Provisional 2018 ICF PARACANOE

V	1
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ON-WATER TECHNICAL ASSESSMENT CHART			
Athlete ID number	Federation		
ON WATER OBSERVATION			
Observed getting into the boat: Observed paddling away from dock: Observed paddling towards the dock: Observed paddling right to left (L to R) Start observed: Intensity should vary from 50% effort to 10	Yes Yes Yes Yes Yes 00% effort		
Adapted Equipment in boat (photo)		Video	
Adapted equipment with paddler in	boat (photo)		
Adapted paddle (photo) Ath	lete holds adap	oted paddle (phot	:0)
Novice paddler Exp	perienced padd	ler	
Ama: Left side	Right side	(circle one)	
Athlete's dominant leg*: Left	Right	(circle one)	

^{*} Dominant leg = the leg that moves the most

Dominant hand side Leg movement*	Passive or no movement	1 Partial movemen	nt	2 Full movement
Position of legs	Dominant leg extended Dominant leg flexed			
Feet/Foot contact with footboard	Yes	No	Passi	ve Active
Trunk Flexion	0 No trunk flexion	1 Partial trunk flexion	ın	2 Full trunk flexion
Trunk Rotation	0 Shoulder movement only	1 Partial trunk rotation	on	2 Full trunk rotation
Range of stroke motion	Short Normal	Long		Symmetrical Yes No

Depth of paddle stroke	Deep	Shallow	Wide	
Stroke speed	Slow	Regular	Fast	Able to vary speed
Stroke synchronization	Basic	Regular	Good	
TOTAL POINTS				

QUICK LOOK UP TABLE FOR TRANSFORMED SCORES			
Basic score	Transformed		
	score		
1	3		
2	6		
3	9		
4	12		
5	15		
6	18		

TRANSFORMED	SCORE	

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Technical classifiers comments/ob	servations	
Technical Classifier Signature		
Medical Classifier Signature		
		1
Date		

NOTE: Transformed score must be added to leg and transformed trunk score to produce final classification