

# An Introduction to Classification & Para-Swimming Pathway

(online)

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**Para-Swimming Talent Coach**

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# Learning Objectives

- Introduction to Para-Swimming
- Introduction Swimmer Classification system
- Outline the Para-Swimming Pathway
- Know where to find Further Learning and Coach Development opportunities in Para-Swimming



# History of Paralympics



# What can you remember from the video?





















- Paralympics first started out as.....
  - Stoke Mandeville Games – war veterans on the opening day of London 1948 Olympic Games, Archery competition for wheelchair users
- Became an International event in....
  - 1952, Dutch ex-servicemen joined the Movement and the International Stoke Mandeville Games were founded
- Later became the Paralympic games in....(city and year)
  - Rome 1960
- Governing Bodies for the Paralympic Games and Para-Swimming are
  - International Paralympic Committee
  - World Para-Swimming
- Para-Swimming was one of the eight original sports that featured at the first Paralympic Games in Rome. Growth of the games
  - Rome 1960 - 15 countries and 77 participants
  - London 2012 - 74 countries and 604 participants
  - Rio 2016 - 79 countries and 600 participants



# Great Britain, Top 5 Performing Paralympic Nation





















## ATLANTA 1996

### Medal Standings

1	 USA	46 	46 	65 
2	 AUS	42 	37 	27 
3	 GER	40 	58 	51 
4	 GBR	39 	42 	41 
5	 ESP	39 	31 	36 





















## SYDNEY 2000

### Medal Standings

1	 AUS	63 	39 	47 
2	 GBR	41 	43 	47 
3	 CAN	38 	33 	25 
4	 ESP	38 	30 	38 
5	 USA	36 	39 	34 





















## ATHENS 2004

### Medal Standings

1	 CHN	63 	46 	32 
2	 GBR	35 	30 	29 
3	 CAN	28 	19 	25 
4	 USA	27 	22 	39 
5	 AUS	26 	39 	36 





















## BEIJING 2008

### Medal Standings

1	 CHN	89 	70 	52 
2	 GBR	42 	29 	31 
3	 USA	36 	35 	28 
4	 UKR	24 	18 	32 
5	 AUS	23 	29 	27 





















## LONDON 2012

### Medal Standings

1	 CHN	95 	71 	65 
2	 RUS	36 	38 	28 
3	 GBR	34 	43 	43 
4	 UKR	32 	24 	28 
5	 AUS	32 	23 	30 

## RIO 2016

### Medal Standings

1	 CHN	107 	81 	51 
2	 GBR	64 	39 	44 
3	 UKR	41 	37 	39 
4	 USA	40 	44 	31 
5	 AUS	22 	30 	29 

# Main Impairment Groups

To become a classified Para-Swimmer, a swimmer must have an impairment that affects their swimming ability. What are the main impairment groups in Para-Swimming?

PHYSICAL

VISUAL

INTELLECTUAL



# Classification – Eligibility & Requirements

Swimmers must meet the eligibility criteria for their medical condition to be recognised in order to progress onto the competitive Para-Swimming Pathway. The primary diagnosis must be **stable** and belong to one of the **10 eligible impairment types**:

- Hypertonia (high muscle tone)
- Ataxia (involuntary movement)
- Athetosis (involuntary contraction of muscles)
- Limb deficiency
- Impaired passive range of movement
- Impaired muscle power
- Leg length difference
- Short stature
- Visual
- Intellectual



# Classification – Eligibility & Requirements

To proceed to the physical & technical assessment of the classification process, a swimmer must be eligible (overleaf) and be / able to:

➤ **Must be a Swim England Cat 2 Member of a Swimming Club**

➤ Training regularly  
(suggested 3 times a week)

➤ Be able to swim a minimum 50m / 100m of three strokes – (impairment permitting) (freestyle, backstroke and breaststroke)

➤ Able to complete a set of approx. 1k

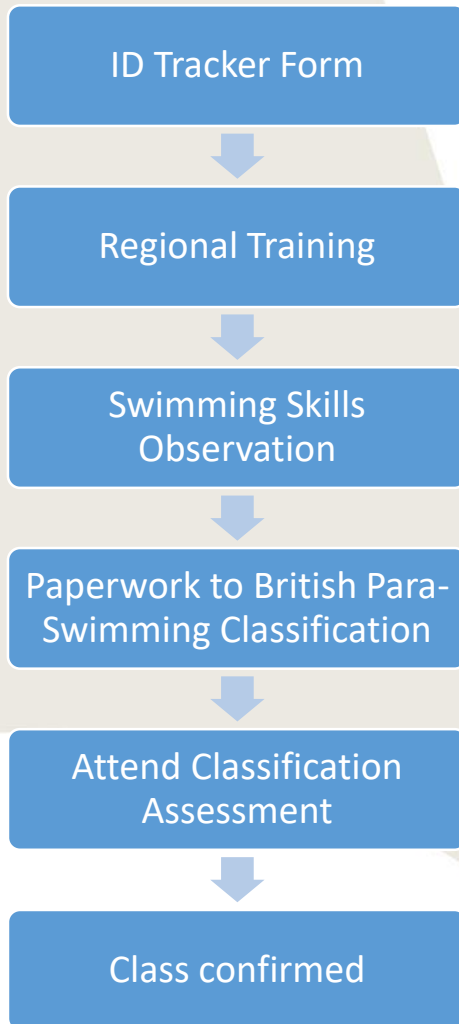
➤ Minimum of 5 recognisable strokes of butterfly (where the impairment permits)



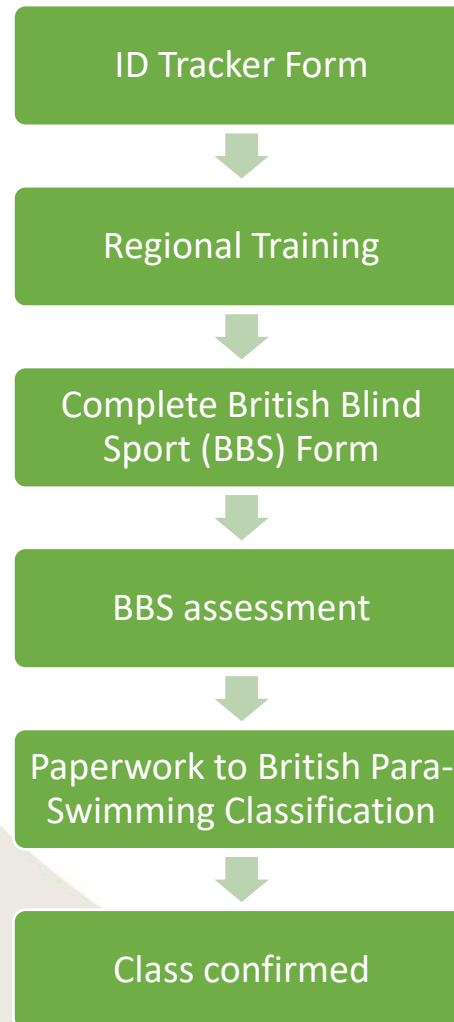


# Classification Process (3 impairment groups)

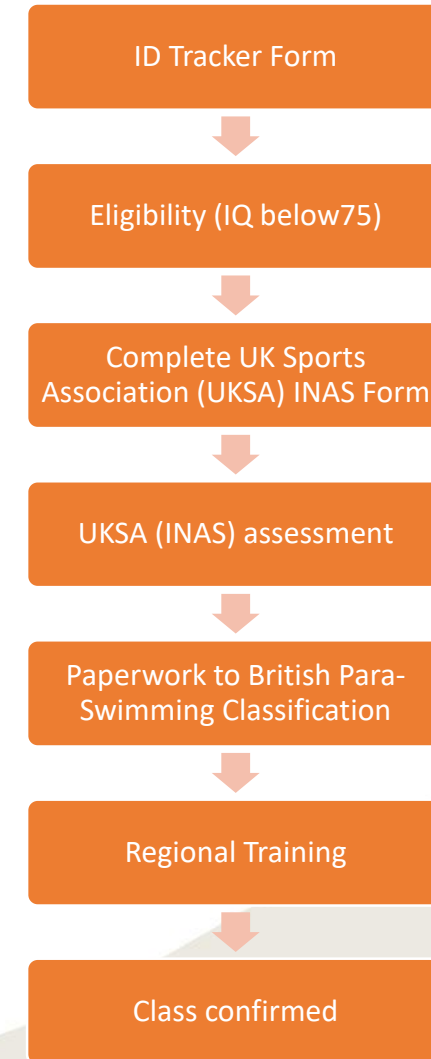
## PHYSICAL



## VISUAL



## INTELLECTUAL



# Classification – Swimmer Classes

If an applicant is deemed to have an impairment which significantly affects their swimming ability, they will receive a swimming classification;

- **Classes S1-S10** – are allocated to swimmers with a **physical** impairment
- **Classes S11-S13** – are allocated to swimmers with a **visual** impairment
- **Class S14** – is allocated to swimmers with an **intellectual** impairment

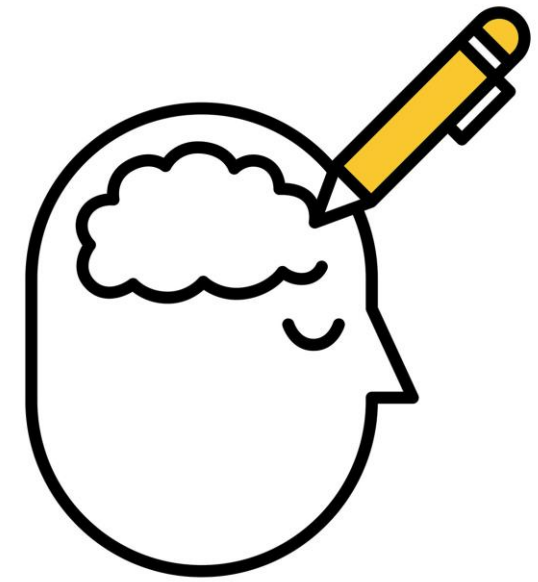
Athletes can be allocated 3 classifications;

Prefix S, SB & SM

- S denotes the class for Freestyle, Backstroke and Butterfly
- SB denotes the class for Breaststroke
- SM denotes the class for Individual Medley



# Quiz Time



What can you remember???

## Question 1.

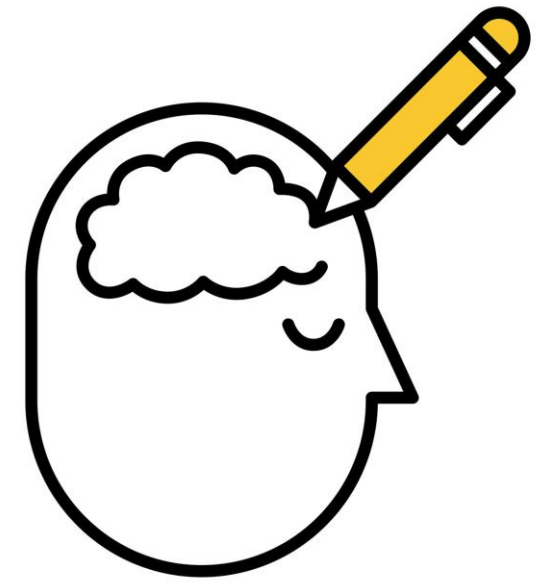
Is Disability Swimming and Para-Swimming the same thing?

**Answer: No**

Para-Swimming is the competitive element of disability swimming for swimmers with impairments eligible for the Paralympics



# Quiz Time



## Question 2.

Are there 5, 10 or 12 'eligible' impairments for Para-Swimming?

**Answer: 10**

## Question 3.

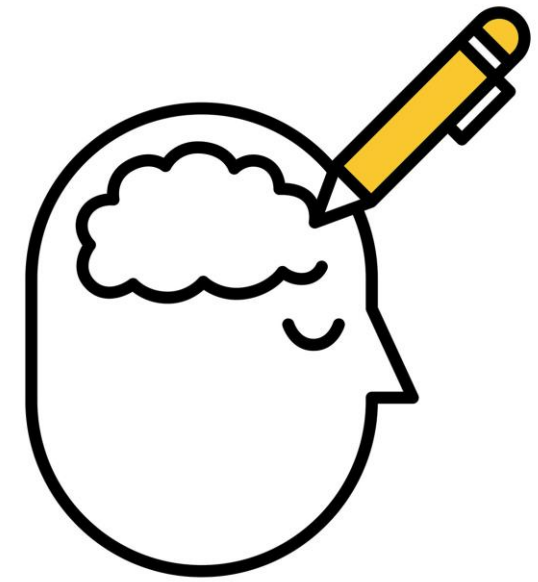
How many of the 'eligible' impairments are physical?

**Answer: 8**

**Hypertonia** (high muscle tone), **Ataxia** (involuntary movement), **Athetosis** (involuntary contraction of muscles), **Limb deficiency**, **Impaired passive range of movement**, **Impaired muscle power**, **leg length difference**, **short stature**



# Quiz Time



## Question 4.

If eight of the ten 'eligible' impairments for Para-Swimming are physical what are the other two?

**Answer: Visual Impairment and Intellectual Impairment**

## Question 5.

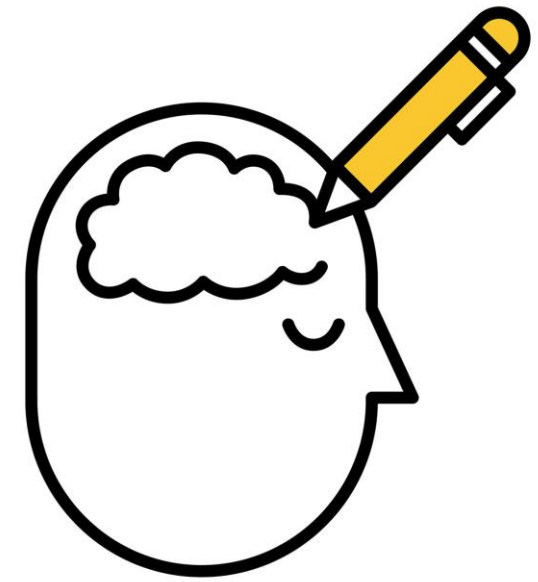
Do all Visually impaired swimmers have to use either blacked out goggles or a 'Tapper'.

**Answer: No**

**Only S11 swimmers must use blacked out goggles and 'Tappers'.**



# Quiz Time



## Question 6.

What is the eligibility for Intellectually Impaired athletes?

## Answer:

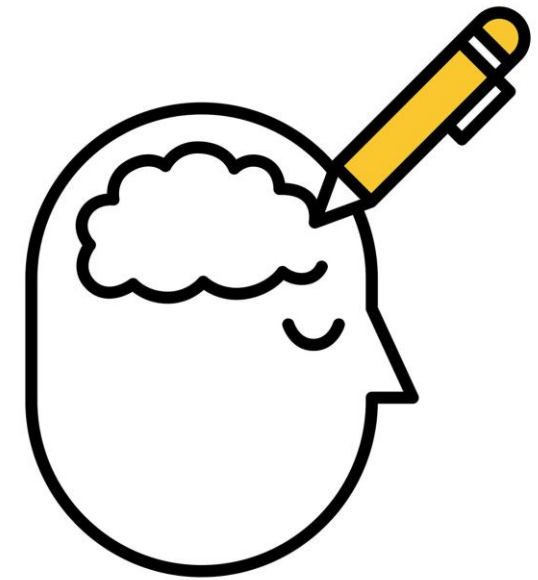
IQ of 75 or below

Social adaptation

Proof of onset before the age of 18



# Quiz Time



**Question 7.**

How many classifications can an athlete be allocated?

**Answer: 3**

**S:** Freestyle, Backstroke and Butterfly

**SB:** Breaststroke

**SM:** Medley

**S1**  
**SB1**  
**SM1**

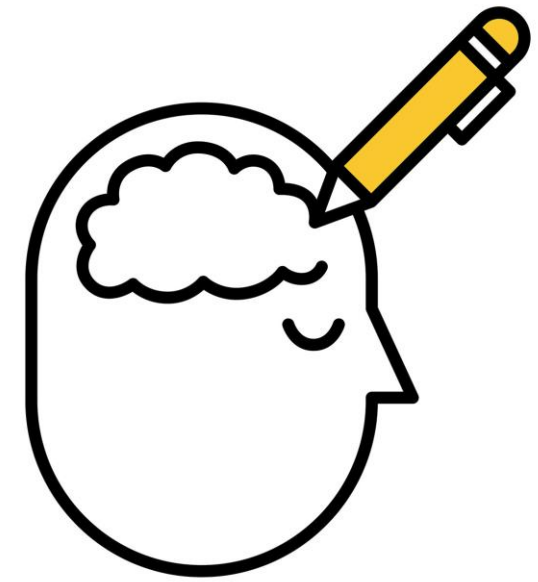
**Most**  
**Impaired**

**Least**  
**Impaired**

**S10**  
**SB9**  
**SM10**



# Quiz Time



## Question 8.

You have been asked to organise a Para-Swimming Regional Championship. When you get to the facility the manger apologises and explains that the hoist is not working. What would you need to do?

## Answer:

Nothing they are not used in Para-Swimming competitions.





# Quiz Time

## Question 9.

What is the Long-Course world record for the male S1: 100m F/S?

What is the Long-Course world record for the male S10: 100m F/S?

## Answer:

S1: Itzhak Mamistvalov - Israel: 2:15:83

S10: Andre Brazil – Brazil: 50:87



# Quiz Time

## Question 10.

Here are the times from a 'Multi-Classification' race. Did the swimmer who touched first, win the race?

Swimmer A	S13	53:70
Swimmer B	S9	57:18
Swimmer C	S12	54:08

Answer: No

Swimmer	Classification	Time	Points
Swimmer B	S9	57:18	850
Swimmer A	S13	53:70	849
Swimmer C	S12	54:08	834



# Quiz Time

## Question 11.

Is coaching Para-Swimmers the same as coaching able bodied swimmers?

### Answer:

Yes coaching is coaching and coach the individual.

## Question 12.

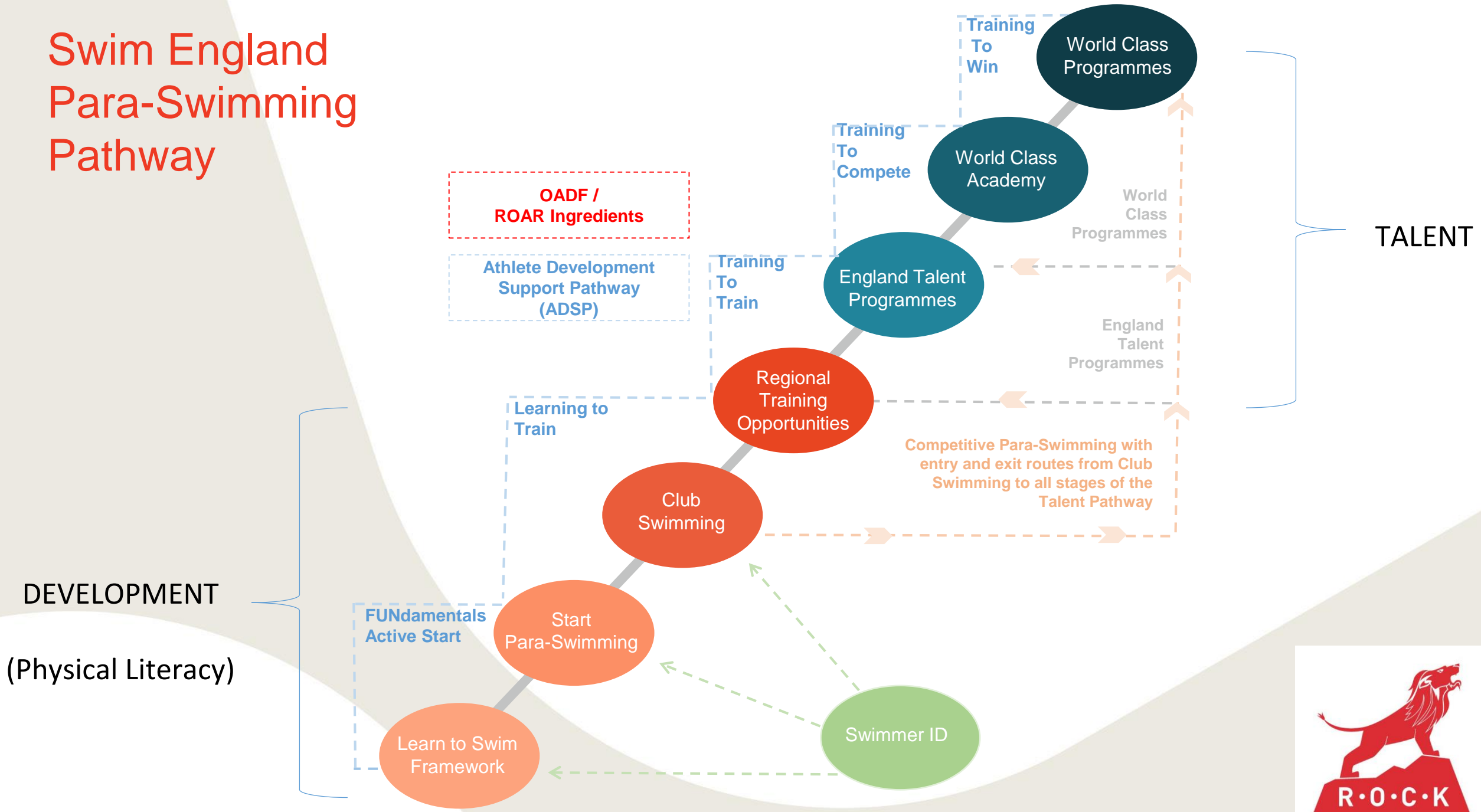
Is there a coach pathway in Para-Swimming?

### Answer:

Yes



# Swim England Para-Swimming Pathway



# Athlete Development Support Pathway (ADSP)

- Previously referred to Long Term Athlete Development (LTAD)
- Designed to show teachers and coaches what things athletes need to be completed at specific stages
- Made up of six stages:
  - Active Start,
  - FUNdamentals,
  - Swim Skills,
  - Training to Train,
  - Training to Compete
  - Training to Win



# Athlete Development Support Pathway (ADSP)

## Task (10mins)

- In small groups discuss the ADSP stages and consider the following;
  - Age Groups?
  - Skill / Stroke Technique?
  - Sessions Volume & Intensity?
  - Frequency/Number of sessions per week?
  - You have a Para-Swimmer within the group who has limited use of both legs
  - What adaptations in sets might you need to consider?

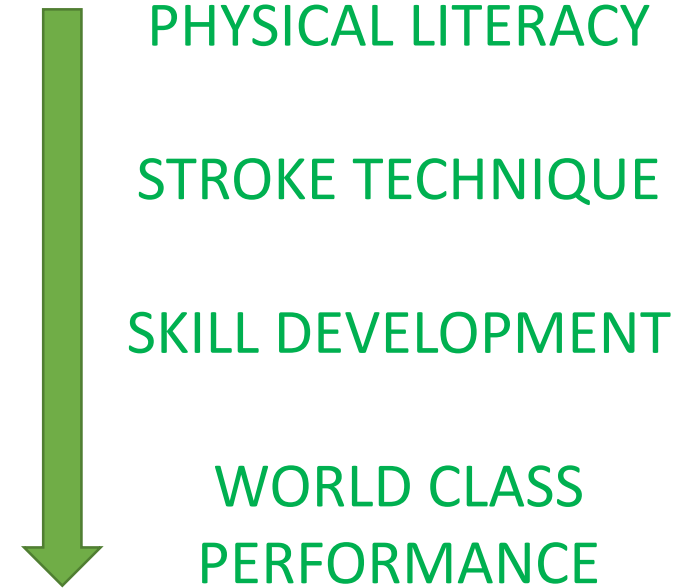


# ADSP - Overview

<b>Active Start</b> Unstructured / free / fun play	<b>FUNdamentals</b> Structured / deliberate practice / fun play	<b>Learning to Train (swim skills)</b> Development & skill/technique practice	<b>Training to Train</b> Skill/technique & fitness development	<b>Training to Compete</b> Skill/technique & Fitness	<b>Training to Win</b> High performance through training & competition
Introduction of early physical movement skills	Children 6-8 years old in girls, 6-9 years old in boys	Girls aged 8-11 years Boys aged 10-12 years	Girls aged 11-15 years Boys aged 12-16 years	Females aged 15-18 years Males aged 16-19 years	Females aged 18+ years Males aged 19+ years
Children 0-6 years old	Fundamental skill development	Further development of CAS and stroke technique	Basic speed training	Preparation for high performance programmes	Maximising the engine
Fun, safe and stimulating	Structured and fun activities	Multi stroke development	High volume of training with low intensity	Optimising the engine	Elite Performance
Unstructured play either child led, or led by parents and teacher	Development of physical literacy	Increased fitness through aerobic and speed development	Advance development of CAS and stroke technique	High volume workloads with increasing intensity	Individual advanced training plans
Informal and unstructured	Basis of learning to swim effectively	Introduction to Clubs (various disciplines)	Building the engine	Development of strength	
Foundation/Pre-School Framework of LTS	Stages 1-7 of the LTS Framework	Aquatic Skills Framework / Club junior programmes			

# ADSP - Overview

- Active Start / FUNdamentals – basic movement literacy
- Learning to Train (SwimSkills) – building technique
- Training to Train – building the engine
- Training to Compete – optimising the engine
- Training to Win – maximising the engine
- Active for Life



By delivering Active Start and FUNdamentals in a fun and enjoyable way Teachers build the foundations for a **lifelong participation** in aquatics, thus an Active Lifestyle for Life as they progress through the stages or remain as a healthy casual swimmer.

***“Creating a happier, healthier and more successful nation through swimming”***

*(Swim England: Towards a Nation Swimming 2017)*





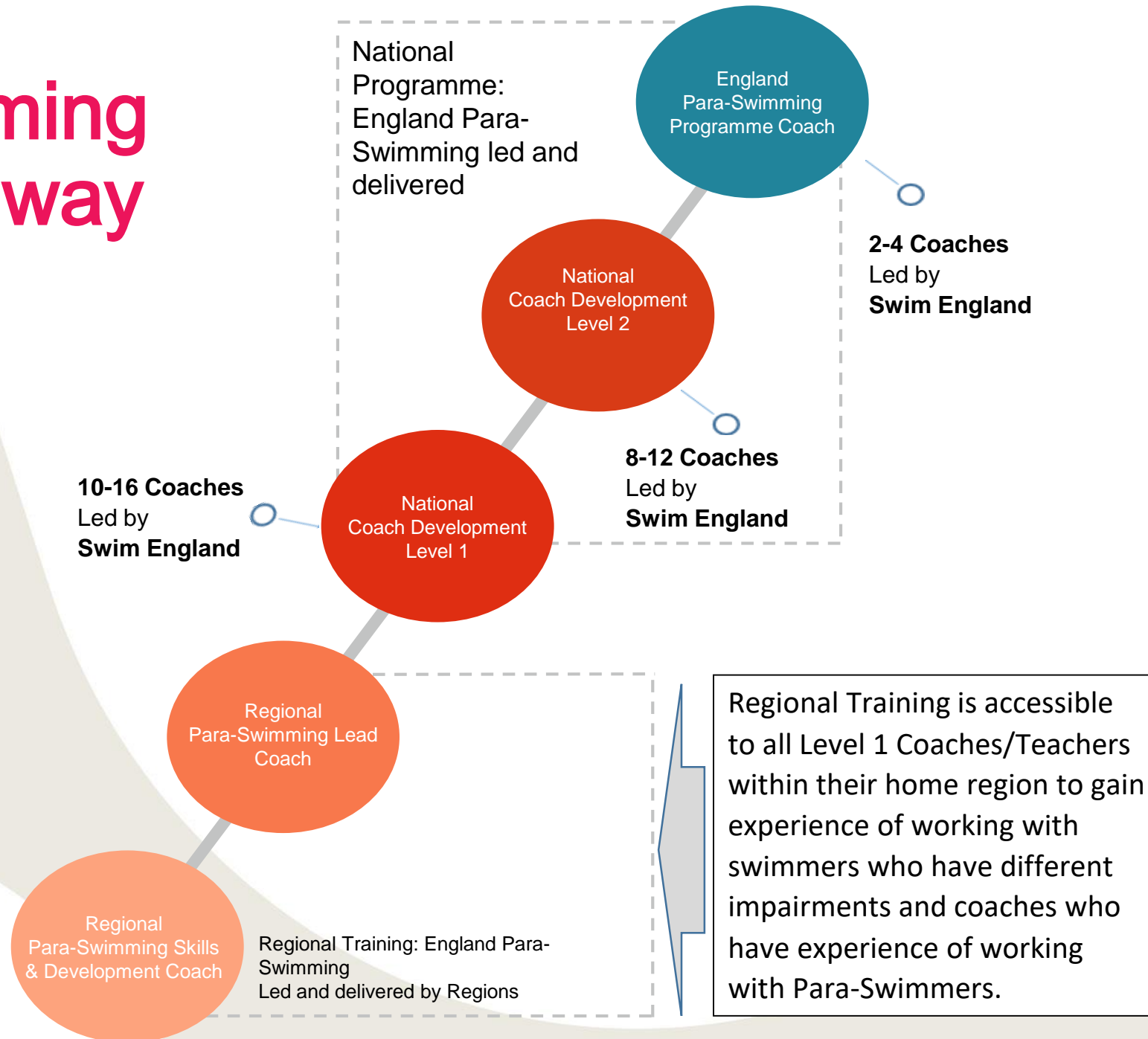
# ADSP

ADSP	Age		Programme	Para-Swimming
Training to Win	F 18+	M 19+	Senior	British
Training to Compete	F 15-18	M 16-19	Youth	England / British
Training to Train	F 11-15	M 12-16	Age into Youth	England Talent
Learning to Train	F 8-11	M 9-12	Junior into Age	Regional
FUNdamentals	F 6-8	M 6-9	LTS into Junior	LTS / Start Para
Active Start	0-6		LTS	LTS

- Para-Swimmers supported and developed in their home clubs at all stages
- Those selected for Talent programmes receive additional bespoke support
- At Training to Compete, athletes selected for funding have an opportunity to train/join the NPC in Manchester



# Para-Swimming Coach Pathway



# Further CPD and Support

## TEACHING

- An Introduction to Disability Swimming (online)
- Deaf Friendly Swimming (online)
- Visually Impaired Friendly Swimming (online)
- Integrating Autistic Children into Mainstream Swimming
- Teaching Aquatics to Children with Learning Difficulties
- Para-Swimming Regional training (see Regional websites)
- Swim England
  - [paraswimming@swimming.org](mailto:paraswimming@swimming.org)

## COACHING

- An Introduction to Para Swimming (online)
- Coaching Para-Swimmers in a Mainstream Coaching Environment
  - IOS <https://www.theiosonline.com>
- Para-Swimming Regional training (see Regional websites)
- Para-Swimming Coach Pathway stages
  - [tommcmamus@swimming.org](mailto:tommcmamus@swimming.org)
- Swim England
  - [paraswimming@swimming.org](mailto:paraswimming@swimming.org)



# Summary

- Para-Swimming is the competitive pathway for swimmers with eligible impairments
- The pathway follows ADSP guidelines
- The Development part of the pathway is at the lower stages of ADSP and the session content must assess and develop Physical Literacy
- Don't compare the Para-Swimmer to other able bodied/mainstream swimmers, they may be highly ranked in the world or have potential to be within their classification
- The journey of a Para-Swimmer through the stages of ADSP may take longer than an able bodied swimmer
- For more information and support contact;

[paraswimming@swimming.org](mailto:paraswimming@swimming.org)

