Do you know someone who may be interested in Para rowing?

Rowing Canada Aviron 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 Samantha Heron: sheron@rowingcanada.org.

What impairments classify?

- Impaired muscle power (dystrophy, paraplegia)
- Impaired passive range of movement
- Hypertonia (too much muscle tone)
- Limb deficiency (including digits)
- Ataxia (anything impacting coordination, balance, or speech due to stroke, brain injury, brain tumour or hereditary)
- Leg length difference
- Visual impairments

**PR1**

**PARA ROWING 1**
Formerly known as arms & shoulders

For athletes with spinal cord injury, cerebral palsy, brain injury or stroke; is a wheelchair user; seating: upright fixed

**PR2**

**PARA ROWING 2**
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

**PR3**

**PARA ROWING 3**
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