



ADAPTIVE ROWING

OKC RIVERSPORT • OKLAHOMA RIVER • DOWNTOWN OKC

Rowing made its first Paralympic appearance in Beijing in 2008. The sport was selected for Paralympic inclusion in 2005, just three years after adaptive rowing made its debut on the world championship level in 2002.

At the 2006 FISA Rowing World Championships, the events included the men's and women's single sculls, the trunk-arms double sculls and the legs-trunk-arms mixed four with coxswain. Paralympic rowing competition is open to male and female athletes with a variety of physical disabilities.

Adaptive rowing is a category of racing for individuals with physical and intellectual disabilities. USRowing selects, trains and manages the adaptive rowing teams that represent the U.S. in international competition including the world championships and Paralympics. Adaptive racing is held over 1,000 meters (rather than the standard 2,000). In mixed events, half the crew must be male and other half female (the coxswain may be of either gender and may be able-bodied)

FISA Categories of Adaptive Rowing

LTA – Legs, Trunk, Arms Use of at least one leg, trunk and arms. Also for those with visual and intellectual impairments. Rowed with standard boats and sliding seats.

LTA rowers usually have a minimum disability equal to one of the following:

- Amputee
- Neurological impairment equivalent to complete lesion at S1
- Cerebral Palsy Class 8 (CPISRA)
- Visual impairment

TA – Trunk and Arms Only use of trunk muscles. Boat has fixed seat.

TA rowers may have a minimum impairment equivalent to at least one of the following:

- Bilateral around knee amputation, or significantly impaired quadriceps.
- Neurological impairment equivalent to a complete lesion at L3 level, or an incomplete lesion at L1.
- Combination of the above such as one leg with around knee amputation and one leg with significant quadriceps impairment.
- Classification by the international sports federation for rowers with cerebral palsy (CPISRA) as eligible to be in CP Class 5.

AS – Arms and Shoulders Limited trunk control. Boat has fixed seat and rower is strapped at upper chest level to only allow shoulder and arm movements.

AS rowers may characteristically have a minimum impairment equivalent to at least one of the following:

- Cerebral Palsy Class 4 (CP-ISRA)
- Neurological impairment with a complete lesion at T12 level, or an incomplete lesion at T10

We hope you've enjoyed learning about this fascinating sport – now join us on the Oklahoma River!

You can learn more about rowing lessons and coached rowing programs

at riversportokc.org or by calling (405) 552-4040.