games



1. Excellence

“Recognition that the event will be the highest level of competition for the sport – the pinnacle. Excellence is essential to capture public appeal and ensure credibility. With it everyone involved – athletes, nations, spectators, sponsors, broadcasters – know they are achieving and getting the very best.”

The Five Guiding Principles for the Paralympic Games



2. Integrity

“Sports on the programme incorporate strong rules for anti-doping, robust classification and clear eligibility. Sports have clear policies for health and safety, and can demonstrate good governance and probity. Sports can demonstrate that they adhere to the Paralympic values in the way they are played and presented.”

The Five Guiding Principles for the Paralympic Games



3. Diversity

“Recognition that the sport actively contributes to a more equitable and inclusive sport programme at the Games through the opportunities presented for athletes to compete.

Meeting appropriate and agreed criteria in terms of gender equality and impairment type, and providing a varied and compelling range of events.”

The Five Guiding Principles for the Paralympic Games



4. Universality

“Recognition that the sport can actively demonstrate global reach – in terms of regional spread, the number of nations able to qualify for the Games, and the overall number of athletes likely to participate.”



5. Sustainability

“Recognition that the sport has the depth and quality of field to ensure consistently high quality events from Games-to-Games. The sport is affordable in terms of equipment required and the staging of competition fits (where possible) within the venues of the Olympic programme.”



Implications for the Sports at the Games, as Sports and as Federations

- a. Implications for the IF: **At the Games**
 - b. Implications for the IF: **Participating Sports**
 - c. Implications for the IF: **Participating Federations**
-



Decisions for the Sports Programme

Decisions on the Sport Programme will be Principle-Based:

First, Sports will need to argue for their inclusion.

Second, Sports will need to demonstrate they match-up with the Paralympic Games' Principles.

Third, Sports will need to show that their events/disciplines match-up with and maximise the delivery of the Principles



Implications for the Sports

Key Overall Questions to be answered by the sports:

Why is being part of the Paralympic Games important to your sport?

How will your sport contribute to the Paralympic Games vision?

How will your sport contribute to the Paralympic Games aspiration?



“Balanced Scorecard” Decision-making

This “principle-based” approach will lead to a comprehensive and sophisticated “balanced scorecard” decision-making basis on the sports and, then, the disciplines/events.

The IPC GB can then ensure, through this process, that its strategic ambitions for the Games can be delivered!



Sport Programme – next steps

Principles to be “objectivized” into tangible outcomes

Set the Long term targets to be achieved (where we want to go)

Create this “Holistic” view of the Paralympic Games Sport Programme



Next steps - considerations

- Gender balance vs. gender parity
- Distribution of impairment groups
- AHSN
- Sport types: Indoor/outdoor; team/individual; speed; strength; artistic; combat
- Modalities of the same sport
- Measuring excellence
- Evaluating Media impact

Thank you for your attention

**Now we pass over to Juergen Padberg,
IPC Sport Senior Manager**



5 September 2017

Jürgen Padberg, Paralympic Games Sport Senior Manager



Sport Programme 2024





Next steps

2024 Sport Programme Questionnaire:

- Structured along the five guiding principles

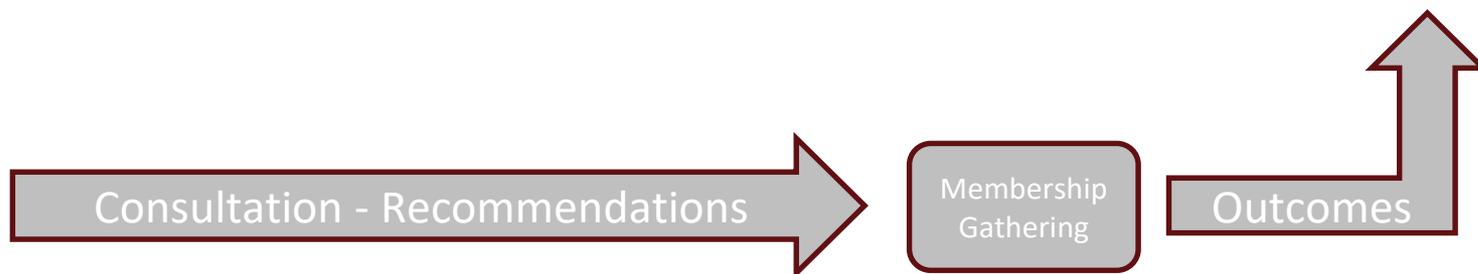
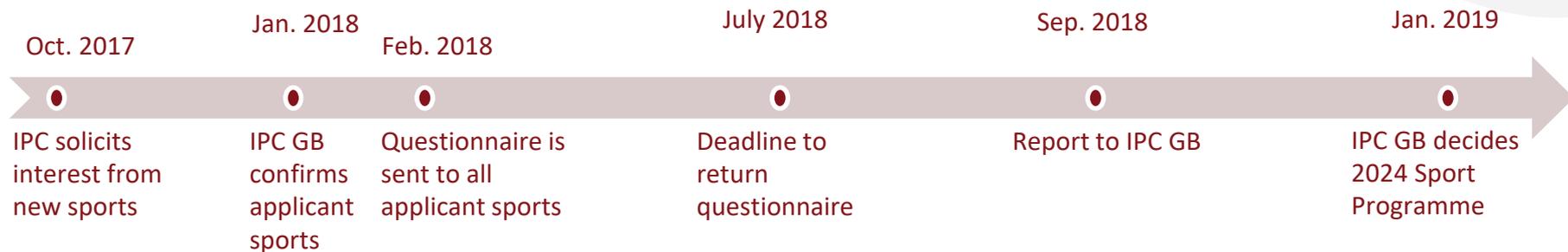
Core requirements:

- Anti-Doping – WADA self-audit
- Classification – IPC self-audit
- Worldwide Reach: 24/32 countries widely and regularly practicing
- Quadrennial competition programme: High-performance pathways



Next steps

Timeline 2024 Sport Programme



5 September 2017

Jürgen Padberg, Paralympic Games Sport Senior Manager



Tokyo 2020 – Medal events and athlete quotas





Overview

- 22 sports confirmed by IPC Governing Board in January 2015
- Application process for medal events and athlete quotas initiated in December 2016
- Consultation process with the IFs during 2017
- Total requests from IFs: 4979 slots, 555 medal events
- Total athlete quota agreed by IOC: 4,400 athletes (+50 increase from Rio 2016)
- IPC Governing Board decision on 4 September 2017
- Decisions informed by:
 - 3 of the 5 guiding principles
 - considerations for Olympic Agenda 2020
 - capacities of Tokyo 2020



Guiding principles

Diversity

- Female participation above 41% (Rio: 38.6%); more than 1,800 slots
- New or additional medal event opportunities in Athletics, Badminton, Canoe, Shooting, Swimming, Table Tennis, Taekwondo, Wheelchair Fencing
- Increased opportunities for AHSN (minimum of 185 events = 34.1%) plus 8 additional slots in Boccia



Guiding principles

Universality

- Emphasis on regional qualification opportunities



Guiding principles

Excellence

- Event viability and competitiveness review
- “Critical mass” for new sports
- Reduction of events in Athletics and Swimming
- Gender-free slots in Powerlifting for the more competitive events

Thank you !



PARA ROWING EQUIPMENT: TODAY AND BEYOND

Conny Draper, PhD – FISA Equipment & Technology Commission
Simon Goodey – FISA Para Rowing Commission



Para Rowing Conference
9 December, 2017
London, Great Britain



Para-Rowing Equipment : Today and Beyond



Conny Draper, PhD - Equipment & Technology Commission & Simon Goodey - Para-Rowing Commission

Implications for Change

With the introduction of the 2000 metre racing distance for Para-Rowing events in 2017, the discussion has intensified surrounding whether **PR1** and **PR2** classes should continue to use FISA standard Para design hulls

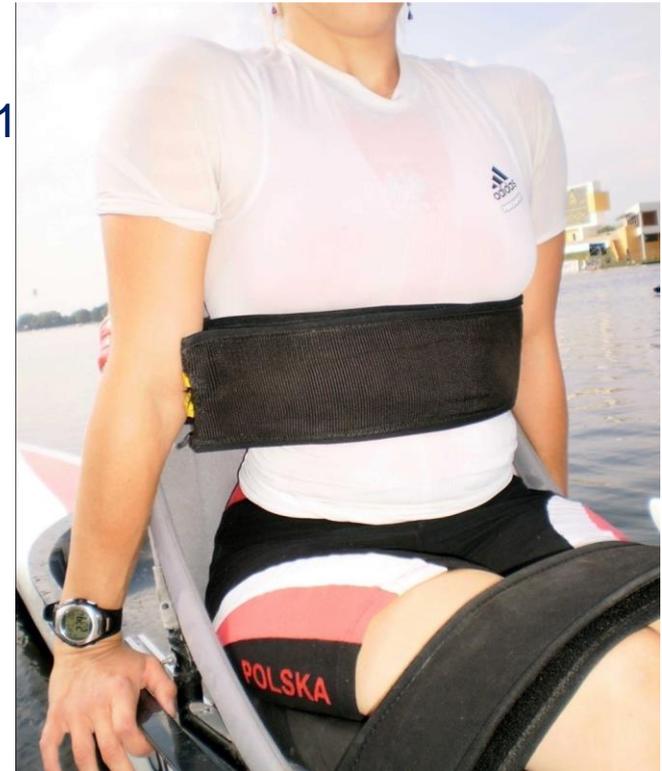
or

Have the flexibility to be able to attach additional equipment such as strapping, seats and pontoon floats to a standard (Olympic) rowing shell.



Safety

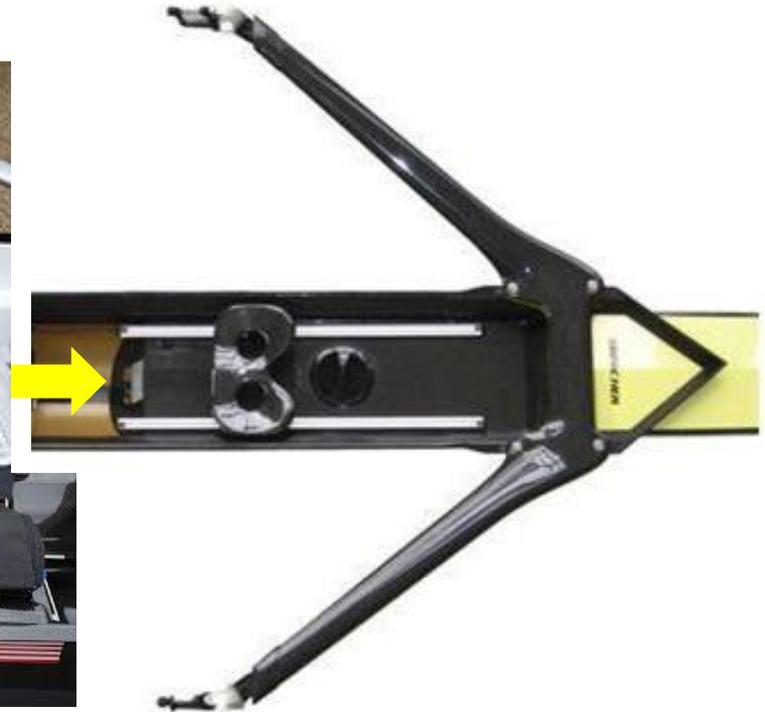
- Safety - athletes are strapped into the boat, which in the event of a capsize can be a life-threatening incident.
- FISA competition athletes use a standard PR1 single scull and a standard PR2 double scull
- The current standard pontoon floats have been created to provide additional safety and stability
- PR1 athletes are strapped to a fixed seat around the torso, and across the legs.
- PR2 athletes are strapped to the boat across the legs and have a fixed seat without a seat back.



Equipment Adaptations

Accommodation of a Para-Rowing postural support seat in an Olympic shell

- width of stateroom
- slide-bed structure
- height



Strapping

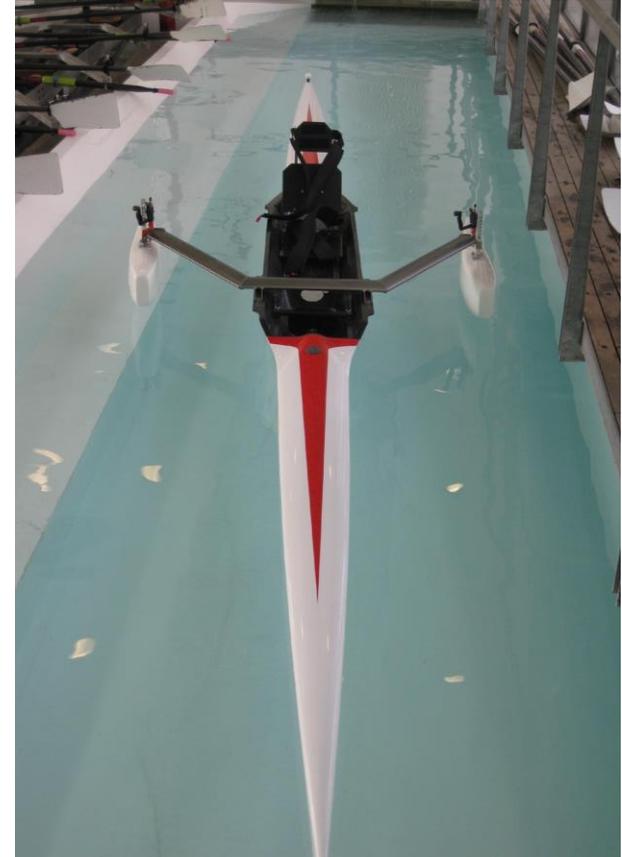
- Safety in event of capsizing
- Injury prevention
- Negating function
- Deregulation?



Pontoons

Review current standard pontoon:

- Profile
- Volume
- Position
- Standard/deregulate



Consultation

FISA

- Para-Rowing Commission
- Equipment & Technology Commission

Para-Rowing Working Group

- FISA Commission Members
- Para-Rowing Performance Coaches
- Medical

Independent Research

- Wolfson Unit, Southampton University

A black speech bubble pointing to the left, containing the word "you." in a white, bold, lowercase sans-serif font.

WOLFSON UNIT

FOR MARINE TECHNOLOGY AND INDUSTRIAL AERODYNAMICS





Programme of Work:

The Wolfson Unit will use theoretical and experimental hydrodynamic methods to assess stability (i.e. safety) and performance of the current standard Paralympic PR1, PR2 hulls in comparison to Olympic 1x, 2x shells.

Phase 1: PR1 Equipment Selection Review

Phase 2: PR2 Equipment Selection Review

Phase 3: Pontoon Float Design

Phase 1

PR1 Single Scull Equipment Selection Review

- Quantify the stability difference between an Olympic racing 1x rowing hull compared to the FISA Standard Para rowing 1x hull (with pontoon floats).
- Reproduce capsizing conditions for the FISA Standard' Para 1x hull and a conventional racing 1x hull, measuring the differences in the capsizing threshold for each hull.
- Accommodation of the postural support seating within a conventional hull to replicate the same sitting conditions of the FISA design will be assessed using 3-D CAD file manipulation. It will also highlight if hull modification is necessary and a valuation on the potential race time and stability impact will be made.

Phase 2

PR2 Double Scull Equipment Selection Review

- This follows a similar process to the PR1 evaluation, but for the double scull design, where the main difference is that design can be used without pontoons.
- Predictions of race time and level of stability will be made of both the FISA design (with & without pontoons) and a conventional double scull design (with & without pontoons).
- A sensitivity study to evaluate pontoon sizing and positioning will also be carried out to assess options to produce comparable levels of stability.
- Evaluation of the scull in the capsized state is also to be carried out, with the potential for deck design modifications that may aid hull righting to be included.

Phase 3

Pontoon Float Design

- The drag prediction tool used in phases 1 & 2 will be used to predict the resistance of the existing pontoon design and on a systematic variation in length, shape, weight, volume distribution in order to quantify potential areas of optimisation.
- The expectation is that a standard rowing shell would be less stable than the FISA para design. Pontoon design variants will be evaluated to compensate for this loss of stability and the predictions of drag and impact of race speed will be presented.

Questions?

BREAK

CLASSIFICATION UPDATE

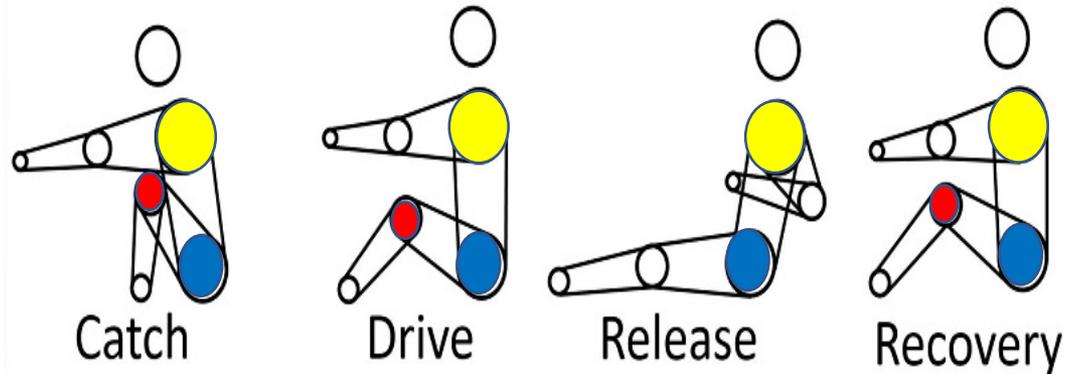
Tomislav Smoljanovic MD PhD – FISA Medical Commission
Rebecca Thomas – FISA Para Rowing Commission
Roberto Nahon – FISA Para Rowing Commission



RESEARCH

The image features a central magnifying glass with a black handle and frame, focusing on the word "RESEARCH" in large, bold, blue, sans-serif capital letters. The background is a vibrant blue with a digital aesthetic, including binary code (0s and 1s) and faint world maps. Several business-related terms are scattered throughout the background in a lighter blue font, including "DIVERSITY", "STRATEGY", "FAQ", "EDUCATION", "RISK", "TEAMWORK", "LEARNING", "INNOVATION", "EXPERIENCE", "RESULTS", and "SERVICE". The overall composition is clean and professional, emphasizing the importance of research in a business context.

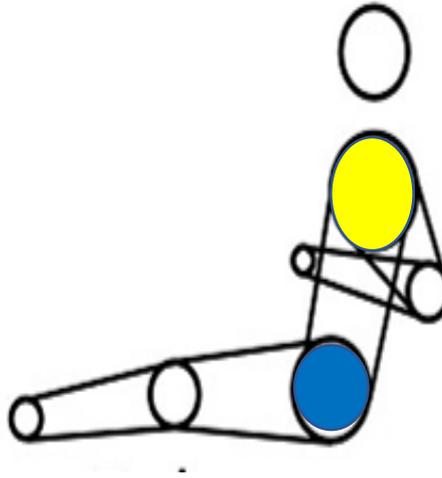
Para Rowing (PR) – 3 sport classes



- FUNCTIONAL – broken down by 3 main parts of the stroke

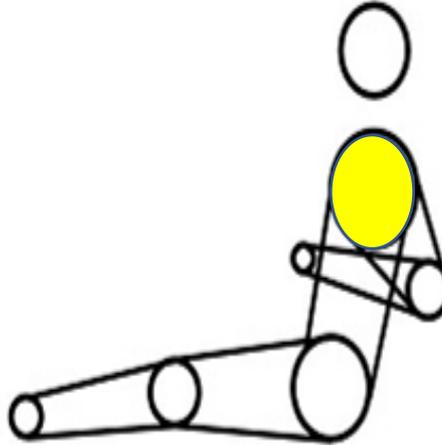
- PR1 – previous Arms & Shoulders (AS)
- PR2 – previous Trunks & Arms (TA)
- PR3 – previous Legs, Trunks & Arms (LTA)

Official PR2 definition



- PR2 (formerly, Trunk and Arms (TA) class) is for rowers who have functional use of the trunk movement and who are unable to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs

Official PR1 definition



- PR1 (formerly, Arms and Shoulders (AS) class) is for rowers who have no or minimal trunk function
- An AS class rower is able to apply force predominantly using the arms and/or shoulders
- These rowers will also likely have decreased sitting balance

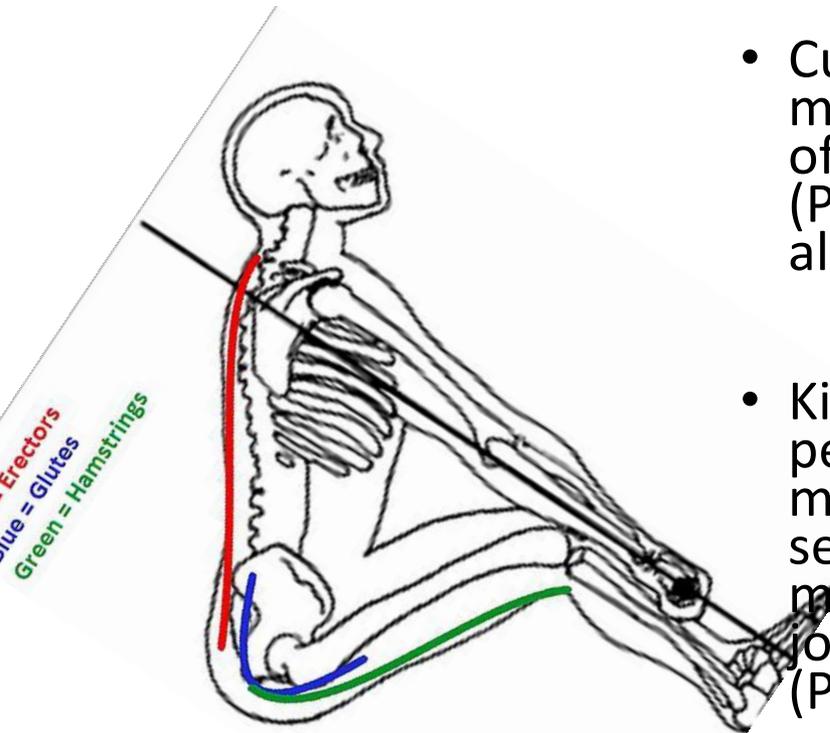
• *FISA Classifier Manual, 2017*

Concerns related to differentiation of PR1 & PR2



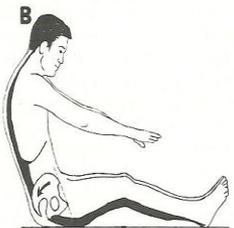
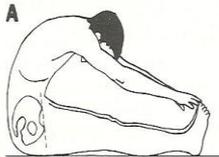
Focus group identified the validity and precision of the definition of trunk function, as it relates to the trunk swing used during fixed seat rowing, and the assessment of function used during classification related to trunk swing during fixed seat rowing were identified as the key areas to address.

Trunk extension in a rowing stroke



- Current literature has explored the muscle activation and kinematic patterns of the trunk during the rowing stroke (Pollock et al. 2009, 2014; McGregor et al. 2004)
- Kinematic measurement of the spine and pelvis have demonstrated that very little movement occurs through the spinal segments and the main segment of motion is the pelvis, indicating the hip joint as the pivot point for trunk swing (Pollock et al. 2009)
- The motor pattern of movement can be described as the spinal extensor muscles work to maintain a somewhat rigid lever of the trunk while the hip extensors (e.g. biceps femoris and gluteus maximus) extend the trunk by extension of the

Current classification process – long sit test



- The main functional test to differentiate between AS and TA athletes is the Long Sit Test
- This assessment involves the rower sitting in a long sit position on a plinth with legs as straight as possible
- In this position the rower leans their trunk forward to approximately a 30-45 degree angle followed by leaning backward to approximately a 30-degree angle without using the arms for support
- In both positions some resistance is applied by the classifier to test trunk strength

Long sit test



If tight hamstrings present move to fixed or sliding seat on ergometer

The testing position of the long sit test does not sufficiently position the athlete in such a way that reflects the sitting position when performing fixed seat rowing and may therefore lead to error of interpretation of sport-specific function

In the rowing shell, the rowers feet will be lower than their hips and supported in the foot stretchers

Furthermore, their knees can be maintained in some degree of flexion to accommodate for physical limitations such as loss of hamstrings muscle length to accommodate maintaining the legs

Aim(s) or current research



- Evaluate the interaction of trunk strength and fixed-seat rowing performance measures
- To address the validity of the classification process used to assign sport classes to athletes who use fixed seats in the rowing shell
- Improve how we define and evaluate trunk function specific to performance of trunk swing in fixed-seat rowing

Who should benefit from this research?



- This research will ensure that the proposed changes to athlete evaluation in the FISA classification system are supported by sport-specific evidence
- That furthers the International Paralympic Committee mandate for evidence-based classification systems (Tweedy & Vanlandewijck, 2011) in the sport of para-rowing

Subjects & methods



- Collaboration between FISA and Simon Fraser University
- Data collection spring/summer 2018
- Initiated in conjunction with Gavirate Regatta
- Three groups of athletes
 - Two groups of para rowers
 - PR1 & PR2
 - One group of able bodied rowers
 - Control group
- Number of athletes depends on the available number of para rowers

Data collection



- Manual assessment of hip extensor muscles strength and functional range
- Trunk strength and functional range
- Sport specific testing of trunk on plinth and ergometer
- Rowing test on ergometer over 500 meters

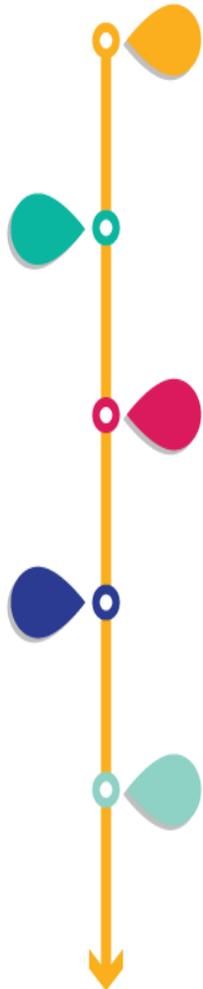


Analysis



- Relationship between the measurements of trunk strength in each position (impairment) and rowing performance parameters (peak force, impulse, timing of peak force) will be analyzed
- The strength of these relationships will be compared between PR1, PR2 and unimpaired rower

Timeline



- January 2018 – a letter of information will be sent out to all rowing national federations reminding pararowing administration and coaches of the aims of the research, timing of the research and athlete testing at Gavirate International Regatta
- March 2018 – Classifiers chosen for event and research panel trained
- May 2018 – Data collection at Gavirate International Regatta (PR1 & PR2 rowers)
- August – September 2018 – Data collection of age matched controls (unimpaired rowers) as normative data
- October-December 2018 – Data analysis and virtual meetings to discuss results amongst research team, interpretation of findings
- Finalization of proposal for changes to evaluation of fixed seat rowers for classification in para-rowing submitted to FISA para-rowing commission
- Manuscript preparation for submission to peer

Expected benefits of the research



- This project aims to validate this newly defined classification process for use in fixed seat rowing by comparing the sport-specific trunk function of athletes allocated to sport classes of PR1 and PR2, based on these proposed changes
- This project will further the evidence supporting the FISA classification system in pararowing, in particular for

INTERNATIONAL PARALYMPIC COMMITTEE UPDATE

Dr. Peter Van de Vliet – IPC Medical & Scientific Director

International
Paralympic Committee

Classification



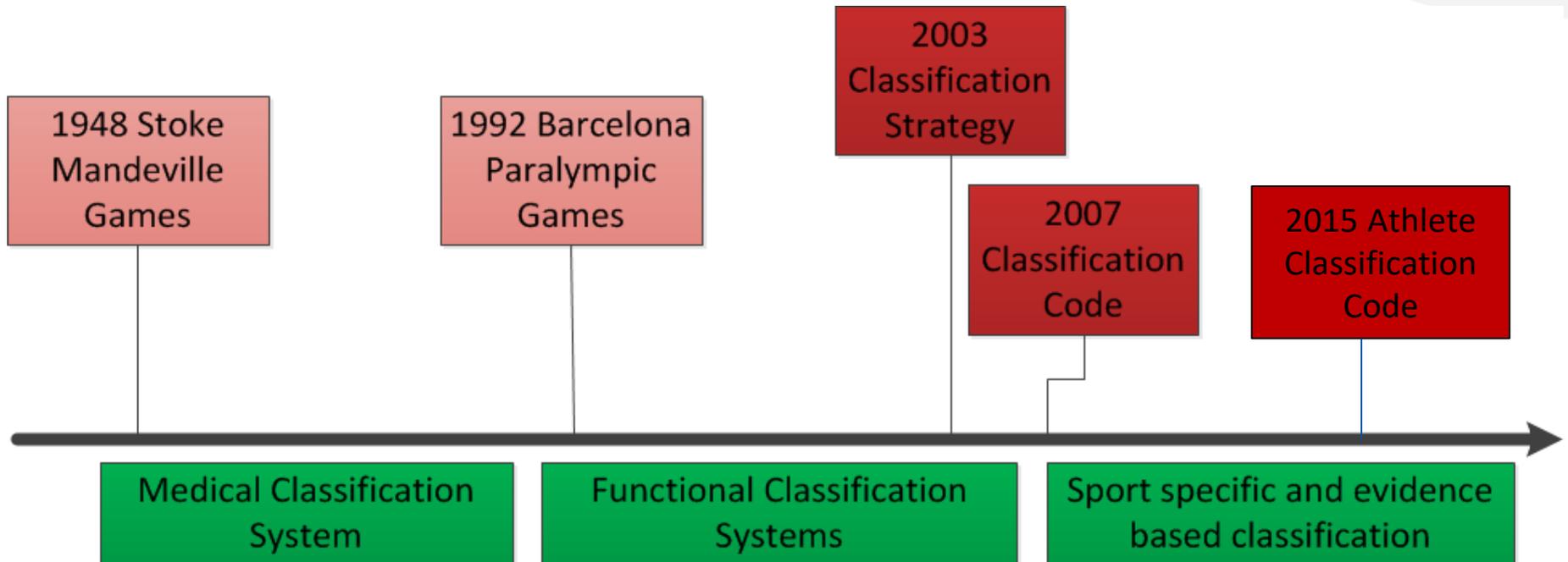
International
Paralympic
Committee

Peter Van de Vliet
Medical & Scientific
Director
International
Paralympic Committee



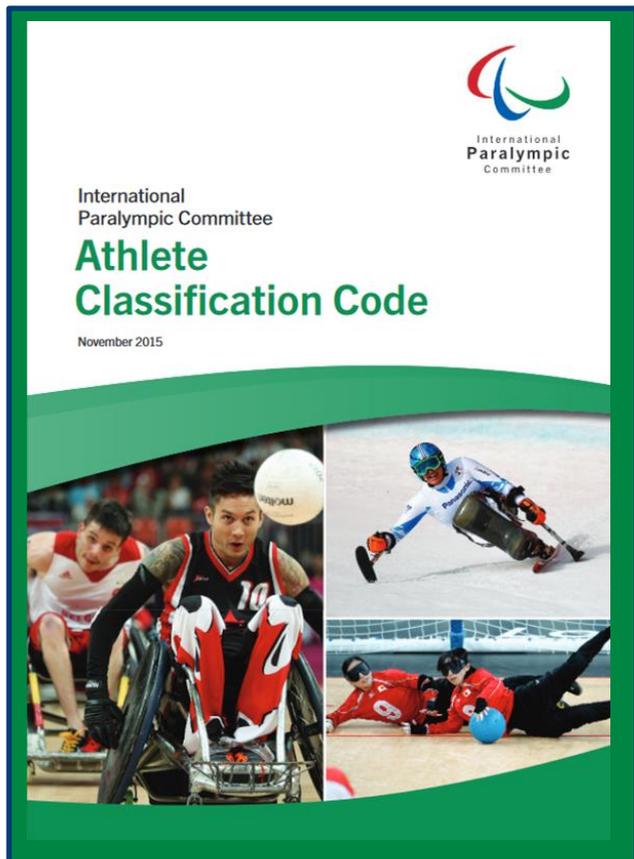


History of Paralympic Classification





2015 Athlete Classification Code

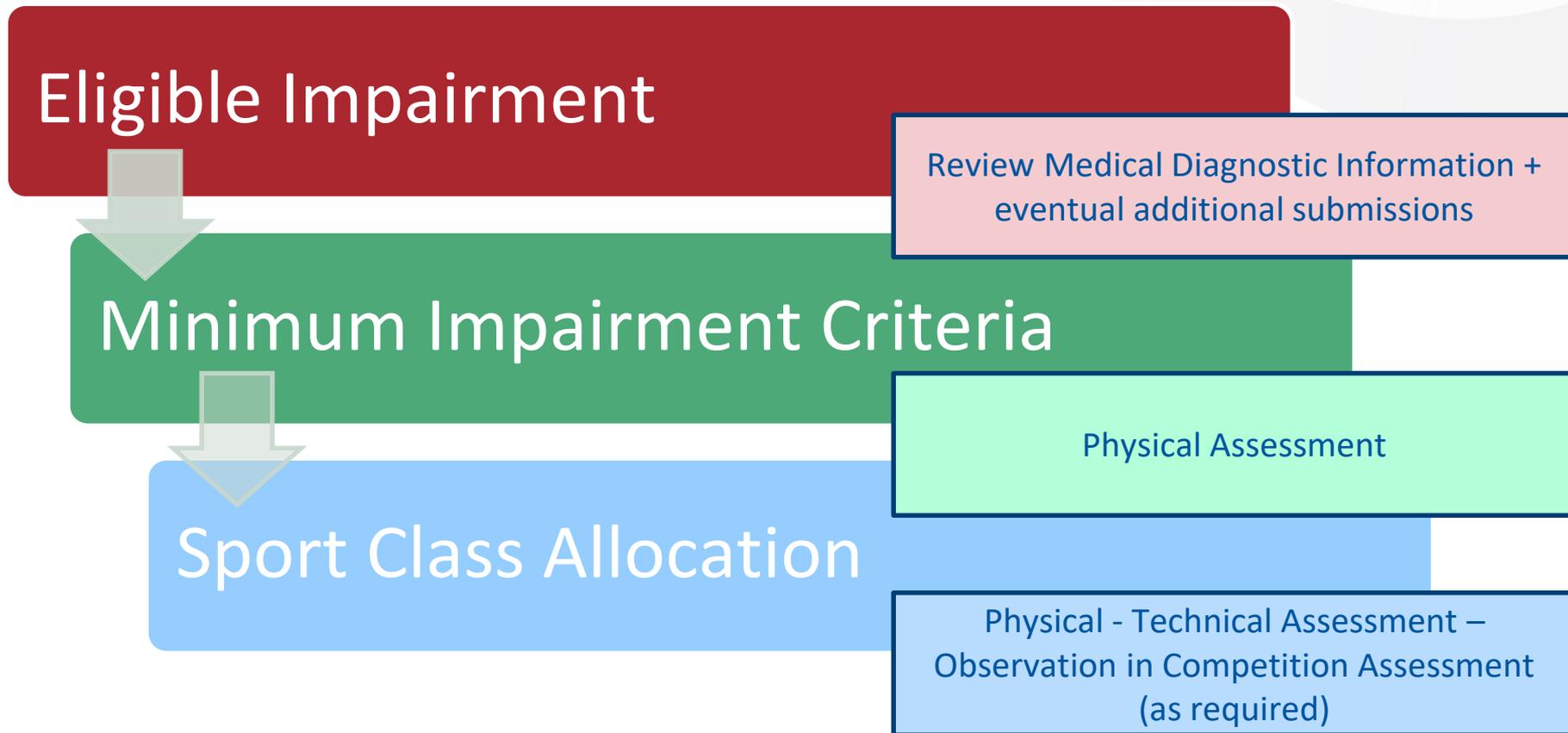


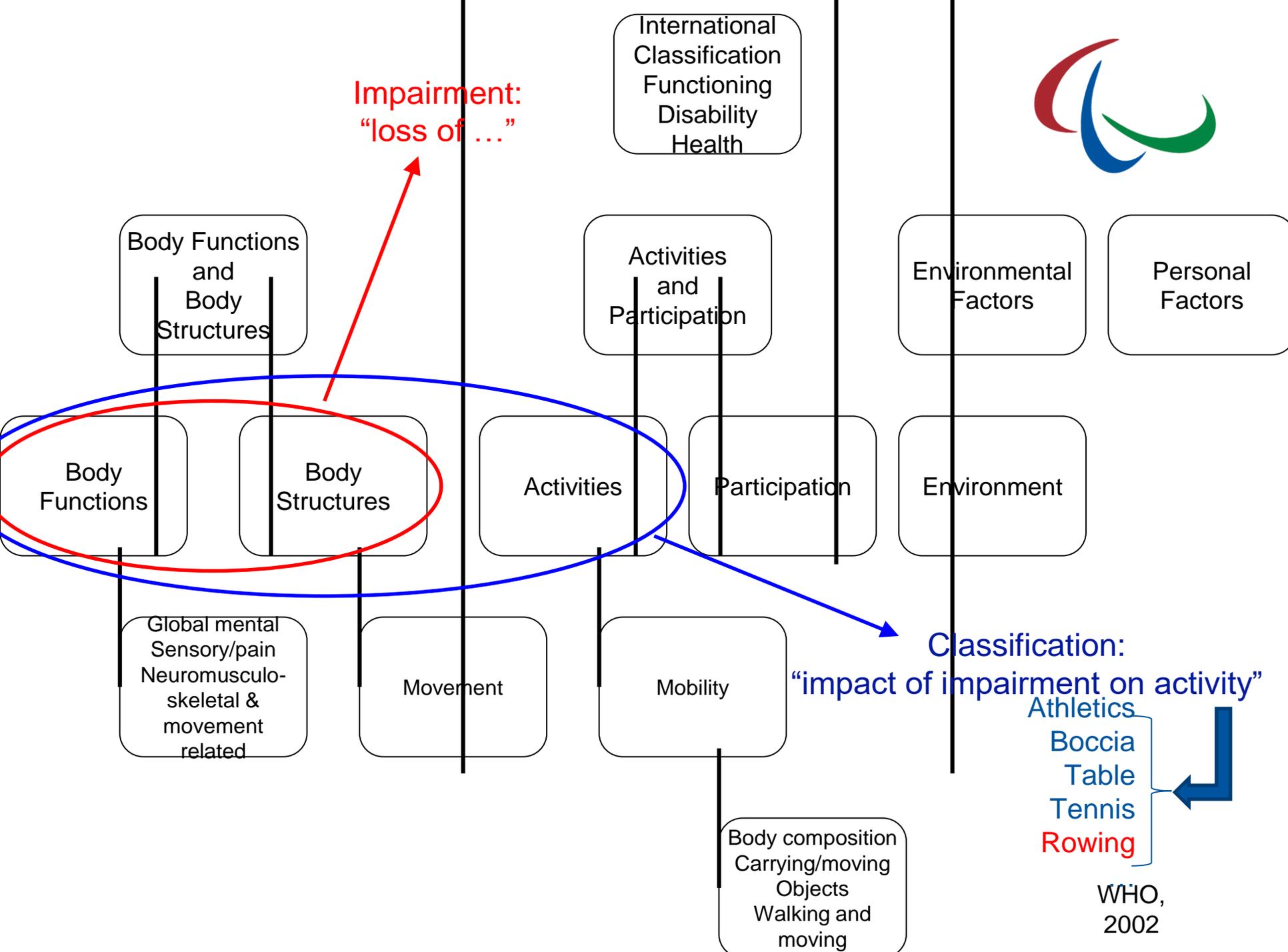
2 Definition and purpose of Classification in Para-sport

- 2.1 Athlete Classification in the Paralympic Movement (referred to in the Code as “Classification”) is a defining feature of Para-sport. It is defined as grouping Athletes into Sport Classes according to how much their Impairment affects fundamental activities in each specific sport or discipline.
- 2.2 The purpose of Classification is to define who competes in Para-sport and to ensure that the impact of Eligible Impairment in each event is minimised. To achieve this purpose, an International Sport Federation must develop and implement a Classification System that Complies with the Code and the International Standards. Specifically, a Classification System must:



Athlete Evaluation





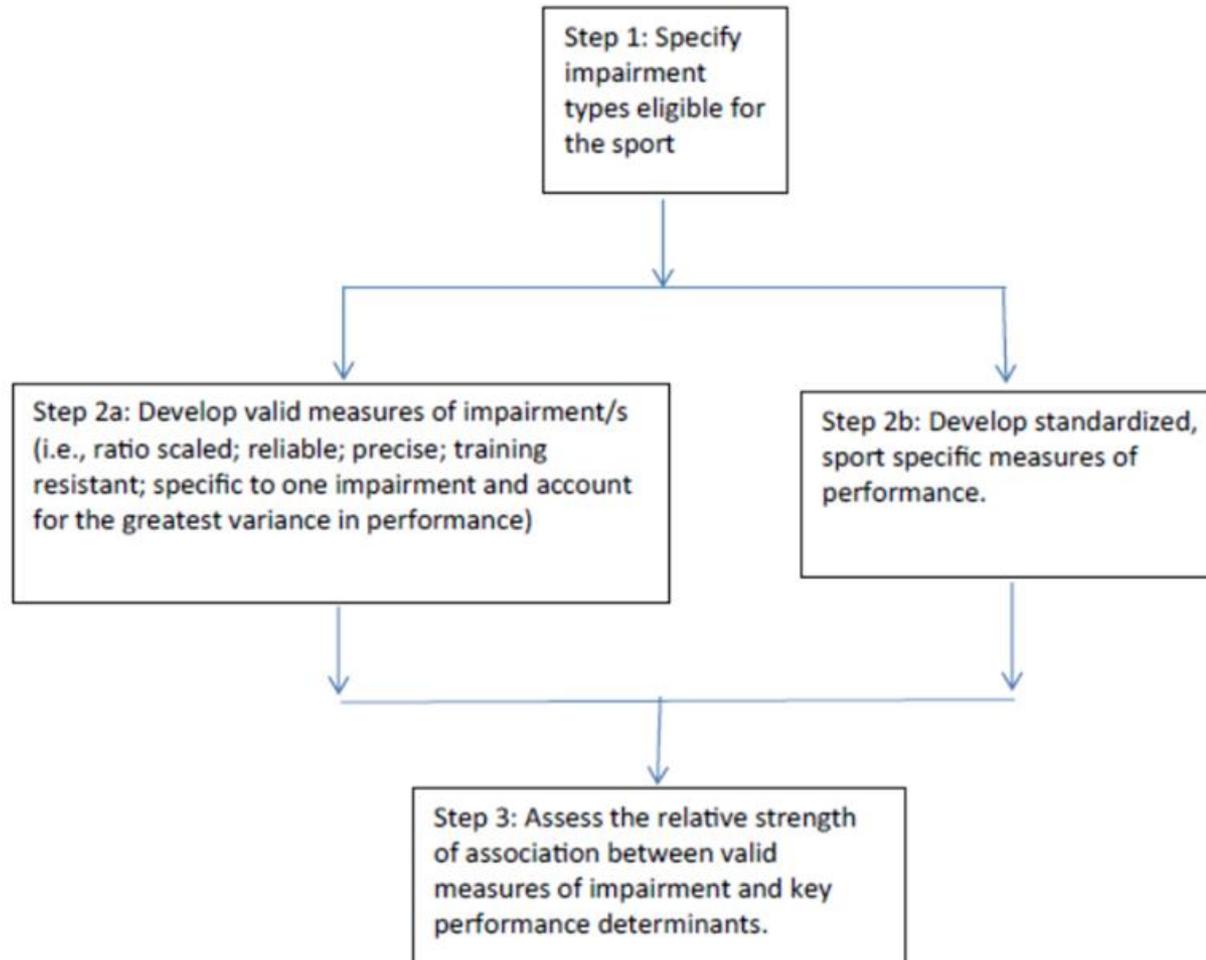
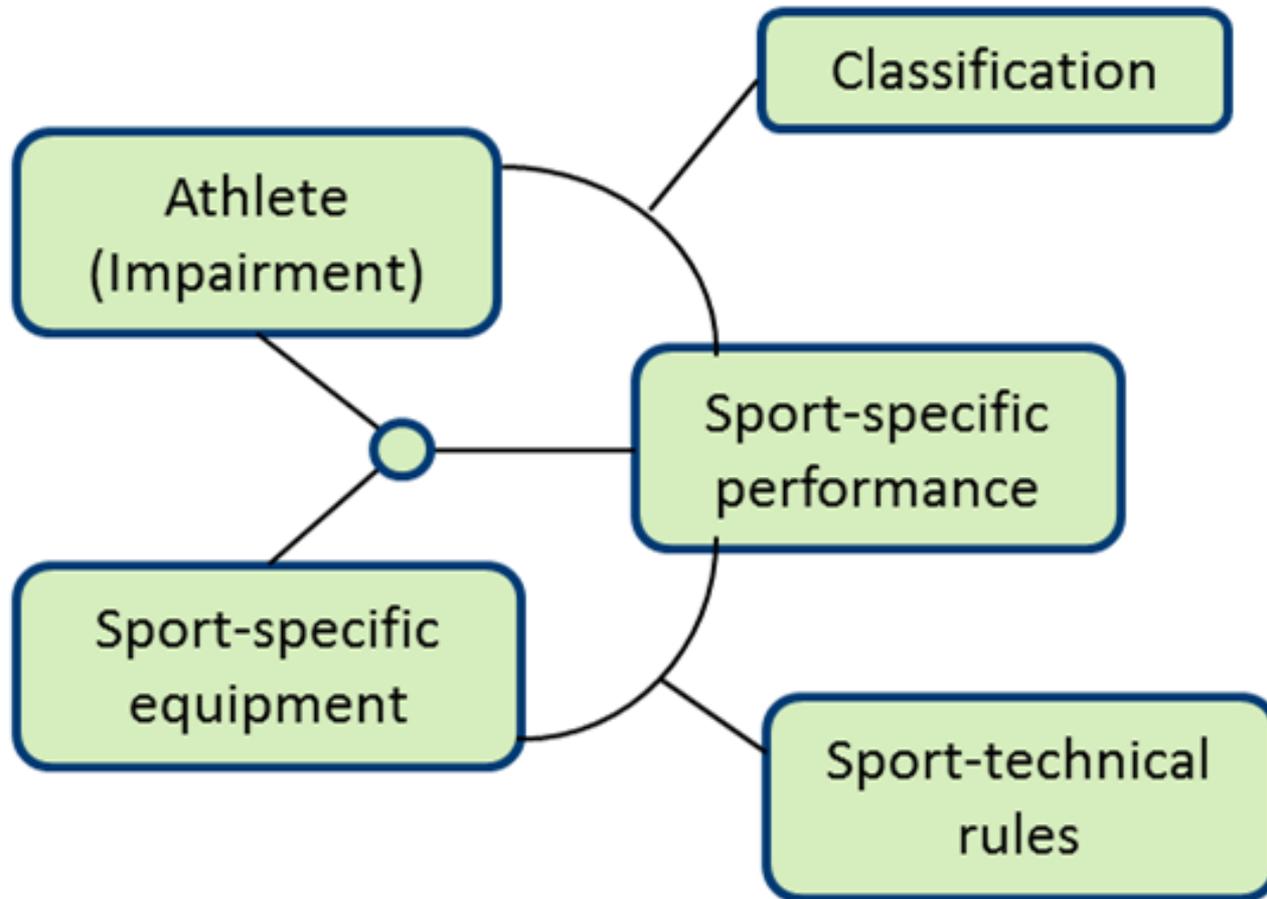


Figure 1. Diagrammatic representation of the 4-step process required for the development of evidence-based methods of Paralympic classification for physical impairments.

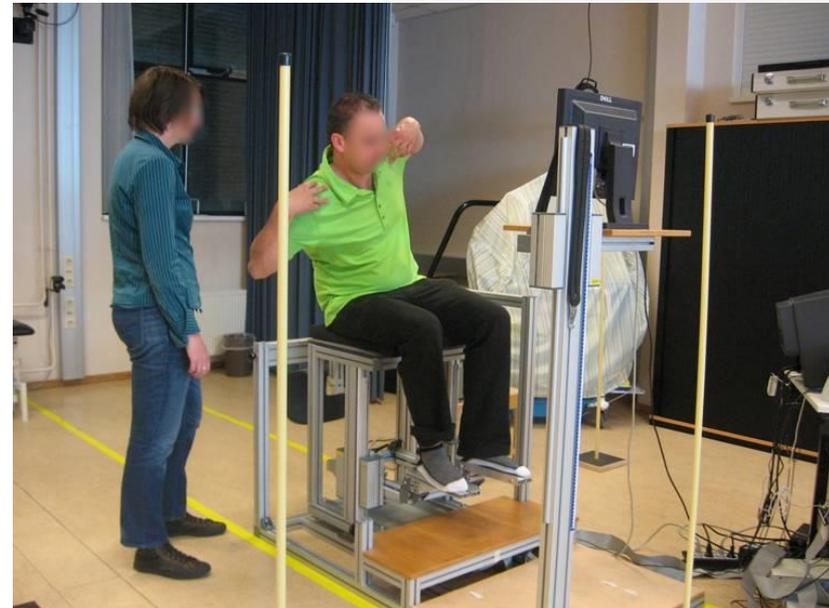




IPC Classification Research & Development Centers

IPC GB approved concept of 3 Classification R&D Centers in January 2013

- Long-term, strategic agenda on classification research centers
- Centers as reference centers to serve other sports



KU LEUVEN



International
Paralympic
Committee

Classification Research Partner



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



International
Paralympic
Committee

Classification Research Partner



VU
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AMSTERDAM



International
Paralympic
Committee

Classification Research Partner



Paralympic.org

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EXPERT PANEL ON CLASSIFICATION

Tomislav Smoljanovic MD PhD – FISA Medical Commission

Rebecca Thomas – FISA Para Rowing Commission

Roberto Nahon – FISA Para Rowing Commission

John Edwards – ICF Chair of ParaCanoe

Dr. Peter Van de Vliet – IPC Medical & Scientific Director

Peter O’Hanlon - Moderator

LUNCH

PARA COACHING EDUCATION

Yihuan Chang – FISA Development Coordinator

Para Rowing Education

Integrating para rowing in general
rowing knowledge

- Adaptive rowing introduced at FISA events since 2005
- Grown to over 35 nations active in para rowing
- Development through the support of our member federations with existing knowledge



Challenge: no easy accessible para rowing education information available for developing rowing nations

- FISA Coaching Framework
- Agitos project
- Methodology
- Contents
- Delivery
- Exercise
- Discussion

FISA's Vision: "To encourage the development of the sport of rowing and strengthen the bonds that unite those who practice it."

FISA's Mission: "To make rowing a universally practiced and globally relevant sport; Grow the sport in all its forms"

"The interests and well-being of the rowers is always at the centre of our sport"

- Number of Member NFs
- Active Member NFs with female and male, Para, Indoor and Coastal
- Number of nations taking part in preparation for events for YOG, Continental, Olympics and Paralympics
- Number of nations taking part in Juniors, U23 and Seniors as well as Coastal and Indoor
- Distribution of medals at Olympics, Paralympics and YOG
- Distribution of medals at other events

Goal I – Develop the Sport

Objective 1: Universality - Increase the number of ACTIVE rowing countries

Objective 2: Equality - Ensure equality is integrated in all development activities

Objective 3: Participation - Increase the sustainable participation of member national federations in leading events

Objective 3: Quality - Improve the quality of rowing and coaching worldwide

Objective 4: Opportunities - Increase the number of rowing opportunities through clubs, schools, universities and other entities and other entities

Objective 5: Integration - Integrate and expand all forms of rowing

Budget

Promotion of the Sport – Video Contest
Initiatives, Kafue Project, Olympic
Museum, Olympic Day/Week, YOG
Grassroots Initiatives

Continued Women's Specific
Projects, Coastal Projects,
Indoor, ASOIF Group
Collaborations

Para Rowing Training
Camps

Equipment
Subsidies/Donations

Coach Education,
Training Camps
& FOLLOW UP



**OVEP –
new tool!**



**Collaboration
with External
Partners**

1. Collaboration with External Experts to improve and standardize System
2. Online tools
3. Certification
4. Para and Indoor integrated
5. OVEP – Update
6. Consistent training camp and competition support – with Expectations!



Para-Rowing Training Activities – additional budget and specialized workforce/staff support looking toward Tokyo – integrate Para Education



Equipment Subsidies – linked to NF/NOC Support and thus projects with delivery and reporting requirements – 10 new projects in 2017



Building up relationships with NOC, NPC, IOC, IPC and OS to support.

- Funded by the Agitos Grant Support Program 2017 and FISA. Available for each National Paralympic Committee.
- Agitos GSP 2015, 2016 used for the Gavirate and Sarasota para rowing training camps





Para rowing?

- 2017: Application for Para Rowing Education
- Deliverables:
 - Educational guide for para rowing
 - Module which can be delivered to coaches to introduce them on how to organise para rowing

- Discuss deliverables and scope of the project (September – November, finished)
- Analyse existing para rowing content and determine the topics in the FISA curriculum (October till February 2018)
- Check the contents with para rowing experts (February 2018)
- Write the FISA educational guide (February 2018 onwards)
- Develop a module from it's contents to deliver to coaches (February – May 2018)
- Test the module with (April - May 2018)
- Edit and finalise contents and lay-out of the guide and the module (May – September 2018)

1. Introduction and Considerations

- Accessible environment
- Inclusiveness
- Communication with para rowers and entourage

2. Classification

- Sport classes: PR1, PR2, PR3
- Rigging
- Comfort
- Equipment

3. Engagement of athletes and coaches

- Finding athletes
- Adapt boats
- Talent ID and selection

4. Safety Considerations

- Risk assessment
- Safety protocol
- Equipment adaptations
- Capsize



5. Equipment and regulations

- Equipment
- Set-up
- Basic rigging
- Creative solutions

6. Technique

- Standard rowing technique
- Drills
- Coaching considerations

7. Training and Competitions

- Developing appropriate competition
- Annual training program
- Preparing for competition

8. Sports Medicine



The contents will be transformed into a module. This module can be given as a separate workshop or as part of Coaches courses.

FISA will train (FISA) coaches to deliver this module to National Federations and their coaches.



If you know coaches whom would want to learn the module,
Please let us know!

Case studies

Divide into groups

10 minutes to work out a plan

2 minutes for each group to present

Discussion



Thank you!

Contact Details:

Sheila.stephens@fisa.org

Yihuan.chang@fisa.org



BREAKOUT SESSIONS

*PERFORMANCE
TRACK –
PERFORMANCE
PROFILING*

Louise Kingsley - Moderator

*DEVELOPMENT
TRACK –
CASE STUDIES ON
STARTING A PARA
PROGRAM*

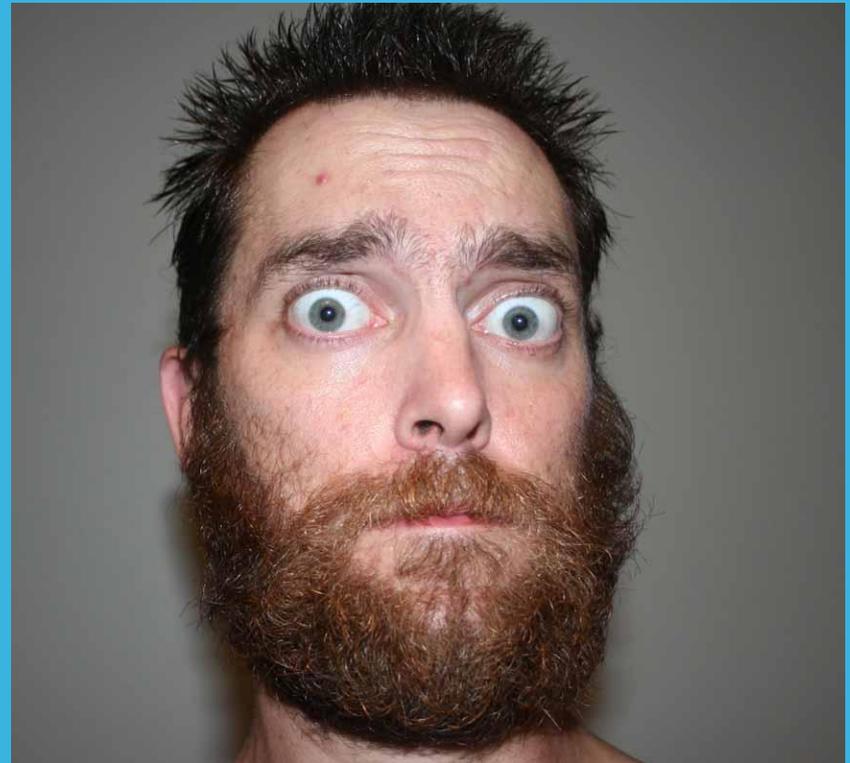
Deb Arenberg – USA
Jessica Davis – ZIM



Para Rowing
How to start a program

2017

YOU ARE NOW IN CHARGE OF YOUR PARA PROGRAM



WHAT'S INVOLVED?

Para rowing shells, medical intake process, special rigging, disability education & language, straps, cultural recognition, diversity & inclusion education, fixed seats, specific coaching considerations, mobility devices, accessibility standards, foam padding, shorter oars, transportation challenges, pontoons, transfer techniques, underrepresented populations, longer preparation for practices, funding, volunteers.....

A coach still juggles – just a different set of balls in Para.
Maximize each individuals abilities.



DISABLED POPULATION - UK

1 in 5 people have a disability

- 13.3M in UK.
- 17% born with disability, 7% children, 18% working adults, 44% elderly
- 2M vision impairment (1 in 30)
- 10M hearing loss (1 in 6)
- 800,000 < 16yo (1 in 20)

-Source: <http://www.dlf.org.uk/content/key-facts>.



WHY ROW? WHY NOT?!

- ✓ Cardio
- ✓ Muscles
- ✓ Flexibility/Range of Motion
- ✓ Non impact sport like running- not hard on joints
- ✓ Emotionally
- ✓ Inclusion
- ✓ Competition
- ✓ Social Connection
- ✓ Spirituality/Nature
- ✓ Fun – on the water
- ✓ Independence/freedom
- ✓ Share the sport/coach
- ✓ Repetitiveness shows improvement - PTSD, TBI
- ✓ Just like to row
- ✓ Other?



BIGGEST FEARS

What do I say?

*How do I learn
how assist a
person with a
disability?*



BASIC GUIDELINES

- **It's Para Rowing- no dumb questions**
- **Ask! Don't assume**
- **Respect + Humor = Great Results**
- **Help grow the sport by getting involved**
- **Advocate for your athletes**
- **Safety First – Fun Always**
- **Coach/Challenge Mindset- Not Babysitter**



WHAT IS PARA ROWING?

Rowing for people with physical and/or intellectual disabilities through the modifications of what 3 things?



PARA ROWING MODIFICATIONS OF:



1. Equipment
2. Coaching techniques
3. Program structure/expectations



ROWING IS UNIQUE

Rowing can be adapted to the disability

- **Range of movement – 3 body zones**
- **Impressive caloric output**
- **Indoor erging- supported exercise**
- **On water rowing- freedom from mobility devices**

Rowing provides more exercise than most sports



FISA PARA BOAT EVENTS

2000 METERS

Paralympic Events:

- PR1 M1X, W1X
- PR2 MIXED 2X
- PR3 MIXED 4+

Additional 2018 World Championship Events:

- PR2 M1X, W1X
- PR3 MIXED 2X
- PR3 M2-, W2-

Optional Inclusion Events- Help develop and grow the sport

Expand participation at the club, regional, national level-2K, 1K, 500m

- PR2 M Inc 2x, W Inc 2x
- PR3 M1x, W1x, Mix 2x, M Inc 2x, W Inc 2x, Mix Inc 4+
- ID, PDST, Autism, Down Syndrome

INCLUSION - 50% CREW WITH A DISABILITY 50% CREW WITHOUT A DISABILITY



TYPES OF PARA PROGRAMS

- **Para Rowing (FISA Classified)**
- **FES (Functional Electrical Stimulus)**
- **Recreational Para**
- **Cancer Survivor Group**
- **Erg/On Land Only (stoma)**
- **Autistic Group**
- **Hearing Impaired (HI)**
- **Visually Impaired (VI)**
- **Physically Disabled (PD)**
- **Intellectually Disabled (ID)**
- **Veterans – ie. PTSD, TBI**
- **Para Camps**
- **Para Events**
- **Para Volunteer Training**
- **Para Coach Training**
- **OR Combination Sessions**



1:1

1 ATHLETE + 1 COACH = ADAPTIVE PROGRAM

Start slowly – build gradually



PROGRAM CHALLENGES

Things to consider in the planning stages

- What type of disabilities can you support given the people, equipment and community environment?
- Maximize equipment usage- how can you use/re-purpose what you already have?
- Does your club have a Diversity & Inclusion Policy and actively support this culture? Are your club coach hiring policies same?
- Recruiting/Retainment - Can athletes relate to coaches culturally?
- Is there a Safety Policy in place and does it include para and accessibility issues?



OTHER CHALLENGES/BARRIERS?

- Athlete transport to practice location
- Lack of para rowing equipment
- Cost of the program
- Swimming ability or lack thereof, swim suits
- Food to feed athletes
- Safe rowing clothing
- Cultural differences & training
- Housing considerations (training on location)
- Works schedule of athletes
- Tide fluctuations- limits water time
- Poor infrastructure- wet launching
- Accessible practice building/dock area/bathrooms
- What else?

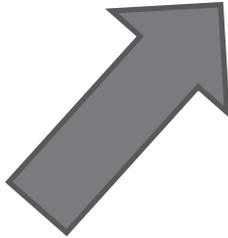


PROGRAM DEVELOPMENT COMPONENTS

Long-Term Success

PEOPLE

Athletes
Coaches
Club Members
Volunteers
“Fix It “ Folks
Board Members
(incl Para Rowers)



INFRASTRUCTURE

Rowing Club
Accessible Facility
Boats
Ergs
Adaptive Equip



COMMUNITY

Athlete Recruitment
Transport Services
Medical Facility
Disability Organizations
Churches, Religious Orgs
Community businesses
Corporate & Private Donors
Therapists/Medical Experts
Schools, Education Orgs



NETWORKING

CULTIVATING YOUR RESOURCES

Partner and get involved with local groups

- Specific disability schools, clubs, organizations
- Churches, Cultural/ethnic specific businesses ie- barbershop
- International members of the para rowing community
- Local schools, universities,
- Area medical/rehab facilities
- Other disability/adaptive sport organizations
- Area corporation outreach programs
- Veteran Programs
- Rowing Club Members

BE CREATIVE- THINK OUTSIDE THE BOX

(Chicago's Rowing Foundation- Gaming Industry)



APPROACH	N/A	YES	NO	ACTION	ELEVATORS	N/A	YES	NO	ACTION
1 Club accessible by public transport?					34 Available to all floors?				
2 Club within walking distance of public transport?					35 Doors open to appropriate width?				
3 Accessible transport services available?					36 Can doors be distinguished from surrounding walls?				
4 Bus Routes have low floor access ramps for wheelchair users?					37 WATER ACCESS				
PARKING					38 Is water approach accessible?				
5 Accessible parking for wheelchair users?					39 Is boating area accessible?				
6 Parking spaces close to the boathouse?					40 Accessible ADA compliant ramps for wheelchair users?				
7 Sufficient dedicated accessible parking spaces provided?					41 Ramp access take into account any tidal/water level changes?				
8 Accessible parking clearly marked?					42 Is dock stable?				
9 Accessible parking good condition and level for wheelchair users?					43 Adequate space for assisted moving, transfers and athlete support?				
10 Parking safe with good lighting?					44 Hoist available for moving and transfers?				
11 Enough space in parking bays for adequate transfer space?					BATHROOM FACILITIES				
12 Designated safe drop-off and pick up locations?					45 Accessible toilet in close proximity to docks?				
STEPS					46 Accessible toilet facility indoors?				
13 Are there steps?					Space enough for right and left transfers and to turn around (60" turning				
14 Steps of proper dimensions?					47 radius)?				
15 Steps have tactile surface for advanced warning in level changes?					48 Appropriate sink height for wheelchair users?				
16 PATHWAYS					49 Hand dryer/towel dispenser at appropriate height?				
17 Pathways wide enough 36"?					ADA compliant handrails and fixtures installed at correct height & high vis				
18 Pathway edges clearly defined by colors & tactile surfaces?					50 color?				
19 Pathway ramps build to 1:12 ADA standards?					51 All routes to bathrooms unobstructed for wheelchair users?				
20 Path width adequate?					52 Shower handles easy to operate by limited hand function.				
21 Handrails installed where needed?					SIGNAGE				
BOATHOUSE ACCESS					53 Signage current, consistent, relevant throughout facility?				
22 Boathouse door 32" min?					54 Boathouse entry/exit to boathouse and parking clearly identified?				
23 Entrance door to boathouse high contrast color?					55 Signage at consistent height throughout?				
24 If glass door, visible when closed?					56 Signage simple with approved pictorial language and sensory formats?				
25 Door handles have large lever pulls and ADA height?					57 Signage not blocked and visible from seated and standing positions?				
26 Is there 60" clear space inside and outside doors?					58 Signage tactile for visual impaired?				
27 Floor surfaces and connections negotiable by wheelchair users?					Emergency alarm system audible and also supplemented by visual/tactile				
28 Boat bays wide enough to avoid equipment?					59 system?				
29 Bays clearly marked by color & tactile surfaces?					60 Emergency exit routes level and accessible to all on ground floor?				
30 Floor space clear of obstacles?					Written information available in appropriate language and sensory				
31 Boats, oars, pontoons easy access?					61 formats?				
Equipment stored at height & location easy to access by wheelchair					COMFORT/SAFETY				
32 users?					62 Tent for shade on hot days (rowers w/o temp control) to rest				
33 Club have adequate equipment to match the needs of the rower?					63 Location to secure wheelchair, orthotics, prosthetics				
					64 Service dogs- water, shade, tie up?				
					<i>Adaptive Rowing: A Guide, Simon Goodey,</i>				
					<i>www.britishrowing.org.)</i>				

PR3 EQUIPMENT CONSIDERATIONS



New Rule Change-
light occluding
goggles no longer
required but special
awareness for sight
impairment.

Para LTA Mix4+
(max 50% visual disability, mixed crew.)

Equipment considerations - none



PR2 EQUIPMENT CONSIDERATIONS



- Fixed Seat
- Knee strap
- Knee support
- Reduced span/shorter inboard
- Pontoons optional



PR1 EQUIPMENT CONSIDERATIONS



- **Fixed Seat**
- **Chest Strap**
- **Knee Strap**
- **Pontoons**
- **Narrow Span/Deeper Chevron rigger**
- **Shorter oars (no overlap)**



STARTER BOAT EQUIPMENT

- ❖ Para 2x (1 adaptive rower: 1 coach)
- ❖ Para 1x
- ❖ Adaptive Pontoons
- ❖ PR1 oars, PR2 oars
- ❖ Fixed Seats (straps, padding)
- ❖ Support equipment (lifts, ramps, transfer equipment, aids)
- ❖ Lifejackets, radios, other safety equipment

OR

USE WHAT YOU HAVE OR CAN FIND

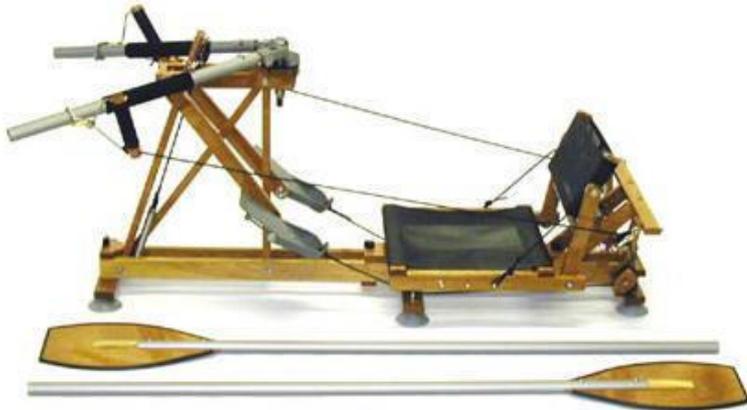


ADAPTIVE AIDS

- Communication Devices
- Computer Programs
- Erg Adaptors
- FES Chairs
- Fixed Seats
- Foot Adaptations
- Front Rower
- Grip Aids
- Oarlock
- Oars
- Pads
- pontoons
- Pontoon Brackets
- Seat Pads
- Slide Tracks
- Strapping
- Transfer Options



EXAMPLES OF NON TRADITIONAL EQUIPMENT



PARA DOCUMENTATION

- Regular Membership application –standard club application
- Intake/Medical Form (seek support from person w/ medical background)
- Water Competency or (Swim Test = cultural barriers)
- Emergency Contact Card – with on water coach
- Rigging Card to record adaptations to equipment
- Include athlete in club communications system (listserve, etc)

(Examples can be found in the USRowing Adaptive Manual)



SUGGESTED INITIAL ATHLETE INTERVIEW

You can ask questions about the disability or the management of symptoms that are pertinent to rowing. And communicate that information to the coach/volunteer working with the athlete.

Ask rower:

- What are your expectations? Current experience?
- What type of rowing are you interested in- exercise, Para, rec competition?
- Does your ability match that type of rowing?
- How long has the rower had the disability?
- What are your concerns?
- (Partial VI) What can you see?
- Do you have any specific needs?
- How do you usually do this particular activity? (transfer, guided walk, etc.)



ATHLETE PROGRESSION

- 1) Movement/Ability analysis
- 2) Erg
- 3) Tank or Dock Box
- 4) Stationary on dock
- 5) Boat with volunteer or coach 1:1
- 6) Boat on a rope
- 7) Boat with other athlete(s)- coaching launch



COMMUNICATE IN A MANNER THAT IS DISABILITY APPROPRIATE

- Practice **POSITIVE COACHING** or take a course –verbalize what’s right not wrong.
- (VI) SOUNDS- “clunk” of the blades squaring, pontoon “gurgle” touches water,
- (VI) FEEL – “Index/mark” grip with taped medical wood depressor (tactile orientation).
- (ID)Autism - Keep commands simple – one word combined with hand motion. SING!
- (HI) HEARING - Pictures or flashcards that represent a command, use hand motions and face the rower directly, read lips.
- VI & HI -Feel drumming/vibration.
- Try everything until it works! Fill your “toolbox” with different approaches.

ADJUST YOUR COACHING STYLE



SAFETY

- Club must have established safety protocols specific to the location and facility
- Part of pre-requisite for membership
- FISA - ***Minimum Guidelines for the Safe Practice of Rowing***, 12 pg doc.
- Federation Safety Video/DVD

Capsize Video



underwater.AVI



RIGGING

Examples of Rigging Ranges Used by 2008 Paralympians

Boat class (country)	Blade Type	Spread/span	Inboard (cm)	Overall length (cm)
ASM1x (USA)	Concept 2 Fat Blade	141	66	248
ASM1x (Canada)	Croker	134	61	264
ASW1x (USA)	Concept 2 Fat Blade	143	69	248
TAmix2x (USA)	Concept 2 Fat Blade	147	70	265
LTAMix 4+ (USA)	Concept 2 Fat Blade	84	114	367
Middle-range club rig 4+	Coach choice	86	116	372

In the USA LTA4+, the heights were set higher for the men and lower for the women to accommodate the varying rowers, and one of the athletes was rigged with a longer outboard.

USA Adaptive Rigging Recommendations for AS and TA Rowers

Inboard Rule for AS sculling- divide the spread by 2 and subtract 4cm.

AS (Arms & Shoulders)	C2 Fat	140-145	64-76	248-253
	C2 Smoothie	140-145	64-76	253-258
TA (Trunk & Arms)	C2 Fat	150-155	67-79	273-278
	C2 Smoothie	150-155	67-79	278-283



COMMUNICATION DEVICES

Eartec SLT24G2CYB - Marine Captain to Crew Simultalk 24G Radios
(1 Master SLT24M, 1 Remote SLT24R) w/Qty 2 Cyber Headsets (CYB24G)

• Intercom • Handheld • 2.4GHZ • 2-Users

Toll-Free 877-412-3738

AKA: SLT24G2CYB

Approx. 75 feet. Additional radio and head set is \$140.

Cell Phone (programmed!) & Waterproof Case



TRANSFER OPTIONS



Training required for assisted lifts.



PARALYMPIC ROWING PERFORMANCE PIPELINE



Para Pipeline Document with links to related information on qualifying times, training, who to contact, athlete progression, testing, etc.

Pg 128 US Adaptive Rowing Manual



RESOURCES

WORLD ROWING - PARA

<http://www.worldrowing.com/para-rowing/>

USROWING COMMUNITY OUTREACH MANUAL

<http://www.usrowing.org/wp-content/uploads/2016/05/usrowing-america-rows-community-outreach-manual.pdf>

USROWING ADAPTIVE ROWING MANUAL

<http://www.usrowing.org/wp-content/uploads/2016/05/2015-guide-to-adaptive-rowing.pdf>

USROWING PARA SELECTION PROCEDURE

<http://www.usrowing.org/wp-content/uploads/2017/06/2017-Para-Selection-Pro.pdf>

Debbie Arenberg, USRowing Adaptive Program Development Specialist
Deb@USRowing.org



SPECIAL THANKS

**To the all Adaptive Athletes, Families,
Coaches, Volunteers and Equipment
Manufacturers who have contributed and
supported the growth and
development of Para Rowing.**





TIME FOR QUESTIONS

ABOUT PARA ROWING



Raw and Remarkable – Rowing to Rio

Paralympics Rio de Janeiro 2016

The Zimbabwean Story



ZIMBABWE
National Paralympic Committee



Pronounce - Speak it out loud

January - 2016

- Mum and Daughter talk the idea out loud



ZIMBABWE
National Paralympic Committee



Permission

- 5th February met with Paralympic committee
- 8th February RAZ meeting
- Discussion with FISA begin



ZIMBABWE
National Paralympic Committee



People for Practice

- 10th February first practice at St George's
- 11th-19th February several rowing sessions



Practitioners

- Physiotherapists

Guri Bratland and
Torborn Johannessen,
Norwegian volunteers

- GP

Canadian doctor, living in
Zimbabwe, Fariba
Radmard



ZIMBABWE
National Paralympic Committee



Pre-Classification

- **19th March** was the closing date for classification documents to be handed in
- It was at this time that it was made clear to us that athletes were pre-classified and had to be officially classified in Gavirate, Italy



ZIMBABWE
National Paralympic Committee



Preparation

- **27th March – 10th April**
First practice of the crew combination that would travel to Gavirate, Italy.
- FISA offer full financial support for a team of 5 athletes 1 Coach to attend a camp prior to the final Paralympic Qualification Regatta



Paralympic Qualification Regatta and Poland

- **11th April – 23rd April** – Gavirate Development Camp and Final Paralympic Qualification regatta.
- **12th June – 21st June** – Rowing World Cup 3, Poznan, Poland.



ZIMBABWE
National Paralympic Committee



Paralympic Games

- 07 September



BREAK

FISA Update

Colleen Orsmond – FISA Sport Director

Liz Soutter – FISA Intern; USA Para Team Manager

Fay Ho – FISA Para Rowing Commission Chair



**World Rowing Para
Rowing Conference**

FISA UPDATE

2018 PARA ROWING EVENTS

2018 Events



Event	Date	Para Events offered								
		PR1 M1X	PR1 W1X	PR2 M1X	PR2 W1X	PR2 Mix2X	PR3 Mix2X	PR3 M2-	PR3 W2-	PR3 Mix4+
Gavirate International Regatta Gavirate, ITA	12-13 May	V	V	V	V	V	V	V	V	V
World Rowing Cup I Belgrade, SRB	1-3 June	V	V	V*	V*	V	V	V*	V*	V
World Rowing Cup II Linz-Ottensheim, AUT	22-24 June	V	V	V*	V*	V	V	V*	V*	V
World Rowing Championships Plovdiv, BUL	9-16 September	V	V	V	V	V	V	V	V	V

√* *These events are currently offered, however NFs are asked to confirm to FISA by the end of April if they are going to enter a crew in one of the new FISA events. If there are small entries, NFs will be informed if any changes are required from them for that particular regatta.*

Eligibility to row in new events

- *Same eligibility requirements as for PR3 Mix 4+ to race in PR3 M2- and PR3 W2- (maximum one rower with visual impairment)*
- *Same eligibility requirements as for PR2 Mix 2x to race in PR2 M1x or PR2 W1x*
- *We are reviewing our minimum disability requirements beyond 2020 - such as considering 20 points loss in one limb, instead of only 10 as currently set*

Development Training Camp



6 -13 May 2018 in Gavirate, ITA

Priority will be given to new countries, that have never taken part in the Paralympic Games before and to those starting new Para Rowing programmes.

Financial support will be provided to a team coach and athletes joining the camp.

CLASSIFICATION

Classification Opportunities in 2018

Event	Date	PI Classification	VI Classification
Gavirate International Regatta, Gavirate, ITA	11-13 May	yes	TBC
World Rowing Cup I Belgrade, SRB	1-3 June	yes	TBC
World Rowing Cup II Linz-Ottensheim, AUT	21-24 June	yes	NO
World Rowing Championships Plovdiv, BUL	9-16 September	yes	yes

Would IBSA classification status from other sports still be valid for para rowing?

Classification Workshop in 2018



Advanced Level to be hosted at World Cup II

Basic Level to be hosted at EIRC (TBC)



Para Rowing Eligibility Assessment

Introduction

This assessment evaluates an athlete's impairment(s) in order to give an indication about whether the athlete could be eligible for para rowing, in which sport class the athlete could compete, and the boat class the athlete could row in at a FISA/World Rowing regatta.

- A tool to be used by member federations
- Streamline the pre-classification process for athletes
- Makes first steps of classification information more accessible

A yellow ● marks unprocessed changes.

 PDF Save

Person Personal Information Further Information Impairment Documents

IMPAIRMENT - DOCUMENTS

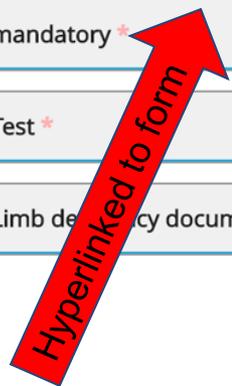
 Add

Limb deficiency

Status: *Pending*

Remove

Limb deficiency document mandatory *	Missing	Upload
Test *	Missing	Upload
Limb deficiency document	Optional	Upload

 Hyperlinked to form

- Prospective para athlete will have a login to maintain privacy of their medical documents
- Based on the impairment, the portal will dictate the required documentation. Athletes will need to complete and upload all required documentation prior to having them reviewed.
- FISA Classifiers will have access to review completed documentation, and complete any necessary follow up directly with the athlete.
- NF portal login will have access to view whether an athlete has completed their paperwork, whether it has been read, etc.
- Launch date: early 2018. This will replace the current submission system.

2020 PARALYMPIC QUALIFICATION SYSTEM

Rio 2016 had 4,350 athletes and 528 medal events.

For Tokyo 2020, International Federations requested 4,979 athletes and 27 more medal events (555 in total)

Rowing requested one new event, PR3 Mix 2x.

On 4 September, the IPC Governing Board confirmed the medal events programme and athlete quotas for the Tokyo 2020 Paralympic Games. In total there will be 4,400 athletes in 537 medal events.

The Rowing quota of events and athletes remains unchanged:

- 4 events: PR1 M1X, PR1 W1x, PR2 Mix 2X, PR3 Mix 4+
- 96 athletes – 48 men, 48 women

I. General qualification principles

Beijing, London and Rio:
83% “Excellence” 17% “Participation” (Bipartite places)
Number of NPCs participating: 23, 23, 25

The total number of NPCs participating in para rowing is a key performance indicator for the IPC

FISA considers it necessary to adjust these ratios in favour of participation, recognising that increased Paralympic Games qualification opportunities can encourage new para rowing programmes in national federations.

The proposal has been made to introduce **Continental Qualification Regattas** for the Paralympics as a means to develop para rowing in the continents by:

- Offering national federations with young or under developed para rowing programmes the opportunity to qualify through their continent
- To encouraging the development of new para rowing programmes

Thereby growing the number of NFs participating in para rowing and (ultimately) the number of NPCs participating in the Paralympics.

How will this work?

Continental Qualification Scenario



	2019 World Champs	Asia/Oceania	Africa	Americas	Europe	Bipartite Places	Final OQR	Total Boats
Event								
PR1 M1x	7	1	1	1	1	0	1	12
PR1 W1X	7	1	1	1	1	0	1	12
PR2 Mix2X	8	0	0	0	0	2	2	12
PR3 Mix 4+	8	0	0	0	0	2	2	12
TOTAL								48

- **One place each per continent (Africa, Americas, Asia/Oceania, Europe) in the PR1 M1x and PR1 W1x**

Continental Qualification Scenario



	2019 World Champs	Asia/Oceania	Africa	Americas	Europe	Bipartite Places	Final OQR	Total Boats
Event								
PR1 M1x	7	1	1	1	1	0	1	12
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PR3 Mix 4+	8	0	0	0	0	2	2	12
TOTAL								48

- One place each per continent (Africa, Americas, Asia/Oceania, Europe) in the PR1 M1x and PR1 W1x
- **Fewer places in the PR1 singles at the WCH and Final Qualification (previously 8 + 2)**

Continental Qualification Scenario

	2019 World Champs	Asia/Oceania	Africa	Americas	Europe	Bipartite Places	Final OQR	Total Boats
Event								
PR1 M1x	7	1	1	1	1	0	1	12
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PR2 Mix2X	8	0	0	0	0	2	2	12
PR3 Mix 4+	8	0	0	0	0	2	2	12
TOTAL								48

- One place each per continent (Africa, Americas, Asia/Oceania, Europe) in the PR1 M1x and PR1 W1x
- Fewer places in the PR1 singles at the WCH and Final Qualification
- **No bipartite places in the PR1 singles**

Continental Qualification Scenario



	2019 World Champs	Asia/Oceania	Africa	Americas	Europe	Bipartite Places	Final OQR	Total Boats
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PR1 M1x	7	1	1	1	1	0	1	12
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PR2 Mix2X	8	0	0	0	0	2	2	12
PR3 Mix 4+	8	0	0	0	0	2	2	12
TOTAL								48

- One place each per continent (Africa, Americas, Asia/Oceania, Europe) in the PR1 M1x and PR1 W1x
- Fewer places in the PR1 singles at the WCH and Final Qualification
- No bipartite places in the PR1 singles
- **No change to PR2 Mix2x and PR3 Mix4+**

Other continental qualification principles

- Only National Federations that have not qualified any boats at the World Championships will be eligible to participate in the Continental Qualification Regattas
- No limit on participation in the Final Paralympic Qualification Regatta
- A National Federation may only qualify **one boat** at the Continental Qualification Regatta
 - If the same National Federation wins both the PR1 M1x and the PR1 W1x, the NF must choose one boat to qualify

- Host nation places are included in the Bipartite Commission Invitation Places
 - It is not obligatory to attribute Host Nation places
- Unused continental qualification places will be added to the Bipartite Place quota
- In principle, there should be no unused Bipartite Places

Next steps

1. Feedback from National Federations until **22 December 2017**
2. Submit proposal for the Paralympic Qualification System to the IPC
3. Submit to IPC by **8 January 2018**
4. Engagement with the Continental Federations / Associations to discuss training camps and the Continental Qualification Regattas

Contact and Inquiries



Classification@fisa.org

Pararowing@fisa.org

Closing Remarks

Peter O'Hanlon - Moderator