

Eligible impairments for Start Para-Swimming

Start Para-Swimming is about targeting people with eligible impairments for Para-Swimming. Eligible impairments are below.

Impairment type	Examples of health conditions likely to cause impairment	Description of impairment
Hypertonia	Cerebral Palsy, stroke, acquired brain injury, multiple sclerosis	High muscle tone <i>Inclusions:</i> Hypertonia/ High muscle tone <i>Exclusions:</i> Low muscle tone
Ataxia	Ataxia resulting from Cerebral Palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia	Control of voluntary movement <i>Inclusions:</i> Ataxia only <i>Exclusions:</i> Problems of control voluntary movement that do not fit descriptions of Ataxia.
Athetosis	Cerebral Palsy, stroke, traumatic brain injury	Involuntary contractions of muscle <i>Inclusions:</i> Athetosis chorea <i>Exclusions:</i> Sleep related movement disorders
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia)	Total or partial absence of the bones or joints of the shoulder region, upper extremities, pelvic region or lower extremities.
Impaired Passive Range of Movement (PROM)	Arthrogyriposis, ankyloses post burns joint contractures	Impaired joint mobility <i>Exclusions:</i> Hypermobility of joints.
Impaired muscle power	Spinal cord injury, Muscular dystrophy, brachial plexus injury, Erb's Palsy, Polio, Spina Bifida, Guillain-Barre syndrome	Muscle power
Leg length difference	Congenital or traumatic causes of bone shortening in one leg	Aberrant dimensions of bones of right lower limb OR left lower limb but not both. <i>Inclusion:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones in both lower limbs; any increase in dimensions
Short Stature	Achondroplasia, growth dysfunction	Aberrant dimensions of upper and lower limbs or trunk which will reduce standing height.
Visual impairment	Vision impairment arises from a variety of conditions – genetic, prenatal developmental issues or from illness of trauma Diagnoses that cause low vision in the range:	Impairment of the eye structure; Impairment of the optical nerve/optical pathways; Impairment of the visual cortex.

	A visual acuity of less than or equal to LogMAR 1.0 Or a visual field restricted to less than 20 degrees radius.	
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We do not expect you to be experts and understand all medical information about an individual's disability. If a swimmer informs you that they have been diagnosed with a physical disability or visual impairment that should be sufficient to allow them to enter Start Para-Swimming, providing that they meet the entry standards set out below. If clarity is needed on a condition please contact your regional office in the first instance.

For swimmers to progress and compete as a Para-Swimmer they will need to go through classification. At regional training swimmers can have their skills assessed for classification sign off which is the first step of the classification process. Having a disability does not guarantee that they will be classifiable. We will only know this once they have gone through classification. For further information on classification please click here: <https://www.britishswimming.org/performance/para-swimming/classification/>