



Understanding Para for Obstacle Sports

PO1:

Para athletes in this class use a wheelchair and are able to self-propell in areas of flat or even terrain. This class includes athletes with, but not limited to impairments of muscle power, range of movement, limb deficiency such as unilateral or double leg amputation, spinal cord injuries resulting in paraplegia or tetraplegia.

PO2-1:

Athletes in this sport class have a significant limitation within the obstacle elements of racing. They have a severe degree of activity limitation such as, but not limited to: complete loss of range of motion, power or proprioception in one arm, through-the-shoulder amputation, severe cerebral palsy or a severe neurological impairment affecting mostly the upper body. Athletes in this group are unable to use their upper limb to grip under the armpit.

PO2-2:

Athletes in this sport class have a significant limitation with the running elements of racing. They have a severe degree of activity limitation such as; complete loss of motion, power or proprioception in one leg, short stature or a severe neurological impairment affecting mostly the lower body. Athletes in this class may choose to use mobility devices to race such as walking stick(s) or crutches.

PO3:

This sport class includes athletes with a moderate degree of activity limitation in their lower limb(s) such as athletes with, but not limited to; lower limb amputation, moderate neurological impairments affecting the lower body or a loss of range of motion or power in the ankle or knee joint.

PO4:

This sport class includes athletes with a moderate degree of activity limitation in their upper limb(s) such as athletes with, but not limited to; upper limb amputation where the athlete is able to grip under the armpit, moderate neurological impairments affecting the upper body or a loss of range of motion or power in the wrist or elbow joint.

PO5:

Athletes in this sport class have a visual impairment.

Condensed Para Obstacle Classes:

In events with a limited number of Para athletes, three sport classes may be used. PO1, PO2-4 and PO5. These classes represent non-ambulatory, ambulatory and vision impaired athletes respectively with no distinction between PO2, PO3 and PO4. Alternatively event organizers may wish to combine both PO2-1 and PO2-2 classes.