

# Swimming

## COMPETITIVE SWIMMING:

### Rules:

All IPC Swimming rules apply to all competitive swimming strokes, starts, turns and relays.

Swimming Classification is necessary for fair competition. Classification is a three step process. The steps are as follows:

1. Bench testing: To include one or a combination of four tests:
  - a) Manual muscle test
  - b) Coordination test
  - c) Range of motion of major joints
  - d) Measurement of limb length or total body height.
2. Observation in the water
3. Observation during competition

A swimmer can have up to three classes. These are determined by the following strokes:

Freestyle, Backstroke, Butterfly, Breaststroke, Individual Medley, Relay Swimming

For the most recent classification information, please check the IPC swimming website [www.ipcswimming.org](http://www.ipcswimming.org), click on classification.

## ELIGIBILITY:

1. Competitors should have a permanent classifiable disability to be eligible for competition.  
WASUSA Swimming
2. A swimmer must be classified into the classification system to be eligible for competition with WASUSA.

**EQUIPMENT:** The types of equipment available vary widely. Methods to enter the pool include ramps, mats, lifts, and aqua chairs. Once in the water if floatation assistance is needed this can be accomplished with vests, belts, rings, noodles, and suits. Water shoes, gloves, and cervical collars are all possible water attire to make swimming for exercise safer and more comfortable.



Flotation Belt \$49.95



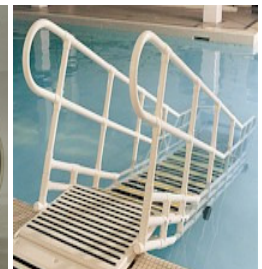
Neck Collar \$51.95



Wet Vest Float-Its II \$26.95



Aqua Chair \$973.88



Aquatrek Ramp \$4,600.40

Photos and prices listed are from the following companies

1. AquaGear™ Swim Shop! 1.888.H2o.GEAR (888.426.4327) <http://www.aqua-gear.com>
2. Recreonics, Inc (800)428-3254, (800)428-0133 fax <http://www.recreonics.com>

**Other Suppliers include:**

<a href="#"><u>Adolf Kiefer and Associates</u></a> : Zion , Illinois	<a href="#"><u>Aqua Gear, Inc.</u></a> : West Palm Beach , Florida	<a href="#"><u>Blue Moon Aqua Products, TRMN Enterprises, Inc.</u></a> : Columbus , Ohio	<a href="#"><u>Danmar Products, Inc.</u></a> : Ann Arbor , Michigan
<a href="#"><u>Ferno-Washington, Inc.</u></a> : Wilmington , Ohio	<a href="#"><u>Fitness Mart Country Technology, Inc.</u></a> : Gays Mills , Wisconsin	<a href="#"><u>Hydro-Fit, Inc.</u></a> : Eugene , Oregon	<a href="#"><u>Orthopedic Physical Therapy Products (OPTP)</u></a> : Minneapolis , Minnesota
<a href="#"><u>WaterWear, Inc.</u></a> : Wilton , New Hampshire	<a href="#"><u>Water Warm-Ups</u></a> : Corona del Mar , California	<a href="#"><u>The Wet Wrap DK Douglas Company, Inc.</u></a> : Longmeadow , Mass	

***Resources for therapist and consumers to learn more about how/where they can participate***

Special Olympics of Arkansas  
 Swimming: Arkansas Junior Rolling Razorback  
[www.usaswimming.org](http://www.usaswimming.org)  
[www.paralympic.org](http://www.paralympic.org) (specifically targets individuals who are interested in adaptive equipment for other water activities, including water skiing)  
[www.wsusa.org](http://www.wsusa.org)

Contact: Terri Weir; 501.771.0222  
 Contact: Doug Garner; 501.525.4503

Link to a blog by Paralympic Swimmer, John Mohler  
[http://swimming.about.com/od/adaptedswimming/a/paralympic\\_swim.htm](http://swimming.about.com/od/adaptedswimming/a/paralympic_swim.htm)

***Equipment loan programs and grant opportunities***

Adaptive Sports and Advanced Programs	<a href="http://www.ncpad.org">www.ncpad.org</a>
Special Olympics of Arkansas	Contact: Terri Weir; 501.771.0222
Swimming: Arkansas Junior Rolling Razorback	Contact: Doug Garner; 501.525.4503
Swim with Mike	<a href="http://www.swimwithmike.org">www.swimwithmike.org</a>
Kate Kimberly Foundation	<a href="http://www.katekimberlyfoundation.org/">www.katekimberlyfoundation.org/</a>
Challenged Athlete Foundation	<a href="http://www.challengedathletes.com">www.challengedathletes.com</a>

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How to contact us:

ICAN	501-666-8868 main number
26 Corporate Hill	800-828-2799 toll free
Little Rock, AR 72205	501-666-5319 fax
<a href="http://www.ar-ican.org">www.ar-ican.org</a>	<a href="mailto:info@ar-ican.org">info@ar-ican.org</a>

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