

## CONSENT FOR RA PARA - ROWER CLASSIFICATION

### Explanation:

For a rower to be eligible to compete in RA National events, the rower must be classified under the RA Classification guidelines.

Failure to cooperate with the Classifiers or failure to complete the classification procedure will lead to ineligibility to compete in the RA National event.

The Classification process will be conducted with all due care to limit any discomfort to individual rowers. However, failure to complete the classification process, regardless of pain and/or discomfort, will result in the rower not being classified and therefore not being eligible to compete in RA National events. The rower has the right to withdraw their consent at any time. However, any rower who withdraws their consent will not receive a classification and will not be eligible to compete in RA National events.

By signing this consent form the rower agrees to waive his/her rights to make any claim against the Classifiers, RA or anyone who might then claim against the Classifiers or RA, for indemnification for any damages or claims of personal injury or any other claim arising from or in any way related to the classification procedure of the rower. The rower agrees to fully indemnify RA and the Classifiers should any claim be made against them in any way related to the classification of the rower.

The following is an agreement by the rower, and the rower's parent/legal guardian where appropriate; consenting that the rower agrees to fully participate in the RA identified eligibility criteria and classification procedure.

I understand that:

- National classification is for the purposes of Australian domestic competition only.
- International competition requires an International classification and any classification changes supersede any national classification. I will be required to provide new and/or additional medical documentation should I progress to international level.

I agree to:

- To answer all questions fully, truthfully and to the best of my knowledge.
- To attempt all activities to the best of my abilities and that failure to give my best effort may be considered cheating. I understand this may result in termination of the classification process.
- To obtain and provide relevant medical documentation as required by classifiers to support my classification.
- To inform my sport should my condition change following classification, if this change may impact upon my class.

I am aware that as an outcome to my classification being completed:

- My classification data and supporting documentation will be stored in a confidential database.
- Relevant information about my classification and supporting medical documentation may be shared with classifiers, consultants and relevant APC and Rowing Australia personnel as required for my involvement in sport.
- My name, state, date of birth, class and status will be made available on the Rowing Australia website.

I understand that, as an athlete, I have the following rights during classification:

### The right to withdraw

My participation in the classification process is voluntary and I have the right to withdraw from the classification process at any time. Signing this form does not change my right to withdraw at any time. I understand that if I withdraw from the classification process I will not be able to be classified and will not be able to compete in Para-sport competitions.

**The right to respect and confidentiality**

Evaluations will be conducted respectfully and information obtained during the classification process will be treated confidentially.

**The right to challenge a classification decision or process**

This should be done through the Rowing Australia process.

Athletes may also refer to Rowing Australia Policy, Rowing Australia Regulations and Bye-Laws, APC Classification Policy and APC Standards for Athlete Evaluation and Protests & Appeals for further information.

☐ I allow my data and any video recordings collected during the classification process to be used for research and educational purposes by my sport. I understand that I may withdraw this consent at any time.

By signing below the rower agrees to complete the test honestly to the best of his/her ability.

I, \_\_\_\_\_ (printed name) of \_\_\_\_\_  
\_\_\_\_\_ (address)

consent to be classified under the RA identified eligibility criteria and classification procedure for RA National events.

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

I \_\_\_\_\_ (printed name) of \_\_\_\_\_  
\_\_\_\_\_ (address)

(Parent/legal guardian) of \_\_\_\_\_ (printed name of rower)

Consent to the above on behalf of \_\_\_\_\_ (printed name of rower)

Signature of Rower: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

(Note: Confirmation of guardianship status may be required)

Name of Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Witness: \_\_\_\_\_

**RA PARA-ROWING CLASSIFICATION**  
**For Classifier's Use Only**

**Athlete's Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

Diagnosis+ Associated Diagnosis+ other Comments:

☐ **Visual Impairment:** \_\_\_\_\_ IBSA number: \_\_\_\_\_ Date of Expiry: \_\_\_\_\_

☐ **Intellectual Impairment:** \_\_\_\_\_ AUSRAPID/INAS-FID number: \_\_\_\_\_

☐ **Physical Impairment:**

☐ Amputee \_\_\_\_\_ since \_\_\_\_\_

☐ Spinal Level Impaired Complete / Incomplete since \_\_\_\_\_

☐ Others \_\_\_\_\_

☐ Rowing Australia Medical Report for Athletes with a Physical Impairment (Mandatory)

☐ Additional supporting medical information requested by the Classification Panel

Progressive: Yes / No      Seizures: Yes / No      Asthma: Yes / No

Ability to Walk: Yes / No      Crutches/Prosthesis: Yes / No      Wheelchair: Yes / No

Length of time rowing as a para - rower: \_\_\_\_\_ Years \_\_\_\_\_ Months

Para Competition Experience: \_\_\_\_\_ Years      Number of events: \_\_\_\_\_

Testing Place \_\_\_\_\_ Date and Time: \_\_\_\_\_

Classifiers' Comment: \_\_\_\_\_

**Classification:**

Recommended Class: LTA-\_\_\_\_\_ TA    AS    ID    NE

Boat Class Eligibility: LTAMix4+ / LTAMix2x

Sports Class Status:    ☐ National Provisional    ☐ National Confirmed

☐ National Review - Review Date and/or Event: \_\_\_\_\_

**If R (Review) or P (Provisional) Status, provide reasons:** \_\_\_\_\_

Medical Classifier	Technical Classifier	Athlete
Name :	Name :	Name :
Signature :	Signature :	Signature :

Time and date the athlete was informed of their Classification via Rowing Australia email: \_\_\_\_\_

## RA PARA-ROWING FUNCTIONAL CLASSIFICATION ASSESSMENT CHART

Athlete's Name: \_\_\_\_\_ Club: \_\_\_\_\_

Functional Classification Test	Muscle Strength and/or Coordination (0-5 scale, no +/- scale)				Range of Movement (0-10 scale)	
Upper Limbs	Right		Left		Right	Left
	Strength	Coordination	Strength	Coordination		
<b>Shoulders</b>						
Flexion						
Extension						
<b>Elbows</b>						
Flexion						
Extension						
<b>Wrists</b>						
Flexion						
Extension						
<b>Fingers</b>						
Flexion						
Extension						
<b>Total Upper: R(80) L(80)</b>						

Functional Classification Test	Muscle Strength and/or Coordination (0-5 scale, no +/- scale)				Range of Movement (0-10 scale)	
Lower Limbs	Right		Left		Right	Left
	Strength	Coordination	Strength	Coordination		
<b>Hips</b>						
Flexion						
Extension						
<b>Knees</b>						
Flexion						
Extension						
<b>Ankles</b>						
Flexion (Plantarflexion)						
Extension (Dorsiflexion)						
<b>Total Lower: R(60) L(60)</b>						

### Scales for Muscular Strength

Total number of points: \_\_\_\_\_/280

- 0 – No muscle contraction
- 1 – Flicker or trace of contraction
- 2 – Active movement with gravity eliminated
- 3 – Active movement against gravity through the full range of movement
- 4 – Active movement against gravity and resistance through the full range of movement
- 5 – Normal power through the full range of movement

### Scales for Coordination

- 0 – No functional movement at all
- 1 – Severely restricted ROM due to severe hypertonic muscle stiffness and/or very minimally coordinated movements
- 2 – Severely restricted ROM, severe spasticity-hypertonic muscle stiffness present and/or severe coordination problems
- 3 – Moderate ROM, moderate spasticity, with tone restricting movement and/or moderate coordination problems
- 4 – Almost full ROM, with slight spasticity and slight increase in muscle tone/ and/or slight coordination problems
- 5 – Able to move from start to end positions fluidly and consistently, maintaining full ROM

Athlete's Name: \_\_\_\_\_ Club: \_\_\_\_\_

Refer to ROM numbers below for completion of this page.

#### Score scale for shoulder's AFROM

0° - 80°	= 0 points
81° - 100°	= 2 points
101° - 120°	= 4 points
121° - 140°	= 6 points
141° - 159°	= 8 points
160°	= 10 points

#### Rower's flexion AFROM

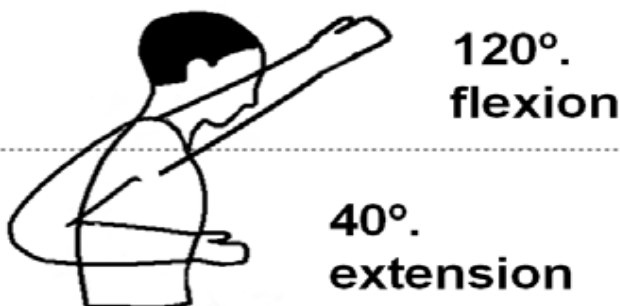
R \_\_\_\_\_ L \_\_\_\_\_

#### Rower's extension AFROM

R \_\_\_\_\_ L \_\_\_\_\_

#### Total shoulder AFROM

R \_\_\_\_\_ L \_\_\_\_\_



#### Score scale for elbow's AFROM

0° - 70°	= 0 points
71° - 89°	= 2 points
90° - 107°	= 4 points
108° - 124°	= 6 points
125° - 139°	= 8 points
140°	= 10 points

#### Rower's flexion AFROM

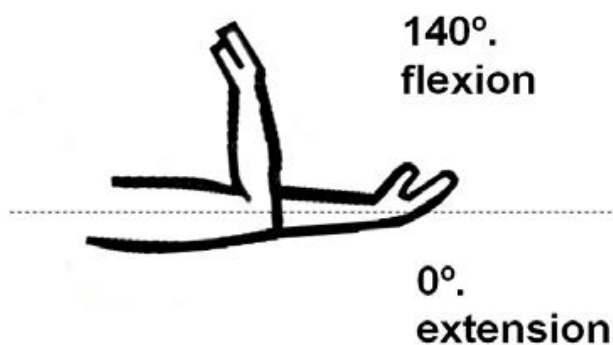
R \_\_\_\_\_ L \_\_\_\_\_

#### Rower's extension AFROM

R \_\_\_\_\_ L \_\_\_\_\_

#### Total elbow AFROM

R \_\_\_\_\_ L \_\_\_\_\_



#### Score for wrist's AFROM

0° - 45°	= 0 points
46° - 56°	= 2 points
57° - 67°	= 4 points
68° - 78°	= 6 points
79° - 89°	= 8 points
90°	= 10 points

#### Rower's flexion AFROM

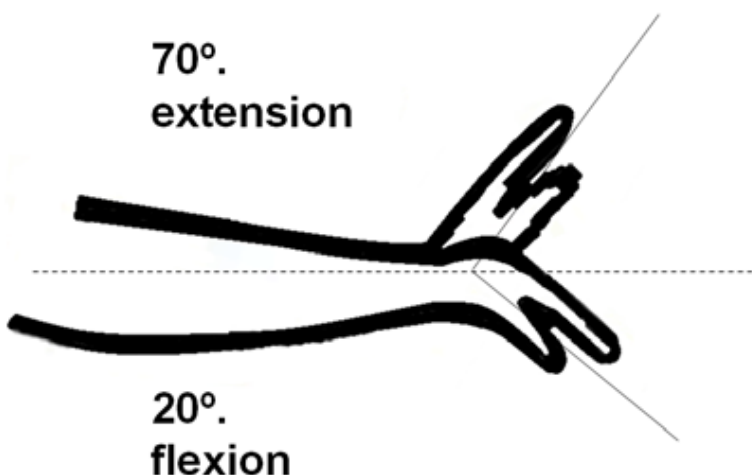
R \_\_\_\_\_ L \_\_\_\_\_

#### Rower's extension AFROM

R \_\_\_\_\_ L \_\_\_\_\_

#### Total elbow AFROM

R \_\_\_\_\_ L \_\_\_\_\_



Athlete's Name: \_\_\_\_\_ Club: \_\_\_\_\_

**Score scale for finger's AFROM**

0° - 45°	= 0 points
46° - 56°	= 2 points
57° - 67°	= 4 points
68° - 78°	= 6 points
79° - 89°	= 8 points
90°	= 10 points

**Rower's flexion AFROM**

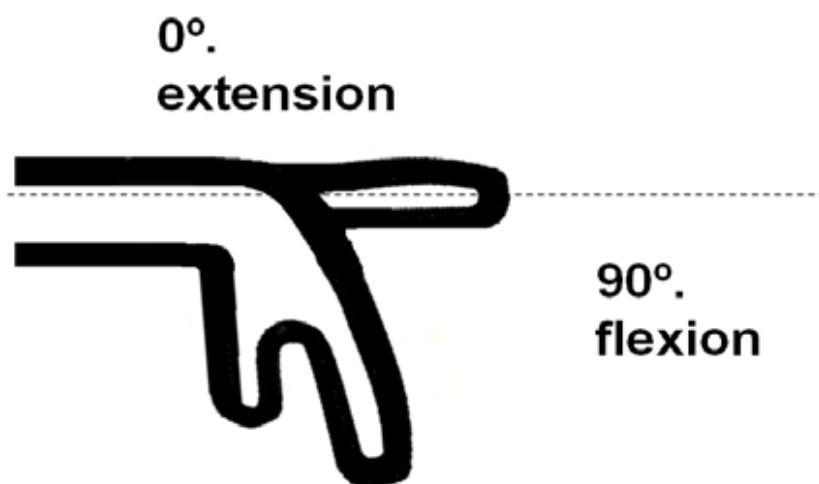
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

R \_\_\_\_\_ L \_\_\_\_\_

**Total finger AFROM**

R \_\_\_\_\_ L \_\_\_\_\_



**Score scale for hip's AFROM**

0° - 45°	= 0 points
46° - 56°	= 2 points
57° - 67°	= 4 points
68° - 78°	= 6 points
79° - 89°	= 8 points
90°	= 10 points

**Rower's flexion AFROM**

R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

R \_\_\_\_\_ L \_\_\_\_\_

**Total hip AFROM**

R \_\_\_\_\_ L \_\_\_\_\_



**Score scale for knee AFROM**

0° - 60°	= 0 points
61° - 75°	= 2 points
76° - 90°	= 4 points
91° - 105°	= 6 points
106° - 119°	= 8 points
120°	= 10 points

**Rower's flexion AFROM**

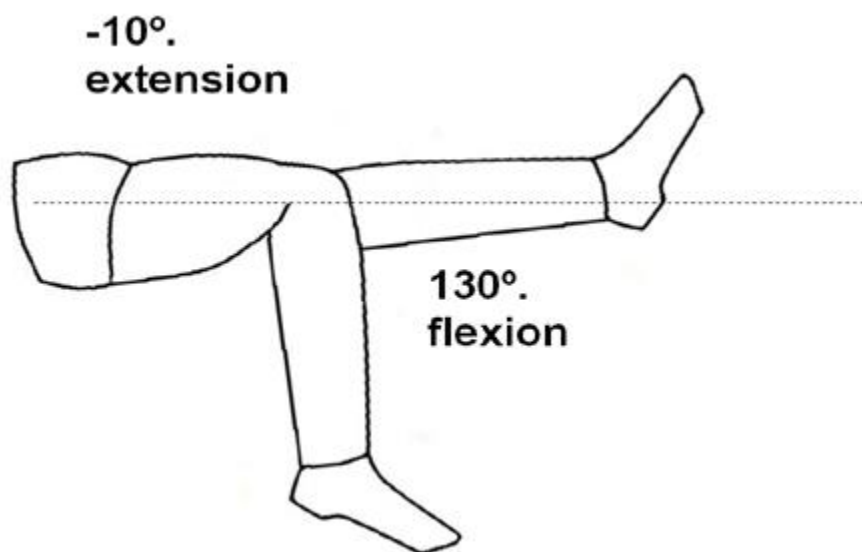
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

R \_\_\_\_\_ L \_\_\_\_\_

**Total knee AFROM**

R \_\_\_\_\_ L \_\_\_\_\_



Athlete's Name: \_\_\_\_\_ Club: \_\_\_\_\_

**Score scale for ankle AFROM**

0° - 35°	= 0 points
36° - 43°	= 2 points
44° - 52°	= 4 points
53° - 61°	= 6 points
62° - 69°	= 8 points
70°	= 10 points

**Rower's flexion AFROM**

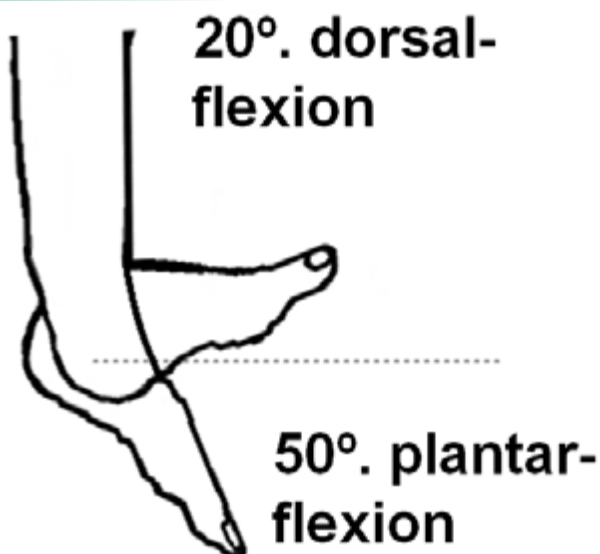
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

R \_\_\_\_\_ L \_\_\_\_\_

**Total ankle AFROM**

R \_\_\_\_\_ L \_\_\_\_\_





**Athlete's Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Minimal Impairment**

(Refer to Para-Rowing Functional Classification Test)

Yes / No                      Minimal loss of 10 points on one limb or 15 points across two limbs when assessed using the functional classification test chart.

Yes / No                      Minimal loss of 20 points in one limb when assessed using the functional classification test chart (LTAMix2x)

Yes / No                      Full loss of three fingers on one hand

Yes / No                      Transmetatarsal amputation of one foot

**90° Squat Test:**

Pass                      Fail

**Comments:**

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**Long Sit Test**

Pass                      Fail

**Comments:**

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**Additional Comments**

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## ERGOMETER TEST AND ON-WATER OBSERVATION

**Athlete's Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

Comments should provide an indication of whether these tests confirm the bench test results and why, and if not, the reason that the ergometer test and/or on-water observation leads the classifiers to confirm a different category.

Protocol	Comments	
Describe rower's sitting balance		
Evaluation – sliding seat	YES / NO	
Rower able to use sliding seat	YES / NO	
Rower coordination <30 spm		
Rower coordination >30 spm		
Evaluation – fixed seat	YES / NO	
Rower trunk flexion / extension		
Evaluation – strapping	YES / NO	
Test with prosthesis and/or orthosis to determine best functionality of athlete	YES / NO / NA	
Rower able to maintain power throughout test?	YES / NO	
Athlete evaluation time in minutes		
Athlete referred for on-water observation	YES / NO	
Notes: Was there anything in the medical evaluation that directed your technical evaluation?		