

PARA ROWING



Club Engagement



Australian Government
Australian Sports Commission



TABLE OF CONTENTS

What is Para Rowing?	3
Para Rowing Pathways	4
Who is eligible for Para Rowing?	5
Para Rowing Sport Classes	6
Why include Para Rowing – Club	9
Why include Para Rowing – Athlete	10
Para Rowing – Demystifying Inclusion	11
Para Rowing Equipment	13
Participation	16
Grants	17
Who can help your club to develop Para Rowing?	18
Rowing Australia	19
Key Contacts	20

WHAT IS PARA ROWING?

Para Rowing provides athletes with a physical or intellectual impairment the opportunity to be active on the water and get involved in a fun and friendly club environment.

Athletes with a physical or intellectual impairment can participate in a variety of competitions from club regattas through to state and national championships.

Athletes with a physical impairment have the opportunity to represent Australia at international competitions such as World Championships and Paralympic Games.

PARA ROWING PATHWAYS

Rowing Australia endeavours to work closely with State Rowing Associations and Rowing Clubs to develop and incorporate (into their existing structures) a participation and development pathway that caters to a wide range of needs and desires.

1. Learn to row
2. Join a rowing club
3. Compete at a local level
4. Compete at State Championships
5. Compete at National Championships
6. Nominate for National Selection
7. Complete National Selection requirements
8. Selected on a National Team
9. International Representation

State and Club

Rowing Australia

WHO IS ELIGIBLE?

People with a verifiable and permanent impairment.

Athletes will be required to go through a classification session prior to competing at a National Championships. These are organised in conjunction with State Associations and typically take place at State Championships.

Please refer to the Rowing Australia website for further information on classification -

<http://www.rowingaustralia.com.au/development/para-rowing/para-rowing-classification/>



Australian Government
Australian Sports Commission



PARA ROWING SPORT CLASSES

LTA (leg, trunks and arms)

Rowers who have functional use of their legs, trunk and arms for rowing, and who can utilise the sliding seat to propel the boat.

Common impairments include;

- Amputee – leg, foot, three fingers on one hand
- Cerebral Palsy
- Vision Impairment
- Fused ankle or wrist
- Intellectual Impairments (not at an international level)



PARA ROWING SPORT CLASSES

TA (trunk and arms)

Rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs.

Common impairments include;

- Bilateral around knee amputation
- Spinal injury
- Cerebral Palsy
- Impaired quadriceps
- Fused knee



PARA ROWING SPORT CLASSES

AS (arms and shoulders)

Rowers who have minimal or no trunk function (i.e. shoulder function only)

Common impairments include;

- Cerebral Palsy
- Spinal injury
- Bilateral high leg amputation



WHY INCLUDE PARA ROWING

Club Perspective

The sport of para rowing represents an opportunity for your club to:

- Increase membership base and revenue
- Develop community partnerships
- Access elite competition
- Improve club facilities and equipment provision

People with an impairment have the same rights as other members of the Australian society to realise their potential for physical, social, emotional and intellectual development.



Australian Government
Australian Sports Commission



WHY INCLUDE PARA ROWING

Athlete Perspective

The sport of para rowing has the capacity to provide both physical and psychological benefits for people with an impairment.



Australian Government
Australian Sports Commission



DEMYSTIFYING INCLUSION

Insurance

People with an impairment provide no greater risk and therefore exactly the same duty of care as able bodied athletes apply. You should also have exactly the same risk management procedures in place.

Support and Assistance

Coaches (paid or volunteer) will be expected to provide the same level of support to people with an impairment as they would to any other person.



Australian Government
Australian Sports Commission



DEMYSTIFYING INCLUSION

Coaching

No special coaching course is required to coach a para rowing athlete. The coaching principles are the same as they are for any other rower.

One on One

Para rowing athletes generally do not require one on one coaching. Most athletes can be incorporated into any program within a club (juniors, seniors) and do not require a specific para rowing squad.



Australian Government
Australian Sports Commission



PARA ROWING EQUIPMENT

Some para-rowers will benefit from using modified equipment to make it safer and easier for the athletes to row.

LTA

LTA rowers row in standard rowing equipment that doesn't require modification. Some athletes who have difficulty with balance might row with stabilizing pontoons attached to the boat riggers or might use a recreational style boat.

Athletes with amputations may use prosthetics and those with weakened hand grip may use a hand attachment to the oar.



PARA ROWING EQUIPMENT

TA

Rowers use a wider based recreational style rowing boat with a fixed seat. The seat can be as simple as a normal rowing seat fixed into position.

TA rowers typically row without an overlap and will use oars that are shorter and have a shorter inboard.

TA rowers must row with knee straps.



PARA ROWING EQUIPMENT

AS

Rowers use a wider based recreational style rowing boat with stabilizing pontoons and a fixed seat with back support.

AS rowers typically row without an overlap and will use oars that are shorter and have a shorter inboard.

AS rowers must row with chest and knee straps. Additional postural straps can be used.



Australian Government
Australian Sports Commission



PARTICIPATION

There may be times when someone with a severe impairment or someone who doesn't quite fit into the three Sport Classes comes to your club. It is important to provide an environment that is supportive and allows them to pursue their goals and maximise their independence.

A session as simple as sitting in a boat at the pontoon, and socialising with other people can have significant physical, social and emotional benefits.

GRANTS

There are many grant opportunities for clubs to assist them in purchasing equipment and to modify structures to ensure they are wheelchair assessable.

These grants are often through local Sport and Recreation Services or other private or Government organisations.

It is important to research what financial opportunities are available in your state.

One good website to check regularly is the Sports Community website - <http://grantsandfunding.com.au/>

WHO CAN HELP YOUR CLUB?

1. State Rowing Association

In the first instance you should contact your State Rowing Association.

2. Refer to websites for more information on Para-Rowing

- [Rowing Australia](#)
- [World Rowing](#)

3. Contact Rowing Australia

Rowing Australia can provide the following support

- Make connections with organisations such as the Australian Paralympic Committee
- Provide supporting documentation for grant applications
- Provide advice and information
- Promote your club and activities via social media
- Work with your State Rowing Association to build para rowing in your state
- Organise classification sessions

KEY CONTACTS

1. Your State Rowing Association
2. Rowing Australia

Para Rowing Talent Development Coordinator
Tara Huntly

thuntly@rowingaustralia.com.au

0449 153 211

<http://www.rowingaustralia.com.au/>



Australian Government
Australian Sports Commission

