



# Para Rowing Updates and Information for BC Umpires



# AGENDA

- Boat Classes/Classification
- Equipment/Boats/Strapping
- Para Etiquette
- Control Commission
- Safety/Rescues
- Staggered starts/Static Umpiring

# Boat Classes/Classification

## 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

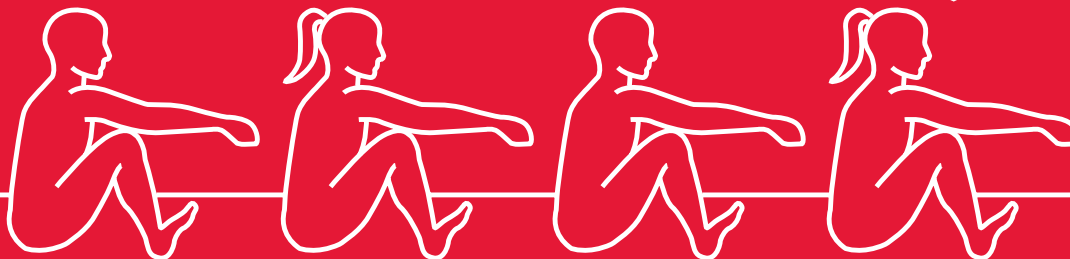
FOR ATHLETES WITH LIMB LOSS/DEFICIENCY (DOUBLE ABOVE KNEE), MUSCLE STRENGTH LOSS IN BOTH LEGS, CEREBRAL PALSY, BRAIN INJURY OR STROKE WHICH AFFECTS BOTH LEGS OR ONE SIDE OF BODY. SEATING: FIXED



## 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.





# Para Times (2k) WC 2018

BOAT CLASS	TIME
PR1W1X	10:13.63
PR1M1X	09:16.90
PR2W1X	09:39.70
PR2M1X	08:35.90
PRSMIX2X	08:02.64
PR34+	07:00.36



# EQUIPMENT/BOATS

## PR1

- Hull and pontoons are FISA compliant
- Fixed seat and pontoons mandatory
- PR1 must comply with strapping rules



# EQUIPMENT/BOATS

## PR1 Strapping

- Trunk strap mandatory (safety only)
- Updated from current RCA Rule book
- Other strapping optional
- Straps must release in same manner and direction
- Contrasting colour to racing uniform



# EQUIPMENT/BOATS

## PR2

- Hull is FISA compliant
- Fixed seat
- Pontoons optional

## Strapping

- Leg strapping optional



# EQUIPMENT AND BOATS

## PR3

- Boats used in PR3 Mix4+ events shall be subject to the same restrictions as those for coxed fours (4+)





# PARA 'ETIQUETTE'

- Umpires role is to judge fairness and safety
- Don't differentiate between para athletes and non-disabled athletes
- Refrain from speaking to para athletes in a different manner to non-disabled athletes
- If an athlete is visually impaired or in a wheel chair please think about your location when interacting



# CONTROL COMMISSION

- Check straps (if applicable)
- Bow ball
- Foot stretchers
- Communicate with start and finish if exceptions to the rules of racing, or if visually impaired athletes are involved
- Communicate with safety boats



# Exceptions to the Rules of Racing

- Exception to Point 3 of the FISA Regulations, Eligibility (Rule 19) in order that for this regatta any athletes may enter events as PR1, PR2 or PR3, even if they do not meet the FISA definition for these classifications, or if they have not yet been formally classified.



# SAFETY/RESCUES

- PR1 athletes must be able to get out of strapping if capsized
- Safety boats and umpires should be vigilant when PR1 boats are racing
- Rescue personnel must be prepared to help in the water if needed, as they would for non-disabled athletes
- Capsizing is rare, athletes can swim well



# STAGGERED STARTS

- when PR1/2/3 1x's are in the same event
- when PR1/2 athletes are racing in non-disabled events (typically masters\_
- static umpiring + safety boats+ plus following umpire ensures fairness and safety