

# Para Swimming Information Session

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June 15, 2024



# The Para Swimming Pathway

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Learn to Swim

Join a swim club

Level 1 classification (beginning to attend meets)

2 years of local, invitational, regional, Festival/para competitions

Level 2 classification

Provincial Competitions → Ken Demchuk International Invitational

Level 3 classification

Canadian Swimming Championships → Trials

# Level 1 Classification

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- Beginning to attend competitions
- Family completes the online application form found on the Swimming Canada website
- Paper work
- Identified as having an eligible impairment within the para swimming system as dictated by World Para Swimming/International Paralympic Committee
- Codes of exception

# Codes of Exception

**Table 17 – Codes of Exception – Vision Impairment**

Exception	Description
B	Blackened goggles
T	Tapper
H	Hearing Impairment (light or signal required)

**Table 16 – Codes of Exception – Physical Impairment**

Exception	Description
<b>Starts</b>	
H	Hearing impairment (light or signal required)
Y	Starting device
E	Unable to grip for backstroke start
A	Assistance required
<b>During the Swim</b>	
1	One hand start
2	One hand touch (breaststroke)
3	Simultaneous intent to touch (breaststroke)
4	One hand touch (butterfly)
5	Simultaneous intent to touch (butterfly)
7	Part of upper body must touch
8	Right foot must turn out
9	Left foot must turn out
12	Leg drag or show intent to kick
+	Butterfly kick is able to be performed ( <i>illegal in breaststroke</i> )

# Competitions for Athletes with a Level 1 Classification

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Local invitational meets

Regional competitions (depending on the region)

## Para Competitions

\*\*\*In development\*\*\*

Objective: Community building and Early para racing opportunity

Goal: 1 in Fall & 1 in Spring

# Development Opportunities

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- Local or regional para camps
- OJI Fundamental Clinic (December 14, 2024 @ TPASC)
- Swim Ontario Conference - Introduction to Para Swimming program
- Ken Demchuk International Invitational Nov 29-Dec 1, 2024 @MPA



# Level 2 Classification

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## Eligibility:

- 2 years of swim team experience
- Minimum of 12 years of age
- Able to swim a minimum of 800m in a workout
- Able to perform all 4 strokes\* and all components of the Technical Assessment (physical impairment)
- Sanctioned time for the 100/200 IM, 50/100 Breaststroke, 200/400 Freestyle

# Level 2 Classification: Physical Impairment

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Physical Assessment: Coach MUST attend.

“Bench Test”

- Similar to a physical therapy assessment
- Coordination, range of motion, strength, length of limbs or height depending on diagnosis
- Each movement is scored on a scale of 0 to 5



# Level 2 Classification: Visual or Intellectual Impairment

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- Family is sent medical forms to be completed by a family doctor, physiologist, etc.
- Affidavit that the identified testing has been completed and the athlete meets the requirements.
- **Intellectual:** IQ less than 75
- **Visual:** Visual acuity less than 6/60 and/or visual field less than 20 degrees corrected
- **NEW\*\*\* Technical Assessment component**

# Level 2 Classification: All Impairments

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Assessment: Water Safety & Basic Skills

- Glide push off front and back
- Floats - front and back in streamline position
- Rolls - back to front & front to back without use of arms



# Level 2 Classification: All Impairments

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## Assessment: Starts/Turns/Strokes

- Dive and Back start
- 75m of Free, Back, Breast
- 50m of Butterfly
- 45m of each kick
- For swimmers with a neurological impairment:
  - 6 x 50 of classifier's choice of stroke at 60% of best 50m time



# Level 2 Sport Class

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S = Freestyle, Backstroke, Butterfly

SB = Breaststroke

SM = Medley

Example: S9/SB8/SM9

Places athletes into categories so they can race/compete against others of similar functional ability

# Technical Assessment Scoring for PI

During all 4 strokes, each body segments are scored on a scale of 0-5.

Sport Class	Point Score	Sport Class	Point Score
S1	≤65	SB1	≤65
S2	66-90	SB2	66-90
S3	91-115	SB3	91-115
S4	116-140	SB4	116-140
S5	141-165	SB5	141-165
S6 <sup>a</sup>	166-190	SB6 <sup>a</sup>	166-190
S7 <sup>b</sup>	191-215	SB7 <sup>b</sup>	191-215
S8	216-240	SB8	216-240
S9	241-265	SB9	241-275
S10	266-285		

*a. S6/SB6 also includes Athletes with Short Stature identified in Section 8.3.1*

*b. S7/SB7 also includes Athletes with Short Stature identified in Section 8.3.2*

# Classification Resources

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[World Para Swimming Classification Rules and Regulations](#)

[Lexi](#)

# Level 2 Classification Process

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Coach completes the Level 2 Para Swimmer Classification Application

- Located in the LMS under Resources

Swim Ontario hosts a Level 2 Classification event in November of each year.

- Request forms need to be submitted 60 days in advance (mid September).



# Competitions for Athletes with Level 2 Class

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Ontario Age Groups

Ontario Swimming Championships

Ken Demchuk International Invitational

Canadian Swimming Championships

Standards can be found on the Swim Ontario or Swimming Canada website



# Development Opportunities

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Regional Camps

Para Provincial Camps (November & May)

Provincial Tour Teams - Ken Demchuk & Possible others

# Upcoming Initiative

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## Introduction to Para Swimming Program

- LAC since 2009
- Pilot at Swim Ottawa
- GTA 2024/2025 - partnership with Toronto Accessible Sport Council
- Template and support from Swim Ontario (education, promotion, financial)

# Learn More

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Swimming Canada's Introduction to Para Swimming module

NCCP CAWAD module

Swim Ontario website & Youtube channel - [Para Swimming Matters](#), [Why Not Para Swimming?](#)

[REACH webinar series](#)

[Sorry But Can I Ask?](#)

# Para Swimming Community

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Attend events - local competitions, Festivals, OJI competitions

Reach out - social media groups (Para Swim Families of Ontario on FB)

**Stay Connected!!**



# Para Swimming Development Consultant

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Here to help!

- Enhance para swimming in Ontario
- Answer questions or concerns regarding para swimming
- Provide support to coaches through discussions or club visits
- Organize/facilitate development opportunities for para swimmers (camps, clinics, tours)
- Raise awareness - Pools to Schools
- Build relationships community partners
- Add the para perspective to athlete development conversations



# Thank you!

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