

PA PARACANOE ON WATER TECHNICAL ASSESSMENT CHART

Provisional 2018

Athlete ID number:

V1 - ON WATER OBSERVATION

Observed getting into the boat: Yes

Observed paddling away from the dock: Yes

Observed paddling towards the dock: Yes

Observed paddling right to left (L to R): Yes

Start observed: Yes

Intensity should vary from 50% to 100% effort

Adapted equipment in boat (photo):

Video:

Adapted equipment with paddler in boat (photo):

Adapted paddle (photo):

Athlete holds adapted paddle (photo):

Novice paddler :

Experienced paddler:

Ama (circle one):

Left side

Right side

Athlete's dominant leg* (circle one):

Left side

Right side

**Dominant leg = the leg that moves the most*

Dominant hand side Leg movement*	0 Passive or no movement	1 Partial movement	2 Full movement
Position of legs	Dominant leg extended		Dominant leg flexed
Feet/Foot contact with footboard	Yes	No	Passive Active
Trunk Flexion	0 No trunk flexion	1 Partial trunk flexion	2 Full trunk flexion
Trunk Rotation	0 Shoulder movement only	1 Partial trunk rotation	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 synchronisation	Basic	Regular	Good
TOTAL POINTS			

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

Technical classifiers comments/observations:

Technical Classifier Signature:

Medical Classifier Signature:

Date:

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