

Para Swimming



Athletes are classified on their functional ability to perform each stroke, test their skills in freestyle, backstroke, butterfly, breaststroke and medley events.

There are various forms for swimmers to start their race; in the water, a dive start sitting on the starting platform or the typical standing start. Swimmers who are blind are required to have an assistant to help him/her as he or she approaches the swimming pool end wall, either to make a turn or for the finish of the race. This process is called tapping and performed by a "tapper". These swimmers are also required to wear blackened goggles in all their events.

The Sport is governed by International Paralympic Committee (IPC).



Eligibility:

Impaired muscle power		Limb deficiency		Leg length difference		Athetosis		Visual Impairment	
Ataxia	Impaired passive range of movement			Intellectual impairment		Hypertonia		Short stature	

Classification:

S1 SB1	Significant loss of muscle power or control in legs, arms and hands. Swimmers in this class usually use a wheelchair in daily life
S2 SB1	Mainly rely on their arms for swimming. Their hand, trunk and leg function is limited
S3 SB2	Athletes with amputations of both arms and legs. (#) Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe coordination problems in all limbs are also included in this sport class.
S4 SB3	Swimmers who can use their arms and have fair function in their hands, but who cannot use their trunk or legs would swim in this sport class. (#) Athletes with amputations of three limbs could also swim in this sport class.
S5 SB4	Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.
S6 SB5	Swimmers with short stature or amputations of both arms, or moderate co-ordination problems on one side of their body.
S7 SB6	Athletes with one leg and one arm amputation on opposite sides, or a paralysis of one arm and one leg on the same side. (#) swimmers with full control over arms and trunk and some leg function can compete in this class.
S8 SB7	Swimmers who have an amputation of one arm are eligible to compete in this sport class. (#) athletes with significant restrictions across hip, knee and ankle joints could compete in this sport class.
S9 SB8	Athletes in this sport class, for example, swim with joint restrictions in one leg or with double below-the-knee amputations.
S10 SB9	This class describes minimal physical impairments of eligible swimmers. These include the loss of one hand or a movement restriction in one hip joint.
S/SB11-13	Visual Impairment Athletes. Compete in 3 sport classes from S/SB11 (B1) to S/SB13 (B3). S/SB11 sport classes are required to wear blackened goggles. S/SB11 swimmers must use a tapper. Swimmers in the S/SB12 and S/SB13 may choose whether or not they wish to use one.
S/SB14	Intellectual impairment. which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impact on sport performance in general. Moreover, S14 swimmers show a higher number of strokes relative to their speed than able-bodied elite swimmers.