

## Ineligible Physical Impairments

- Leg Length Difference
- Short Stature
- Hypertonia
- Ataxia
- Athetosis



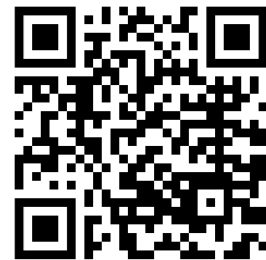
## Ireland's Success

Ireland has had incredible international success in Para-Canoe. Patrick O'Leary is a two-time Paralympian (2016 & 2020) in canoe. On top of this Patrick is the 2021 European Champion in the VL3 category.

We are always searching for the next Para-Athletes in canoeing, with Para-Canoe being an extremely accessible way to pursue competition with a range of abilities. Get in touch with us to start your journey.



The Canoeing Ireland PaddleAble initiative aims to provide more opportunities for people with disabilities to find longevity in paddle sports within their community. Take a look at our ambassadors videos here to take a look at how they joined paddle sports and be inspired.



## Contact Us

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# PARA-CANOE RACING



## Could You Be A

## Para-Canoe Athlete?

Para-Canoe is flatwater canoe racing over a 200m course. International competitions take place at European, World and Paralympic level. There are two disciplines within Para Canoe:

### KAYAK (K)



In the 'K' class you are seated, use a paddle with two blades on it, and are self-balancing.

### VA'A (V)



In the 'V' class you are also seated, use a paddle with one blade on it, and have an outrigger connected to the kayak to aid with stability.

## Eligible Impairment Types

### Impaired Muscle Power

Athletes with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles in order to move or to generate force. (Upper limbs excluded).

Examples include: spinal cord injury (complete or incomplete, tetra- or paraplegia or paraparesis), muscular dystrophy, post-polio syndrome and spina bifida.

### Limb Deficiency

Athletes with Limb Deficiency have total or partial absence of bones or joints as a consequence of trauma. (Upper limbs excluded).

Examples include: traumatic amputation, illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).

### Impaired Passive Range of Movement

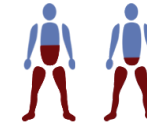
Athletes with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints. (Upper limbs excluded).

Examples include: athrogryposis and contracture resulting from chronic joint immobilisation or trauma affecting a joint.

## Classifications

There are 3 classifications within both Kayak and Va'a. KL1, KL2 & KL3 for Kayak and VL1, VL2 & VL3 for Va'a. See the diagram below to understand which category your ability would fit into.

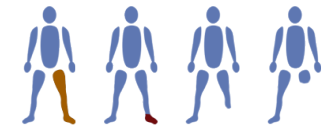
### KL1



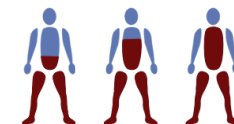
### KL2



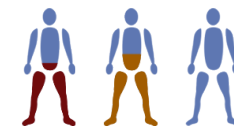
### KL3



### VL1



### VL2



### VL3



■ No impairment ■ A high degree of impairment  
■ Moderate to low degree of impairment