

# PARA SPORT

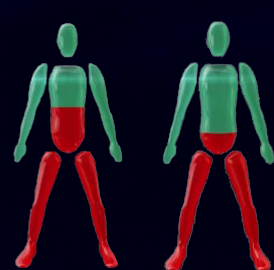
## CANOE / KAYAK

Para-canoe is the canoeing discipline for athletes of all ages with an impairment to the lower limb and/or torso, limb deficiency and impaired range of motion. Races are contested in two types of boats Kayak (K) and Va'a (V) over a distance of 200m.

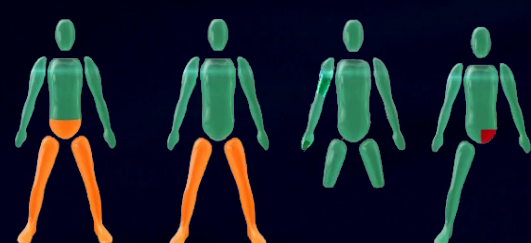
### CLASSIFICATION

Individuals are categorised into 3 different classes within the 2 disciplines which are classified via a Total score system.

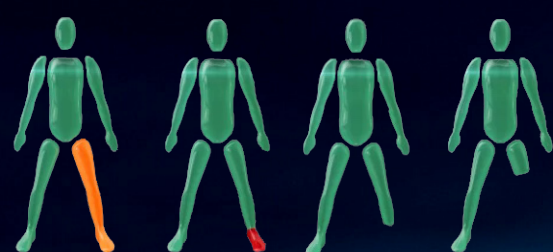
KL1



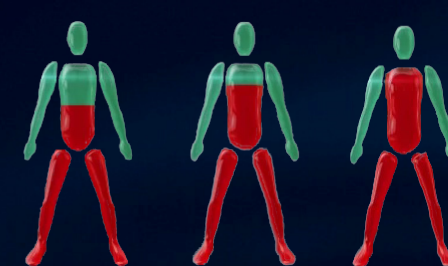
KL2



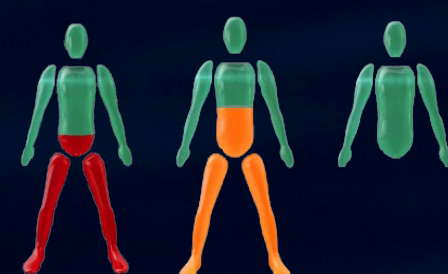
KL3



VL1



VL2



VL3



Green = no impairment

Yellow/Orange = low or moderate impairment

Red = a high degree of impairment

PARA CANOE AT THE  
PARALYMPICS



2016 RIO (DEBUT)



**VA'A**

An outrigger canoe with a second pontoon  
driven with a single bladed paddle



**KAYAK**

Propelled by a double bladed paddle



For further information on Para Canoeing and  
where to find a club near you, Scan us right here!

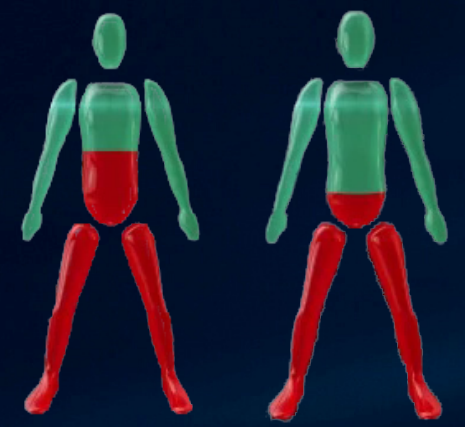
**Paddle  
Australia**

# PARA SPORT

## CANOE / KAYAK - KL1/VL1

### KL1 Athletes

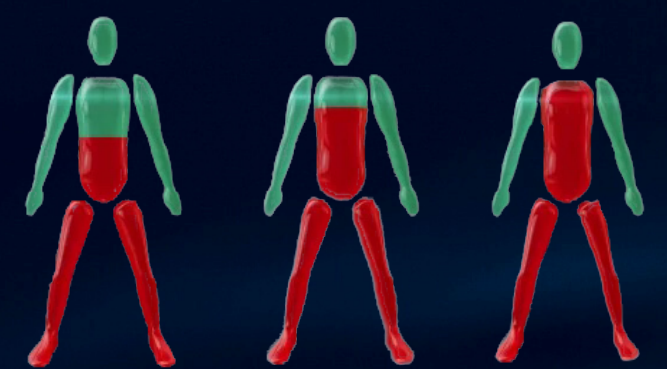
The highest degree of impairments from all para kayak athletes. They have limited or no function in either trunk or legs i.e (but is not limited to) a complete spinal cord injury at the throacic vertebrae.



Total score = 3 pts

### VL1 Athletes

Athletes have no dynamic trunk flexion and are unable to sit upright with their legs hanging whilst thigh and/or pelvis are secured. An example of a VL1 athlete is an individual with a spinal cord injury located at T6 or higher.



Total score = 0 pts

### Eligibility

Both KL1 and VL1 athletes have limited or no trunk function and no leg function.

### Additional Considerations

These athletes typically need additional modifications to their kayak or va'a which may include a seat with a higher backrest.

#### DID YOU KNOW!

**Total Score (TS) =**  
Trunk + Leg + on  
water evaluation

\***Va'a:** TS from  
trunk and on-water  
are multiplied with  
conversion factor.



**VA'A**

An outrigger canoe with a second pontoon  
driven with a single bladed paddle



**KAYAK**

Propelled by a double bladed paddle



For further information on Para Canoeing and  
where to find a club near you, Scan us right here!

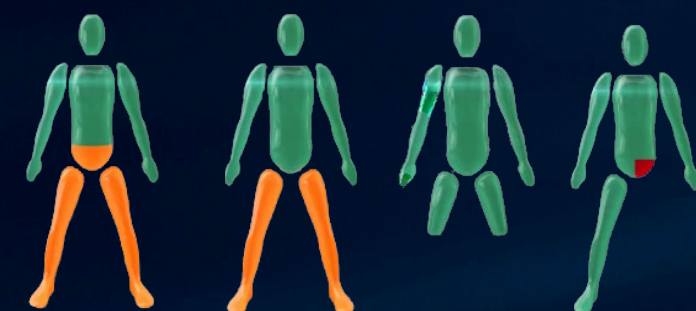
**Paddle  
Australia**

## PARA SPORT

# CANOE / KAYAK - KL2/VL2

### KL2 Athletes

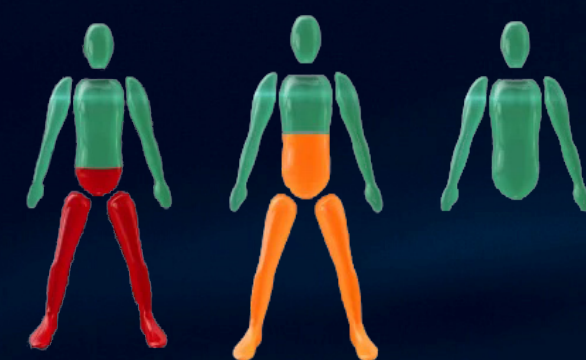
Level of impairment is less than a KL1 athlete. Individuals present with limited or full function in trunk, and limited or no leg function i.e., a bilateral above the knee amputee, and an incomplete spinal cord injuries between T12 to L5.



Total score = 4 - 7 pts

### VL2 Athletes

Greater trunk function than a VL1 athlete and have limited to no leg function i.e., leg amputees, and an T12 spinal cord injuries.



Total score = ≤ 27 pts

Trunk test = 1.5 - 13.5 pts

### Eligibility

Athletes have partial or full trunk function, and partial leg function. They are able to sit upright in a kayak but may need additional modifications.

### Additional Considerations

These athletes typically need additional modifications to their kayak or va'a which may include a seat with a higher backrest.

#### DID YOU KNOW!

**Total Score (TS) =**  
Trunk + Leg + on  
water evaluation

\***Va'a:** TS from  
trunk and on-water  
are multiplied with  
conversion factor.



**VA'A**

An outrigger canoe with a second pontoon  
driven with a single bladed paddle



**KAYAK**

Propelled by a double bladed paddle



For further information on Para Canoeing and  
where to find a club near you, Scan us right here!

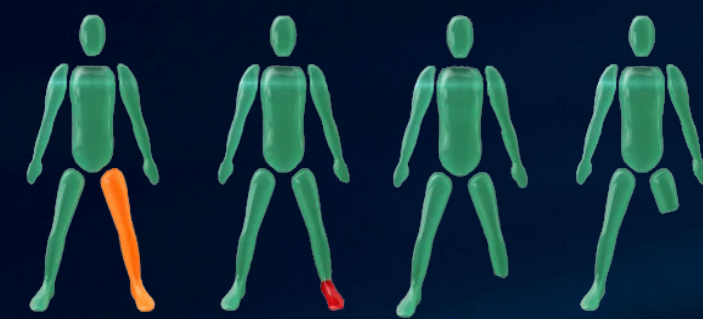
**Paddle  
Australia**

## PARA SPORT

# CANOE / KAYAK - KL3/VL3

### KL3 Athletes

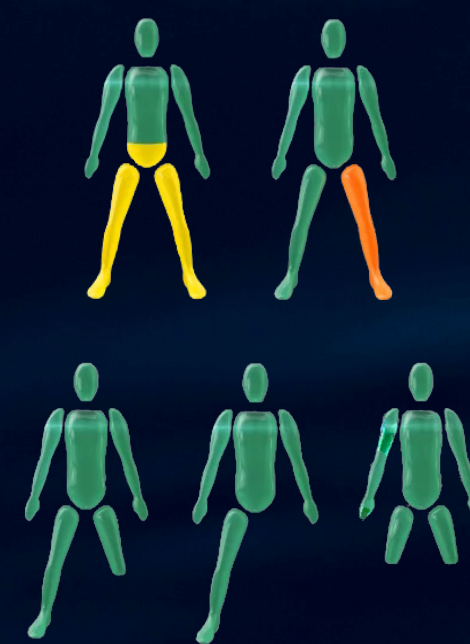
The lowest level impairments. KL3 athletes have near to full trunk function and limited function in one or both legs i.e., a unilateral above or below knee amputation.



Total score = 8 - 9 pts

### VL3 Athletes

Athletes have limited/no reduction in movement to the lower trunk and legs, and/or moderate affect in movement in one leg or the absence of limbs i.e., a unilateral above knee amputation or a bilateral above knee amputation.



Total score = ≤ 18 pts

Trunk test = 15 - 18 pts

### Eligibility

Both KL3 and VL3 athletes have most or full trunk function, and partial leg function in one or both legs. Athletes are able to sit in forward flexion with the ability to use at least one leg/prosthesis.

#### DID YOU KNOW!

**Total Score (TS) =**  
Trunk + Leg + on  
water evaluation

\***Va'a**: TS from  
trunk and on-water  
are multiplied with  
conversion factor.



**VA'A**

An outrigger canoe with a second pontoon  
driven with a single bladed paddle



**KAYAK**

Propelled by a double bladed paddle



For further information on Para Canoeing and  
where to find a club near you, Scan us right here!

**Paddle  
Australia**