

## **2019 FISA AFRICAN PARA-ROWING TRAINING CAMP AND REGATTA TUNIS, TUNISIA 3 – 10 February 2019.**

### **Introduction**

FISA, supported by the Agitos Foundation, will host a para rowing training camp in Tunis in 2019 to help identify and train para rowing athletes from nations in Africa. The qualification system for the 2020 Paralympic Games includes an African Continental Qualification Regatta with qualification opportunities in:

- PR1 Men's Single Sculls (PR1 M1x) – one place
- PR1 Women's Single Sculls (PR1 W1x) – one place

For more details please reference:

[http://www.worldrowing.com/mm/Document/General/General/13/08/79/2018\\_04\\_26RO\\_QG\\_Tokyo\\_v4Clean\\_Neutral.pdf](http://www.worldrowing.com/mm/Document/General/General/13/08/79/2018_04_26RO_QG_Tokyo_v4Clean_Neutral.pdf) .

The focus of this camp is to identify, classify and train athletes whom are able to compete in this regatta and support para rowing programmes of developing para rowing nations in general.

### **Programme**

The details for the para rowing training camp are as follows:

- Training camp for athletes and coaches from **3 – 10 February 2019**
- Official regatta competition at the conclusion of the camp
- Accommodation, meals, local transport and equipment are provided during this period
- International classification of the athletes
- Introduction course for your federation to train national classifiers
- Proud Paralympian Programme seminar from IPC for athletes and coaches.

### **Funding**

The programme has funding for a maximum of 2 athletes (1 male, 1 female), and 1 coach per nation. Federations are welcome to participate with more people at own costs and if the athlete is eligible for para rowing.

Funded NFs will receive:

- Airport pickup/drop off
- Accommodations in shared rooms
- Meals: breakfast, lunch, dinner
- Boats and equipment during the training camp and regatta
- Support from FISA and local coaches
- Informational sessions on classification, biomechanics, nutrition, and more
- Participation in the FISA International Para Regatta at the conclusion of camp
- A diploma for participation

## Criteria

- **Only for PR1 athletes** (formerly AS sport class): athletes that only use their arms and shoulders to row. They are usually wheelchair users. See links below for more information.
- Commitment to a training program and evidence of athletes and coaches participating in regular training.
- Commitment of the team to keep training until the 2020 Tokyo Paralympic Games.

## Federations which are new to para-rowing

We are looking for one or two PR1 athletes for this training camp and regatta. The link to the para-rowing conference from 2017 has a presentation on building a para-rowing programme (slide 125).

[http://www.worldrowing.com/mm//Document/General/General/13/04/19/FISAParaConference2017Presentations\\_English.pdf](http://www.worldrowing.com/mm//Document/General/General/13/04/19/FISAParaConference2017Presentations_English.pdf)

We advise to reach out to your National Paralympic Committee or other sports which have para athletes already and ask them if they want to try out for para-rowing. Reaching out to organisations that treat people with impairments is another option to find people (hospitals, army etc.).

Basic training can be done on the ergometer. The athletes can be introduced to on-water training in the training camp in Tunis. All athletes must be able to swim by the time they come to the training camp. Novice swimmers should be assisted to work with the national swim federation for basic training. Please reference Rule 21 and 22 in the FISA Rule Book: [http://www.worldrowing.com/mm//Document/General/General/13/08/90/FISARulebookEN2018finalweb3\\_Neutral.pdf](http://www.worldrowing.com/mm//Document/General/General/13/08/90/FISARulebookEN2018finalweb3_Neutral.pdf)

Please do not hesitate to contact FISA if you have questions or need support.

## Links

- General:  
<http://www.worldrowing.com/para-rowing/>
- Information Sheet Classification:  
[http://www.worldrowing.com/mm/Document/General/General/12/68/56/FISAClassificationInformationSheet\\_Neutral.pdf](http://www.worldrowing.com/mm/Document/General/General/12/68/56/FISAClassificationInformationSheet_Neutral.pdf)
- Eligibility Guide:  
<https://worldrowingforms.wufoo.eu/forms/z11z8hxm0u38wd3/>

## Register for the training camp and regatta

Tunisian Rowing Federation [www.trf.org.th](http://www.trf.org.th)

P.O.Box: 284 El Menzah 2004 Tunisia.

Maison des Fédérations Sportives cite Olympique 2003, Tunisia.

Phone +216 71 755 696 Fax +216 71 750 866 Mobile: +216 98 344 054

Event web site <http://tunisrowing.ent.tn>

Contact persons: Hassen El Haj on [admi@trf.org.tn](mailto:admi@trf.org.tn) and Cc to Yihuan Chang on [yihuan.chang@fisa.org](mailto:yihuan.chang@fisa.org) and Fayçal Soula on [Faysal.soula@trf.org.tn](mailto:Faysal.soula@trf.org.tn)

## The Application Process

Step 1: Contact FISA to show that you are interested in developing para-rowing and/or want to participate in the para-rowing training camp and regatta (as soon as possible)

Step 2: Identify PR1 athletes and interested coach(es). If you already have PR1 athletes, prepare them for the training camp and regatta (as soon as possible)

Step 3: Submit the application form and the medical documents of all athletes for classification.

- The attached application form
- FISA Medical documentation for each athlete:
  - [FISA Medical Diagnostics Form \(for Physically Impaired\)](#)
  - Mandatory supporting test documentation. See column 3 below for PI

### Impairments

Check the box/es below to indicate which impairment type/s the athlete has that lead/s to a permanent and verifiable activity limitation.

Permanent and Verifiable Impairment Type	Examples of health condition (diagnosis) likely to cause such impairment	Additional supporting tests/documentation that are mandatory (*) or must be presented upon request
<input type="checkbox"/> Impaired Muscle Power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erb's palsy, polio, spina bifida, Guillain-Barre syndrome	Manual muscle test results* EMGs; nerve conduction velocity
<input type="checkbox"/> Impaired Range of Movement	Arthrogryposis, ankylosis, post burns, joint contractures	Goniometric measurements*; x-rays;
<input type="checkbox"/> Limb deficiency	Amputation resulting from trauma or congenital limb deficiency	Photograph of affected limb*
<input type="checkbox"/> Hypertonia	Cerebral palsy, stroke, brain injury, multiple sclerosis	Manual muscle test results. Coordination testing.
<input type="checkbox"/> Ataxia	Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia	Manual muscle test results. Coordination testing.
<input type="checkbox"/> Athetosis	Cerebral palsy, stroke, brain injury	Manual muscle test results. Coordination testing.
<input type="checkbox"/> Vision Impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, congenital cataract, macular degeneration	Complete IBSA medical diagnostics form*. (see link at <a href="http://www.worldrowing.com">www.worldrowing.com</a> )

More detailed information: <http://www.worldrowing.com/para-rowing/>

NOTE: The medical forms need to be filled in by a **registered licensed physician**.

Deadline 21 November 2018: email to [yihuan.chang@fisa.org](mailto:yihuan.chang@fisa.org)

Step 4: FISA confirms to federations if their application has been successful and helps to prepare the team for the training camp.

Step 5: Training Camp and regatta in Tunis

The camp and regatta will be from **3 – 10 February 2019.**

Step 6: Follow up

FISA will follow up with each nation that has participated to support the requirements for each team to keep training and prepare for the Paralympic Qualification events in 2019 and 2020.