



PRINCIPAL PARTNERS

HANCOCK  
PROSPECTING

MAJOR PARTNER



## 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. The classification process is conducted under the RA Para Rowing Classification Regulations, and follows the Para-Rowing classification process by FISA. The classification process shall encompass the Assessment of Eligible Impairment; Assessment against Minimum Impairment Criteria; and the Allocation of Sport Class and Sport Class Status for people with a Physical Impairment.

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.
- There is a risk of injury in participating in exercises and activities and confirm that I am healthy enough to participate in the classification evaluation.
- Classification requires me to give my best effort at all times.
- Should I not be able to complete the classification fully due to pain, injury or other reason, my classification may not be able to be completed.
- Classifiers require sufficient medical documentation to complete my classification. It is my responsibility to familiarise myself with the RA Para Rowing Classification Regulations and the FISA Para Rowing classification regulations
- Failure to give my best effort may be considered intentional misrepresentation, and I understand this may result in termination of the classification process.
- It is my responsibility to inform Rowing Australia if I am unable to attend classification

I agree and consent to:

- Answer all questions fully, truthfully and to the best of my knowledge.
- National Classifiers will be present to provide direction and instructions and conduct classification assessments.
- Trainee classifiers may be present to observe classifications and may be directed by FISA International Classifiers and/or RA National Classifiers to assist in the classification assessment as part of their education and training.
- Attempt all activities to the best of my abilities, truthfully demonstrate my skills and the degree or nature of my impairment to a Classification Panel
- Comply with the requests made by the classification panel. This includes providing sufficient medical documentation as to allow a classification panel to determine whether I comply with the eligibility requirements as outlined in the classification rules for my sport.
- Disclose to the panel all medication or medical devices/implants and whether they have been taken as prescribed or used prior to classification commencing
- My classification data, including medical documentation may be shared with third parties for purposes of classification only.
- Inform my sport should my condition change following classification, if this change may impact upon my class.
- Be filmed and/or photographed during the classification process.
- My personal and classification data and supporting documentation being processed and stored in any format by Rowing Australia as required for classification purposes.
- As an outcome to my classification being completed:
  - My classification data will be stored in a confidential database
  - Relevant information about my classification may be shared with third parties for purposes of classification (including by not limited to classifiers and APC and National Federation Classification personnel)
  - My name, state, date of birth, class and status will be made publicly available on the National Federation 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-Rowing 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.

**The right to access my classification data**

I have the right to request a copy of the classification data held by Rowing Australia. I have the right to request correction or deletion of the classification data held. I understand that deletion of my classification data will mean I no longer have a recognized sport class.

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.

First Name		Surname	
Gender		Date of Birth	
Street Address			
City		State	
Postcode		Telephone Number	
Email			
Rowing Club		Current Coach	
Signature			
Witness Name		Witness Signature	
Guardian Name <i>If under 18 years of age</i>		Guardian Signature <i>If under 18 years of age</i>	

## RA PARA-ROWING CLASSIFICATION (Classifier's Use Only)

Athlete's Name		Date of Birth	
Rowing Club		Coach	
Time Rowing (able body and/or para)	# of Competitions (able body and/or para)	# of Events (able body and/or para)	

**Required Information** (please tick if received)

- RA Medical Form for Athletes with a Physical Impairment
- Goniometric Measurement Form
- Manual Muscle Test Form
- Additional supporting medical information requested by Rowing Australia.

Please provide details: \_\_\_\_\_

**Impairment Information**

<input type="checkbox"/> Amputee	<input type="checkbox"/> Spinal Injury	<input type="checkbox"/> Neurological	<input type="checkbox"/> Brain Injury	<input type="checkbox"/> Other
Provide further details on the impairment such as limb, date of impairment, type of impairment and any other relevant information.				

**Please Circle Yes or No**

Progressive: Yes / No	Seizure: Yes / No	Asthma: Yes / No
Ability to Walk: Yes / No	Crutches/Prosthesis: Yes / No	Wheelchair: Yes / No

**Recommend Sport Class**

<input type="checkbox"/> PR3 <b>Boat Class Eligibility</b> <input type="checkbox"/> PR3 Mix4+ <input type="checkbox"/> PR3 Mix2X (international only)	<input type="checkbox"/> PR2	<input type="checkbox"/> PR1	<input type="checkbox"/> Not Eligible
--	------------------------------	------------------------------	---------------------------------------

**Sport Class Status**

<input type="checkbox"/> National Confirmed	<input type="checkbox"/> National Review Review Date or Event:	<input type="checkbox"/> National Provisional
---	---	---

If Review Status, provide reasons
-----------------------------------

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

Testing Place	Date	Time	
Time and date athlete was notified of outcome via email		Signature:	



## RA PARA-ROWING FUNCTIONAL CLASSIFICATION ASSESSMENT CHART

Athlete's Name		Rowing 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

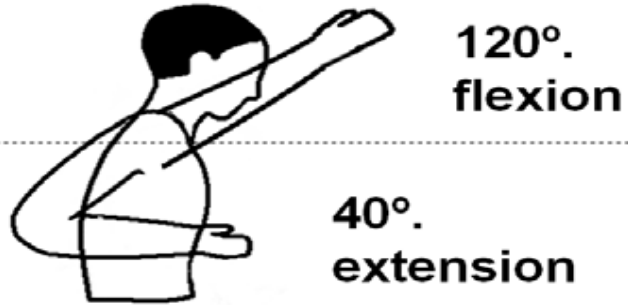
- 0 – No functional movement at all
- 1 – Severely restricted ROM due to sever hypertonic muscle stiffness and/or very minimally coordinated movements
- 2 – Severely restricted ROM, severe spasticity-hypertonic muscle stiffness present and/or severe coordination problems
- 3 – Moderate ROM, moderate 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		Rowing 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**

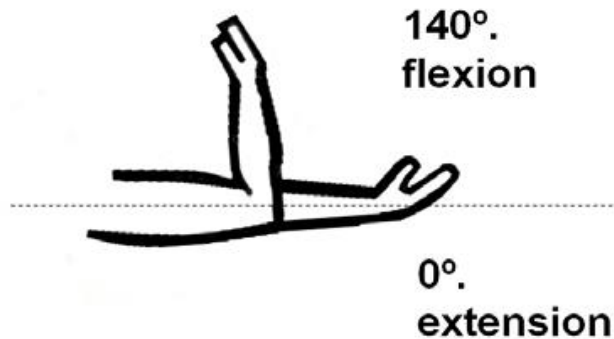
R \_\_\_\_\_ L \_\_\_\_\_

**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 \_\_\_\_\_

Athlete's Name		Rowing Club	
----------------	--	-------------	--

**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**

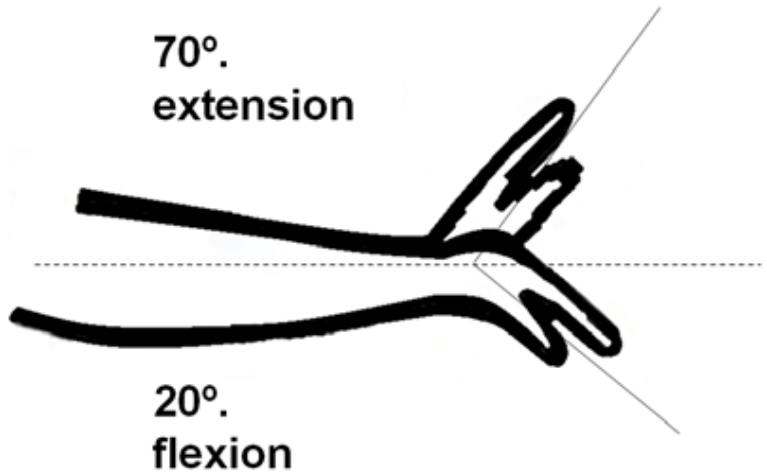
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

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

**Total elbow AFROM**

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



**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**

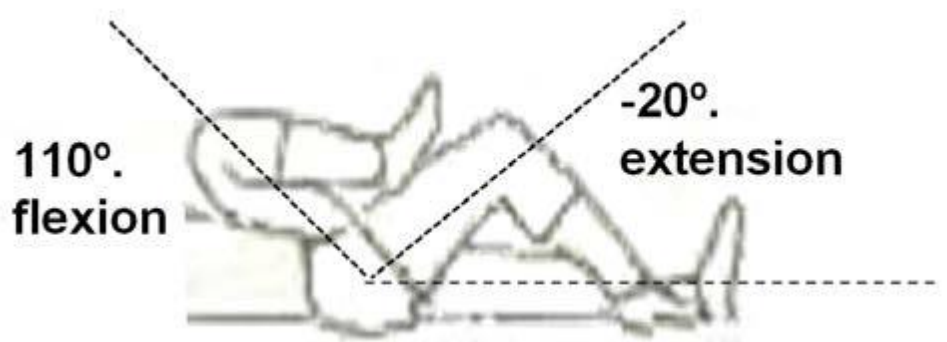
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

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

**Total hip AFROM**

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



<b>Athlete's Name</b>		<b>Rowing Club</b>	
-----------------------	--	--------------------	--

**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**

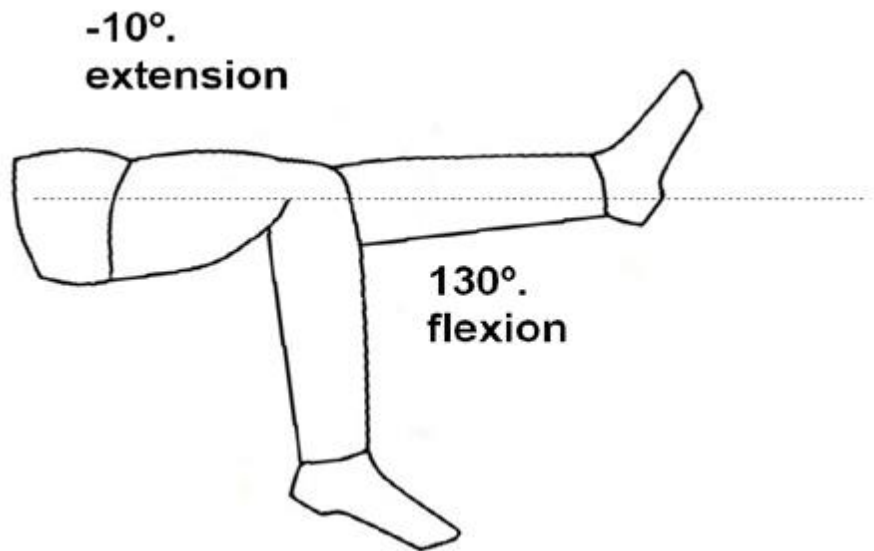
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

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

**Total knee AFROM**

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



**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**

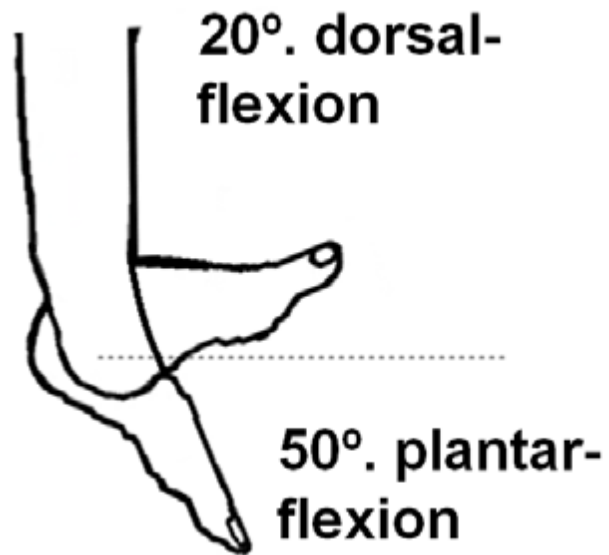
R \_\_\_\_\_ L \_\_\_\_\_

**Rower's extension AFROM**

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

**Total ankle AFROM**

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





Athlete's Name		Rowing 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 (PR3 Mix2x)

**Yes / No** Full loss of three fingers on one hand

**Yes / No** Transmetatarsal amputation of one foot

**90° Squat Test:**

Pass                  Fail

**Comments:**

---



---



---



---



---

**Long Sit Test**

Pass                  Fail

**Comments:**

---



---



---



---



---

**Additional Comments**

---



---



---



---



---

## ERGOMETER TEST AND ON-WATER OBSERVATION

<b>Athlete's Name</b>		<b>Rowing Club</b>	
-----------------------	--	--------------------	--

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?		