

Concept2 British Indoor Rowing Championship 2012

Adaptive Event Details

Date: Sunday March 25th 2012 **Venue:** University of Nottingham - University Park Sports Centre
Individual Entry Fee: Adult Adaptive **£15.00**; Junior Adaptive **£7.50**.
The events tables below are colour coded to show the price for each event.
Late entries will incur a £5.00 surcharge.
Entries Close: Friday 17th February 2012.

| ADAPTIVE CHAMPIONSHIP EVENTS | | | | |
|------------------------------|--------------|----------|--------------|-----------|
| Age | Men | Lwt Men | Women | Lwt Women |
| Event | Event No | Event No | Event No | Event No |
| FES Open** | A17 (2,000m) | - | C17 (2,000m) | - |
| LTA Open** | A18 (1,000m) | - | C18 (1,000m) | - |
| TA Open** | A19 (1,000m) | - | C19 (1,000m) | - |
| AS Open** | A20 (1,000m) | - | C20 (1,000m) | - |
| Junior LTA** | E9 (1,000m) | - | F9 (1,000m) | - |
| Junior TA** | E10 (1,000m) | - | F10 (1,000m) | - |
| Junior AS** | E11 (1,000m) | - | F11 (1,000m) | - |

Entry Form

Competitor Name: _____

Competitor Address: _____

Post Code: _____ Daytime Phone number: _____

Email Address: _____ Club (if applicable): _____

Cheque Number: _____

I understand that the information contained in this form will be kept by the British Indoor Rowing Championship Ltd and that such information will be used to confirm my status as an adaptive athlete for the British Indoor Rowing Championship. And agree to this and the terms and conditions for the event.

Signature: _____ Date: _____

If you are under 18, this section must be completed by a parent or guardian.

Name of Parent /Guardian: _____

Address: _____

Post Code: _____

Daytime Phone number: _____

Email Address: _____

Relationship to competitor: _____

Signature: _____ Date: _____

Send your entry form and entry fee, made payable to 'British Indoor Rowing Championship', to arrive by Friday 17th February 2012 to:
BIRC Entries, Unit 16, Nott'm South & Wilford Ind. Est., Ruddington Lane, Nottingham NG11 7EP.
Tel: 0115 945 5522 Fax: 0115 945 5533 Email: birc@concept2.co.uk Web site: www.concept2.co.uk/birc

ELIGIBILITY & CLASSIFICATION

A. LTA (Legs, trunk and arms)

The LTA class is for indoor rowers with disability but who have the use of their legs, trunk and arms and who can utilise the sliding seat. LTA indoor rowers must meet minimum disability requirements in at least one of the following three disability groups:

Intellectual/Learning Disability

Learning Disability is a label that is applied to many different types of conditions including Downs Syndrome, Autism, Asperger's Syndrome and others.

In schools, the terms SLD and MLD (for 'severe' and 'moderate' learning disability respectively) are commonly heard. In other countries terms like 'intellectual disability or 'mental handicap' are also used.

The definition of learning disability in sport however is much more specific, and is based upon the World Health Organisation (WHO) and American Association of Mental Retardation (AAMR) criteria. Briefly this states that:

"intellectual impairments include those of intelligence, memory or thought and disturbance of the cognitive functions, such as perception, attention, memory and thinking"

There are three major elements to this definition:

1. the person must have an intellectual level that is significantly below average. IQ must be below 75.
2. the person must demonstrate difficulties or be unable to "meet the standards of personal independence and social responsibility expected" – this is called adaptive behaviour.
3. learning disability should first occur between conception and 18 years of age.

The WHO definition often means that those with autism, dyslexia or behavioural problems do not qualify as athletes with learning disability, as the level of IQ is often (though not always) higher than the 75 threshold.

It also means that individuals who sustain disabilities later in life, for example over the age of 18, are unlikely to qualify, as the learning disability did not occur during the developmental period.

(2) Visual Impairment

An indoor rower must have been classified by an Ophthalmologist or Optometrist in one of the B3, B2 or B1 classes. The *BIRC Classification Application Form* must be completed with supporting documentation and submitted to BIRC by the closing date for entries for the event at which the athlete wishes to compete.

(3) Physical Disability

The minimum physical disability is the loss of ten points on one limb or fifteen points across two limbs when assessed against the *Functional Classification Test* (as set out in the Classification Application Form for Physical Disabilities), or a full loss of three fingers on one hand.

Eligible LTA indoor rowers will typically have a minimum disability equivalent to one of the following:

- Amputation: At least one single foot amputation at the metatarsal tarsal joints or three fingers of one hand.
- Neurological Impairment equivalent to incomplete lesion at S1.
- Cerebral Palsy Class 8 (CP-ISRA).
- Blind: 10% of vision in best eye with best correction (from visual acuity above 2/60 up to visual acuity of 6/60 and/or a visual field of more than 5% and less than 20%)
- Intellectual impairment: ESAPLD April 2005 criteria

B. TA (Trunk and Arms)

The TA class is for indoor rowers who have trunk movement but who are unable to use the sliding seat to propel the boat because of significantly weakened function of the lower limbs.

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Eligible TA indoor rowers would typically have a minimum disability equivalent to at least one of the following:

- Bilateral around knee amputation, or impaired quadriceps, or
- Neurological impairment equivalent to a complete lesion at L3 level, or an incomplete lesion at L1, or
- Combination of the above such as one leg with around knee amputation and one leg with quadriceps impairment; or
- Classification by the international sports federation for athletes with cerebral palsy (CP-ISRA) as eligible to be in CP Class 5.

C. AS (Arms/Shoulders)

The AS class is for indoor rowers who have no or minimal trunk function (i.e. shoulder function only). An AS class rower is able to apply force predominantly using the arms and/or shoulders only.

Eligible indoor rowers would typically have a minimum disability equivalent to at least one of the following:

- Cerebral Palsy Class 4 (CP-ISRA); or
- Neurological Impairment with a complete lesion at T12 level, or an incomplete lesion at T10, or
- Functional impairment of *rectus abdominis* (Beavor's sign).

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CONSENT FOR BIRC ADAPTIVE ROWER CLASSIFICATION

Explanation:

For an adaptive indoor rower to be eligible to compete in the BIRC, they must be classified under the FISA Classification guidelines. Is there a different way of saying this such as?:

For an adaptive indoor rower to be eligible to compete in the BIRC, they must be classified as follows:

Failure to cooperate with the Classifiers or failure to complete the classification procedure will lead to ineligibility to compete in the event.

The Classification process will be conducted with all due care to limit any discomfort to individual athletes. However, failure to complete the classification process, regardless of discomfort, will result in the indoor rower not being classified and therefore not being eligible to compete in the event. The indoor rower may withdraw their consent at any time but the process will then not be undertaken and the indoor rower will not be classified and will also not be eligible to compete.

By signing this consent form the indoor rower agrees to waive his/her rights to make any claim against the Classifiers, BIRC or anyone who might then claim against the Classifiers or BIRC, for indemnification for any damages or claims of personal injury or any other claim arising from or in any way related to the classification procedure of the indoor rower. The indoor rower agrees to fully indemnify BIRC and the Classifiers should any claim be made against them in any way related to the classification of the indoor rower.

The following is an agreement by the indoor rower, and the indoor rower's parent/legal guardian where appropriate; consenting that the rower agrees to fully participate in the BIRC identified eligibility criteria and classification procedure.

By signing below the indoor rower agrees to complete the test honestly to the best of his/her ability.

I, _____ of (Club/School)
consent to be classified under the BIRC identified eligibility criteria and classification procedure for BIRC.

Signature of Indoor Rower: _____ Date: _____

For competitors under 16 years of age on the day of the classification:

I _____ Parent/legal guardian of (name of rower)
_____ consent to them being classified under the BIRC
identified eligibility criteria and classification procedure for BIRC.

Signature of Parent/ Legal Guardian: _____ Date: _____

(Note: Confirmation of guardianship status may be required).

Signature of Witness: _____ Date: _____

Witness Name: _____

Witness Address: _____

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DECLARATION OF MEDICAL CONDITIONS THAT MAY REQUIRE EMERGENCY MEASURES

Name: _____ Club/School: _____

I, _____, wish to compete in BIRC adaptive rowing events. [PLEASE PRINT FULL NAME]

I understand that BIRC requires me to state any known medical conditions that may compromise my safety. I understand that I must state the current management for my condition[s].

PERTINENT MEDICAL HISTORY (Please print n/a if there are no associated medical conditions):

| | | | | |
|-------------|------------------------------------|--------|-----------------------|-----------------|
| Diabetes | Heart Disease | Cancer | Stroke | Recent Fracture |
| Asthma | Hypertension (high blood pressure) | | Autonomic Dysreflexia | |
| Dehydration | Seizures | | | |
| Other | _____ | | | |

Possible Medical Complications: _____

Steps that must be taken should this arise: _____

Allergies: _____

All medication is as follows: _____

I understand that if I fail to state any known medical conditions and if this condition results in having to perform a rescue, I will automatically be deemed ineligible for the present competition. I also understand that if a condition becomes evident for the first time during competition and is diagnosed at the time, e.g. dehydration, I will still be eligible to compete as long as I observe the recommended management for the condition.

Signature of Indoor Rower: _____ Date: _____

Signature of Parent/ Legal Guardian: _____ Date: _____

Signature of Witness: _____ Date: _____

Witness Name: _____

Eligibility Details - Learning Disability

This section should be completed by the applicant, or their parent/guardian

Is the applicant in receipt of one or more of the following services by reason of his/her learning disability:

| | | |
|---|-----|----|
| Special Education | Yes | No |
| Special Accommodation | Yes | No |
| Special Employment (eg sheltered workshop) | Yes | No |
| Special Protection by Guardian or respite care | Yes | No |
| Financial Support, eg Attendance Allowance | Yes | No |
| Was the onset of learning disability before age 18 years? | Yes | No |
| Does the applicant have a proven IQ of 75 or less? | Yes | No |

Please attach evidence in support of your application for registration. This might include: A Statement of Educational Need

- Evidence of National Curriculum levels achieved at school
- Psychological reports or information
- A letter from a doctor, day centre manager or school teacher, stating that the applicants meet the criteria.

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Eligibility Details – Visually Impaired Competitors

MEDICAL CERTIFICATE

To the Ophthalmologist / Optometrist

Will you please carryout an examination of the bearer of this form using the format provided.

If this necessitates a field test, please provide a printout with the form.

Thank you for your help. Please ask the individual to return the completed form by e-mail to adaptive@concept2.co.uk or by post to:

Simon Goodey
BIRC Adaptive Rowing Classifier
London Regatta Centre
Dockside Road
London
E16 2QT

PART 1

To be completed by the ophthalmologist / optometrist, IN UPPER CASE PRINT please

Competitor Name: _____

Condition: _____

Prognosis (e.g. stable, variable, deteriorating, other) _____

Medication: _____ Dosage _____

Signed: _____ Date: _____

Name: _____ Qualification: _____

Contact Telephone Number _____

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Part 1 - Acuity

Please circle the appropriate measurement or tick between adjacent measurements for pluses or minuses

| NO CORRECTION | | WITH CORRECTION | |
|---------------|----------|-----------------|----------|
| Right Eye | Left Eye | Right Eye | Left Eye |
| NLP | NLP | NLP | NLP |
| LP | LP | LP | LP |
| HM | HM | HM | HM |
| CF | CF | CF | CF |
| 1/60 | 1/60 | 1/60 | 1/60 |
| 2/60 | 2/60 | 2/60 | 2/60 |
| 3/60 | 3/60 | 3/60 | 3/60 |
| 4/60 | 4/60 | 4/60 | 4/60 |
| 5/60 | 5/60 | 5/60 | 5/60 |
| 6/60 | 6/60 | 6/60 | 6/60 |
| 6/36 | 6/36 | 6/36 | 6/36 |
| 6/24 | 6/24 | 6/24 | 6/24 |
| >6/24 | >6/24 | >6/24 | >6/24 |

PART 2 – Field

Please Circle the Appropriate Measurements and attach a copy of printout

| NO CORRECTION | | WITH CORRECTION | |
|---------------|-----------|-----------------|-----------|
| Right Eye | Left Eye | Right Eye | Left Eye |
| 0 – 5 ° | 0 – 5 ° | 0 – 5 ° | 0 – 5 ° |
| 5 – 10 ° | 5 – 10 ° | 5 – 10 ° | 5 – 10 ° |
| 10 – 15 ° | 10 – 15 ° | 10 – 15 ° | 10 – 15 ° |
| 15 – 20 ° | 15 – 20 ° | 15 – 20 ° | 15 – 20 ° |
| 20 – 25 ° | 20 – 25 ° | 20 – 25 ° | 20 – 25 ° |
| 25 – 30 ° | 25 – 30 ° | 25 – 30 ° | 25 – 30 ° |
| 30 – 35 ° | 30 – 35 ° | 30 – 35 ° | 30 – 35 ° |
| 35 – 40 ° | 35 – 40 ° | 35 – 40 ° | 35 – 40 ° |
| 40 – 45 ° | 40 – 45 ° | 40 – 45 ° | 40 – 45 ° |
| 45 – 50 ° | 45 – 50 ° | 45 – 50 ° | 45 – 50 ° |
| >50 ° | >50 ° | >50 ° | >50 ° |

Printout attached(9 Appropriate box) Yes No

| | | | | | |
|--------------------------|-------|----|----|----|-------------|
| <i>For BIRC Use Only</i> | | | | | |
| Without Correction | B1 | B2 | B3 | B4 | B4+ |
| With Correction | B1 | B2 | B3 | B4 | B4+ |
| Re-Test Date | _____ | | | | |
| Signature of Classifier: | _____ | | | | Date: _____ |

TERMS & CONDITIONS

General

1. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required.
2. Entries should be returned to: BIRC Entries, Concept2 Ltd, Vermont House, Nott'm Sth & Wilford Ind. Est., Ruddington Lane, Nottingham NG11 7HQ, to arrive no later than Friday 17th February 2012. Proof of posting is not proof of delivery and no responsibility will be accepted for entries lost or delayed in the post. Cheques should be made payable to 'British Indoor Rowing Championship'. Please write the Individual Name or Club Name that the payment refers to clearly on the back of any cheque(s). For credit/debit card payments please visit www.concept2.co.uk/birc to enter and pay on-line.
3. Entries not made in accordance to the rules will not be accepted. All details specified on the entry form are required for a valid entry. To avoid any disappointment and in order to clarify any entry details please ensure you include a daytime telephone number. Incomplete or illegible entries will not be accepted.
4. Entry fees are non-refundable.
5. By entering the competition, a competitor agrees to be bound by the rules and terms & conditions.
6. All entry instructions form part of the rules.
7. The Championship Organising Committee reserves the right to limit the size of entry.
8. Concept2 Indoor Rowers will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
9. Minimum age for competitors, as of race day, is 10 years.
10. For all competitors age is as of race day, except the junior categories J11 to J18.
 - J11 = aged under 11 on August 31st 2011
 - J12 = aged under 12 on August 31st 2011
 - J13 = aged under 13 on August 31st 2011
 - J14 = aged under 14 on August 31st 2011
 - J15 = aged under 15 on August 31st 2011
 - J16 = aged under 16 on August 31st 2011
 - J18 = aged under 18 on August 31st 2011
11. Lightweight event weight limit: Men 75kg or less, Women 61.5kg or less.
12. All category races will be straight finals, i.e. each competitor will only row once. Some categories will involve several races. The times from all the races for a single category will be ranked to give an overall listing. The organisers will try to arrange for the fastest competitors of each category to be in the last race for each category. To help this process competitors are required to submit their expected time.
13. The judges' decision is final. No correspondence will be entered into.
14. The race distance is 1,000m for all adaptive categories except FES (2,000m).
15. The first, second and third individual in each event will be awarded a Gold, Silver or Bronze BIRC medal immediately following the final heat of their race category.
16. BIRC will make available, to the ARA, results from all athletes that are eligible for the U23 selection. An U23 athlete will meet the FISA age classification for the forthcoming season. All athletes must provide a date of birth when they enter.
17. The student events are open to 'internal' students, registered at a university or institution and following a full-time or part-time course of study recognised by that university.
18. Lightweight competitors will be weighed at Lightweight Weigh-In between 2 hours and 1 hour before their race. Lightweight competitors who do not make their weight will be able to race. Their time will be listed at the bottom of the race category they entered, but they will not be placed. Their time will however be included in the Concept Ranking, as a heavyweight time.
19. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight (see point 18 above). Race confirmation, a Race Schedule and directions to the venue will be sent to all entrants after the closing date. ANY mistakes should be notified as soon as possible before race day.
20. The Noel Frost Millennium Cup. This will be awarded to the veteran aged 50 or over on race day (male or female), whose time is the best when compared to the existing World Record for their event.
21. The Champion of Champions Trophy. This will be awarded to the Open or BUSA Open winner whose time is the best when compared to the fastest of the existing Open championship records.
22. Entries into the FES Open races, A17 and C17, will only be accepted from people who have completed the FES rowing course at ASPIRE, London Regatta Centre or the Cardiff Centre.

Important Medical Recommendation

If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort and the BIRC organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

Waiver

Entry to the BIRC confirms that you understand that participation in the event involves risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of the entry form, you agree that you, your executors and administrators and assign to hold harmless B.I.R.C., The Indoor Rowing Championships Ltd, The University of Nottingham, Concept 2 Inc., Concept 2 Ltd, their respective directors, officers, employees, representatives, agent successors and assigns from all liability on account of injury, loss, claim, or damage to your health, well being or property on account of your participation in the event. In addition, you hereby give permission to the event organisers and Concept 2 Inc. and their representatives, employees and agents to take photographs of you during the event and hereby release claim to such photographs.

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