Guidelines for the On-water test

for Paracanoe Athletes

Introduction

- The on-water technical assessment is conducted to assess the sport specific performance of the paddler.
- The on-water technical assessment must be conducted in the type and model of boat that will be used by the athlete and with the specific adaptive equipment to be used during the competition.
- The classifiers have the responsibility to ensure that the conditions (eg. weather, the availability of the on-water classification area) allow the athlete to perform at their full capacity. **The classifiers may adapt or postpone the on-water test if the conditions inhibits the athletes to perform at their fullest.**
- The classifiers have to ensure that the classification follow the safety standards (eg. a safety boat should always be present).

Equipment

Classifiers' equipment

- Video camera (filming from the dock, we suggest using a tripod)
- Action camera (can be attached on the front of the cockpit)
- Scoring sheet
- Athlete's equipment passport
- Tape measure
- Stop watch
- Table of paddling times

Athletes' equipment

- Boat used during competition
- Adaptive equipment positioned at the same place as during competition
- Tight and light/bright coloured clothing

On-water pre-test procedure

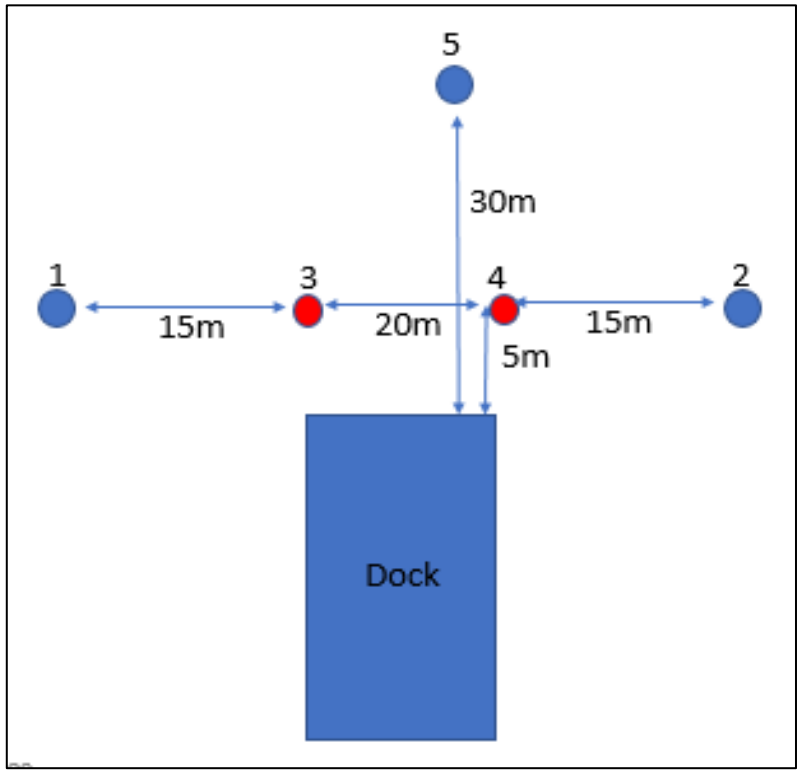
- After the medical assessment the classifiers explain the on-water procedure and inform that the athlete should wear appropriate clothing and can only have one person (and one translator) at the dock except during transferring into and out of the boat.
- Classification should occur at a dock/pontoon that is restricted for classification purposes.
- On the dock the classifiers verify that the boat and the adaptive equipment matches the equipment passport.
- Spray decks shall not be permitted during on-water tests.
- The classifiers film the athlete when transferring into the boat.
- The classifiers ask the athlete to warm up.

Considerations during the test

- Adaptations ought to optimize functional ability not restrict it.
- Medical classifiers video the athlete so that the technical classifier can instruct and observe.
- Make sure the quality of the videos will be good (eg. lighting should not impact the quality of the video).
- Inform the athlete that maximal performance is required. If the classifier observes that the athlete is not performing maximally the athlete will be requested to repeat the test until maximal performance is achieved or the classification will be stopped. *(see Appendix 1: Time Factor Guidelines)*
- The athlete should be loudly encouraged throughout the tests to perform maximally.

Procedure

- After the warm up the athlete paddles to the classifier for instruction
- The athlete paddles to buoy 1
- TEST 1: From buoy 1 the athlete performs a maximal start and paddles at maximum speed to buoy 2
- 2 min rest
- TEST 2: From buoy 2 the athlete performs a maximal start and paddles at maximum speed to buoy 1
- 2 min rest, return to classifier
- TEST 3: From the left side of the dock the athlete performs a maximal start and paddles at maximum speed to buoy 3
- 2 min rest, return to classifier
- TEST 4: From the right side of the dock the athlete performs a maximal start and paddles at maximum speed to buoy 4
- 2 min rest, return to classifier
- TEST 5: From the end of the dock the athlete performs a maximal start and paddles at maximum speed to buoy 5
- 2 min rest
- TEST 6: From buoy 5 the athlete performs a maximal start and paddles at maximum speed to the dock



Buoy Layout

Considerations after the test

- The on-water technical assessment shall take into consideration the medical assessment which is conducted prior to the technical assessment.
- Scoring between the medical and technical tests should be consistent, if not classifiers are encouraged to re-do tests.

Va’a On-water scoring

Leg movement score 2

Athlete has the ability to dynamically flex and extend the knee joint of one leg.

Leg movement score 1

Athlete has the ability to partially move one leg dynamically.

Leg movement score 0

The athlete has passive, involuntary or no leg movement.

Note: Athletes may use adaptations and strapping to prevent involuntary movements of impaired limbs or non-functioning residual limbs to aid stability in the boat.

Trunk rotation score 2

Athlete has the ability to fully rotate their trunk through all the phases of the canoe stroke (catch, power and recovery). The athlete has the ability to produce coordinated movement of the pelvis and hips with the trunk, which increases the movement, and therefore, the stroke range.

Note: Athletes may use adaptations which improve connection to the boat, but which limit the movement at pelvis and hips.

Trunk rotation score 1

Athlete has the ability to partially rotate the trunk by using their upper trunk only (thoracic region) in all phases of the canoe stroke (catch, power and recovery). The athlete is unable to use the pelvis and hips to produce maximum rotation.

Note: Pay attention if the observed function is coming from the shoulders and scapulae or from the trunk. If unsure, discuss with medical classifier.

Athlete may use some modification to stabilize their lower trunk (lumbar spine)

Trunk rotation score 0

Athlete is not able to achieve trunk rotation and only uses arms and shoulders in all phases of the canoe stroke (catch, power and recovery)

Note: Pay attention if the observed function is coming from the shoulders and scapulae or from the trunk. If unsure, discuss with medical classifier.

Athlete may use adaptation to stabilize their trunk at the pelvis and use an adapted seat required for support into the thoracic region of the spine.

Trunk flexion score 2

The athlete can actively lean forward with the trunk and dynamically move his/her trunk during each paddle stroke.

Note: Athlete usually does not require adaptation

Trunk flexion score 1

Athlete may be able to partially flex the trunk, but should not be able to actively lean forwards using anterior tilt of the pelvis or flexion at the hips.

Note: Pay attention if the observed function is coming from the shoulders and scapulae or from the trunk. If unsure, discuss with medical classifier.

Athlete may use some adaptation to stabilize their lower trunk (lumbar spine)

Trunk flexion score 0

Athlete does not show any trunk movement, the only active movement seen is at the shoulders and scapulaes. (The trunk can be vertical, c-shaped, or forwards depending on how the adaptive equipment is being used to support them).

Note: Pay attention if the observed function is coming from the shoulders and scapulae or from the trunk. If unsure, discuss with medical classifier.

Athlete may use adaptation to stabilize their trunk at the pelvis and use an adapted seat required for support into the thoracic region of the spine

Consistency Checklist

Trunk rotation	0	1	2
VL1	√	×	×
VL2	×	√	√
VL3	×	√	√

Trunk flexion	0	1	2
VL1	√	×	×
VL2	√	√	×
VL3	×	√	√

Leg movement	0	1	2
VL1	√	×	×
VL2	√	√	×
VL3	√	√	√

× = warning, check with medical

EXTRA TESTS

- You may want to assess the athlete's paddle and functional ability further by:
  - Have the athlete paddle backwards
  - Have the athlete attempt to shoot their boat after accelerating
  - Have the athlete use their paddle to stop suddenly after accelerating
  - Have the athlete draw water on both sides
  - Have the athlete hold their paddle parallel to the water and rotate
  - Have the athlete turn the boat in a tight/small area
  - Observe the athlete informally for transfers; required support

APPENDIX 1

EVENT	20m Time
KL1 W	6.96 secs
KL2 W	6.15
KL3 W	6.14
VL1 W	10.14
VL2 W	7.60
VL3 W	7.66
KL1 M	5.71
KL2 M	5.10
KL3 M	4.78
VL1 M	6.90
VL2 M	6.34
VL3M	5.98

Time Factor Guidelines for 20 meters

These are guidelines to assess athletes' giving maximum effort. They are established as 120% of the average times of 2017 World Final results for 1st and 3rd place. Slower times will be a result of either a non-high performance paddler or a low level of effort.