

This Para-swimming Newsletter is mostly intent to remind some rule exceptions in para-swimming where there is no exception code and the schedule of Para-swimming meets in 2014/2015.

GENERAL

- **All Provincial Championships** need to have a Technical Advisor (IPC Certified Official) present at the meet, but if unavailable, should have a Para-swimming Technical Official (i.e., an official who attend the Swimming Canada para-swimming clinic and who is active. The Provincial Section or Local Organizing Committee is responsible of getting someone.
 - The list of active Canadian Para-swimming Technical Officials can be found at: www.swimming.ca/Paraofficials
- List of Canadian para-swimmers with their respective sport class (classification) and their exception codes can be found at:
<https://www.swimming.ca/ParaswimmingClassification>
- Para-swimmers must be judged using the IPC rules. Exception codes are used as a guide, because there are several exception rules without exception codes attached to them.
- Current Para-swimming rules are included in the appendix C of the Swimming Canada rule book dated September 26, 2013. Please refer to them when judging para-swimmers.

START

- Any para-swimmers may start in the water, beside the starting platform, sitting on the starting platform or standing on the starting platform. If the swimmer has balance problem, they can have assistance to balance themselves; however, giving momentum to the swimmer at the start is not permitted.
- Only para-swimmers with sport class S/SB/SM 1, 2 and 3 can do a feet start, i.e. have their foot/feet held to the wall until the starting signal is given. Giving momentum to the swimmer at the start is not permitted.
- Any para-swimmers may place one layer of towel or the like on the starting platform to prevent abrasion.

FREESTYLE and BACKSTROKE

- For swimmers S1 to S5, some part of the swimmer must break the surface of the water during each complete stroke cycle.
 - Definition of cycle: One full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).

BUTTERFLY

- Arms (from the shoulder to the wrist) must be brought together over the water.
 - There is no need to see space between the arm and water
- A swimmer may decide to swim with one arm only (even though they can use both arms in other strokes). They must swim the whole distance with one arm (if it's their decision) and touch the wall with one hand only (can not do simultaneous intent to touch with both as they didn't use both arms to swim their race).
 - If the swimmer decides not to use one arm, they should not use that arm at all during the race; normally the arm is along the body and no movement can be done with that arm.

BREASTSTROKE

- In Breaststroke, a swimmer with lower limb impairment (exception code 12) must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race OR trail/drag the leg(s) throughout the race. They cannot change their mind during the race.

INDIVIDUAL MEDLEY

- In Individual Medley, it is permitted for a para-swimmer to swim butterfly stroke with one arm only and then, using both arms in backstroke, breaststroke and freestyle.

RACE

- Any kind of strapping that limits unwanted movement is prohibited (such as kinesio tape).
 - Protective medical taping to cover open wound, stoma, sensitive skin, etc. must receive clearance from the referee prior to the start of each session or from the moment the taping is required.

- Tappers are mandatory for swimmers S/SB/SM11 only at every turn and finish.
 - If tapping is required at both ends of the pool, a separate tapper shall be used at each end. Goggles must be verified after each race.

INTERNATIONAL APPOINTMENTS IN 2014:

Congratulations to the following individuals who have been appointed by the International Paralympic Committee to different international events:

- James Hood, Edmonton, Alberta, Classifier – Pan Pacific Para-swimming Championships in Pasadena, California, USA in August 2014
- Jocelyne Mc Lean, Gatineau, Quebec – 2014 Asian Championships in Incheon, Korea in October 2014.

UPCOMING PARA SWIMMING MEETS – 2014/2015 **(Swimming Canada designated meets, Regional/Provincial Championships)**

July 2014	MAN, Ontario, Quebec, BC and Alberta Provincial Championships as well as East Coast Championships
August 6-10, 2014	Pan Pacific Para-swimming Championships in Pasadena, California, USA
December 5-7, 2014	CAN-AM Para-swimming Championships in Edmonton, Alberta
March 20-22, 2015	CAN-AM Para-swimming Championships in Toronto, Ontario

Upcoming Para Swimming Technical Course

- IPC International Officials course (2 days) in Edmonton, Alberta (on December 3 and 4, 2014 prior to the CAN-AM meet)
- **Planned** IPC International Classifiers workshop (2 days) in Edmonton, Alberta (on December 3 and 4, 2014 – to be confirmed later)
- **Planned** IPC International Recertification Officials course (2 days) in Scarborough, Ontario (prior to the CAN-AM meet – to be confirmed later)

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