



ROWING  
CANADA  
AVIRON

PARA ROWING CLASSIFICATION



# ARE YOU INTERESTED IN PARA-ROWING?

Para Rowing offers opportunities for athletes with physical and visual impairments to train and compete. Para athletes can compete in 3 rowing classifications depending on their specific impairment. For more information, please contact Martin George at [paracoach@rowingbc.ca](mailto:paracoach@rowingbc.ca).

## PARA ROWING 1 (PR1) FORMERLY KNOWN AS ARMS & SHOULDERS

ROWERS USE ARMS AND SHOULDERS AND ARE UNABLE TO USE TRUNK, OR LEGS TO PUSH A SLIDING SEAT.

FOR ATHLETES WITH SPINAL CORD INJURY, CEREBRAL PALSY, BRAIN INJURY OR STROKE; IS A WHEELCHAIR USER; SEATING: UPRIGHT FIXED



ROWERS USE TRUNK AND ARMS AND ARE UNABLE TO USE THEIR LEGS TO PUSH A SLIDING SEAT. STRAPPING AROUND THE LEGS PROVIDES STABILITY.

## PARA ROWING 2 (PR2) FORMERLY KNOWN AS TRUNK AND ARMS



FOR ATHLETES WITH LIMB LOSS/DEFICIENCY (DOUBLE ABOVE KNEE), MUSCLE STRENGTH LOSS IN BOTH LEGS, CEREBRAL PALSY, BRAIN INJURY OR STROKE WHICH AFFECTS BOTH LEGS OR ONE SIDE OF BODY. SEATING: FIXED

## PARA ROWING 3 (PR3) FORMERLY KNOWN AS LEGS, TRUNK AND ARMS

FOR ATHLETES WITH LIMB LOSS, MUSCLE STRENGTH LOSS, CEREBRAL PALSY, BRAIN INJURY, STROKE, MS, VISUAL IMPAIRMENT. SEATING: SLIDING SEAT

ROWERS USE LEGS, TRUNK AND ARMS AND CAN PUSH A SLIDING SEAT.

