



INDOOR ROWING

Do you identify as, or know, a person with a disability?

Rowing is inclusive! Regardless of ability/disability, you can participate in rowing.

WHAT IS YOUR CLASSIFICATION CATEGORY?

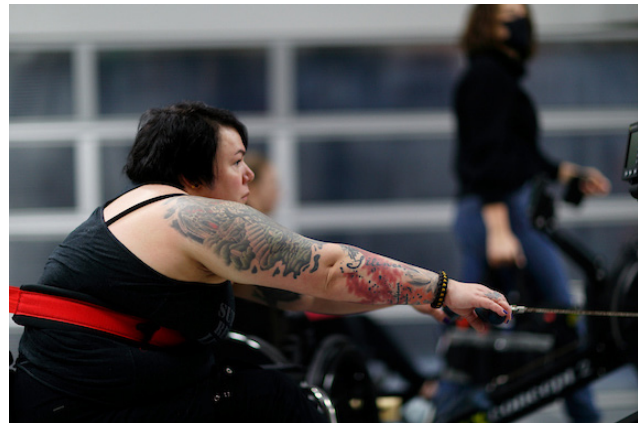
In rowing we use a classification system to help identify what discipline of rowing a person should do based on their disability/ability. The classification system directs athletes to the appropriate category and set-up. **CLICK HERE** to find out if you are a PR1, PR2 or PR3 athlete.

WHAT ADAPTATIONS CAN YOU MAKE TO AN INDOOR ROWING MACHINE?

If you are a **PR1** or **PR2** athlete, here are some of the **fixed seat** adaptations you can try:



Use straps to hold your legs secure, and/or wrap straps around your hips and then your torso in the area where you require support. Leg straps (for the indoor rowing machine) can be made using whatever you have at your disposal!



When you strap yourself in, adjust the straps for your desired support (loose or tight) based on the stability you need.



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Use cushions or a foam roller under your knees for support and stability.



A low backrest support can be created by removing the top half of a seat such as this one from **WinTech**. Dependent on your support needs when fixed seat rowing, you can create any variation of backrest support, from no support to full support.

Fixed seats such as this one have clamps on the bottom that hold the seat to the erg at the desired position. Athletes usually prefer to set it so that their knees are slightly bent.

If you are a **PR3** athlete, here are some of the adaptations you can try:

- For support maintaining your grip on the handle, try **Active Hands**
- Visually impaired athletes can use the **Concept2 app** with audio, which will allow you to hear your split, rate and time on set pieces
- Foot shims can be used for athletes with a leg length difference

NEED HELP? WANT MORE INFO?

EMAIL US and check out our **resource on inclusive rowing**.