

SWAD January-February Bulletin

To: All Provincial Sections, Clubs and Coaches

From: Craig McCord, SWAD National Coach

Date: January 18th, 2006

Please note the following and how it applies to SNC programming for Swimmers with a Disability.

IPC Swimming Rule Books

- Any coach of a swimmer with a disability should have an IPC Swimming Rule Book. Rule books are available from your provincial section (PS) in limited supply. We have ordered another 300 rulebooks from IPC Swimming and they will be here shortly. If your PS has run out please have them start a list of coaches who require them and we will forward them to each PS when we receive them. **Please note that the new SNC Rule books have the IPC Swimming Rules included in them (Section I) and should be used at all swim meets you attend with your swimmer.**

Swim Meets

- Any swim meet in Canada that has Swimmers with a Disability competing in it must be approved by IPC Swimming in order for results to be recognized. There are a number of ramifications for Canadian Swimming if the meet does not get IPC Swimming Approval.
 - Any World and/or Pan-American Records that are set at the meet will not be ratified by IPC Swimming. The records will not stand.
 - § **We recently had two world records declined because the meets had not been approved by IPC Swimming.**
 - Times that are done at non approved meets will not be included in the IPC rankings.
 - § **It is important to note here that World Rankings are used to determine swimmer allocation numbers for the upcoming 2008 Paralympics. Canada's Paralympic swimmer allocation may suffer if we do not get all our swims into the rankings.**
- Please ensure that your meet manager submits an **IPC Competition Information Form** to IPC Swimming (the delivery information is on the form) when they submit their meet sanction to the provincial section. Forms are available from your Provincial Section or the SNC website http://www.swimming.ca/app/DocRepository/18/SWAD/IPC_COMPETITION_INFORMATION_FORM.pdf . If you have questions regarding filling the form out, please feel free to contact me.
 - Competition Information Forms must be submitted to IPC Swimming prior to the meet. Submitting the forms after the competition has been completed will mean that the meet was not approved and the results will not be accepted.
 - **Meet managers should also know that a full set of Hy-tek or Splash results must be submitted to IPC Swimming in a "word document" form no later than 6 weeks after the end of the meet for the results to be accepted. These can be sent electronically.**
 - If you get your meet approved and do not submit results, there is little chance of getting meet approval in the future.
 - Approved meets will be posted on the IPC Swimming website at www.ipcswimming.org in the **Calendar of Events** section.

- World and Pan American Records – if a World or Pan-American record is set either LC or SC the following procedure must be followed
 - An IPC record form
http://www.swimming.ca/app/DocRepository/18/SWAD/IPC_application_for_world_record.pdf must be completed during the meet and be signed by all the appropriate officials.
 - All required supporting documentation must be collected and submitted to IPC with the record form.
 - The IPC Swimming Records Keeper must be notified within 2 weeks of the record setting performance. The application form shall then be forwarded within 6 weeks of the performance to the IPC Records Keeper as per IPC Swimming rule **SM 12.13**. Records Keeper information available at www.ipcswimming.org in the **Contacts** section.
 - Please also note that a World and/or Pan American record shall only be ratified if the swimmer has an official internationally recognised classification as per **SM12.14**.

IPC Swimming Rules

Following the 2005 FINA World Championships, the FINA Rules Committee implemented changes to the FINA Rulebook in a number of areas. **Please note that IPC Swimming has not adopted the FINA rule changes and as a result the following text shows the current differences between IPC Swimming and SNC rules.**

Whenever IPC (SWAD) swimmers swim with able body swimmers, the SWAD swimmers must abide by and be judged using the IPC rules.

- **Backstroke**
 - **SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited.
 - **IPC SM 6.1****The feet, including the toes, shall be under the surface of the water.....**
- **Breaststroke**
 - **SW 7.4** During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
 - **IPC SM 7.4.1** **a swimmer who has affected leg/s and/or foot/feet must show intent of simultaneous movement and the swimmer who has affected leg/legs and/or foot/feet must show intent to kick in the same horizontal plane.**
 - In short, the u/w dolphin kick is not allowed.
 - **SW 7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
 - **IPC SM 7.5****A scissors, flutter or downward dolphin kick is not permitted.....**

- **Butterfly**
 - **SW 8.1** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
 - **IPC SM 8.1** ... *the body shall be kept on the breast and both shoulders shall be in line with the normal water surface...*

Please ensure that your swimmers are aware of the differences between the SNC swimming rules and the IPC swimming rules. A disqualification as a result of a breach of one of these rules at a Trials event could be disastrous.

Other IPC Swimming Rules to be aware of:

- **Scratches**
 - IPC Swimming Rules dictate that there are **NO scratches from events once the meet has started**. The only way a swimmer can withdraw from an event once a meet starts is with a medical withdrawal. A no show is considered a scratch and results in the swimmer being disqualified from the rest of the meet. This rule is applied in all IPC Swimming Championship format meets including Regional, World and Paralympic Championships. Individual countries and meets can apply whatever scratch rule they wish, but it is important to note that some countries apply the IPC Scratch rule. Please remember when you are doing your entries, **READ YOUR MEET INFORMATION** and find out what the scratch rules are.
- **Medical Withdrawals**
 - Medical withdrawals from heats shall be reported 30 minutes prior to the start of the session. An **IPC Swimming Medical Withdrawal Form** shall be certified by a medical doctor or physiotherapist. A medical withdrawal from finals shall be reported within 30 minutes after the completion of heats or in the case of certain circumstances within one hour of the commencement of a final.
- **Racing**
 - No swimmer shall be permitted to use or wear any device that may aid his/her speed, buoyancy, endurance or reduce leg drag.
 - Swimmers are not allowed a prosthesis or orthosis during a race.
 - If you have a visually impaired swimmer who requires tappers:
 - § The tappers (devices) must be approved as safe by an official during the warm-up.
 - S11 swimmers are required to have 2 designated tappers (persons); if the tappers are not present the swimmer will not be allowed to race. This is a safety issue.
 - A swimmer, who uses a starting device, needs to have it approved by an official prior to the start of the session.
 - Any swimmer who requires taping and/or strapping for the competition must receive clearance from an IPC Swimming Medical Officer prior to the start of the session. If the taping/strapping is not approved, then the swimmer will be disqualified
 - A swimmer who completes with an open wound, who has not received prior medical clearance from an IPC Swimming Medical Officer may be disqualified from the event and disallowed from further competition.

Swim Meets

Swim meets are one of the cornerstones of the Swimmer with a Disability program in Canada and we endeavour to offer as many SWAD racing opportunities as possible. The Can-Am SWAD Swimming Championship Series with the US are the major domestic competition focus for the remainder of the quadrennial. There will be two meets per year, as such, there will be limited SWAD opportunities at other SNC meets during this time. A meet schedule for SWAD meets will be posted in the SWAD section of the SNC website in the near future.

- **Eastern and Western Championships**
 - SWAD events have been included in both these meets and we are encouraging all swimmers to get to these higher level meets to gain experience for the Can-Am meets in the future. Please note that in the future, the positioning of the Can-Am Championship meet will determine whether or not SWAD events will be included in the East/West Championships.
- **2006 Commonwealth Games**
 - SNC is sending a full contingent of SWAD's to the Commonwealth Games in Melbourne. Team members are:

§	Benoit Huot	S10	CAMO	Montreal
§	Brian Hill	S13	CAMO	Montreal
§	Donovan Tildesley	S11	UBCD	Vancouver
§	Anne Polinario	S10	CAMO	Montreal
§	Valerie Grand'Maison	S13	CAMO	Montreal
§	Chelsey Gotell	S13	MAC/HAC	Hamilton
 - Coaches- Craig McCord, Pierre Lamy CAMO
- **2006 Canadian SWAD CAN-AM Open Swimming Championships**
 - This meet is the inaugural Canadian version of the Can-Am Disability Swimming Championships hosted in London, Ontario April 7-9, 2006. We expect every qualified SWAD swimmer in Canada to attend the event. There will be a full contingent of US swimmers there and we have had interest from countries from all over the world. Let's get charged up and have a great meet in London. Meet information will be available shortly at the new SNC web page at www.swimming.ca and click on the Swimmer with a Disability button.
- **2006 US SWAD Can-Am Open Swimming Championships and World Championship Trials**
 - The second Can-Am Meet of the year will be held in San Antonio, Texas. The meet is at Palo Alto College which has hosted a number of US Opens. It is a very fast pool and we can expect some great racing. This meet will also act as the 2006 Canadian IPC Swimming World Championship Trials. Mark it down on your calendar and we are recommending that every qualified SWAD in Canada to attend the meet. San Antonio is a great place to visit as well. You can get the meet information at: http://www.usolympicteam.com/paralympics/swimming_teams_33648.htm

Please note that there will not be any SWAD events offered at the Age Group Nationals or Pan-Pac Trials meets this summer.

- **2007 Can-Am Disability Swimming Championships**
 - In 2007 Canada will be hosting both Can-Am Disability Swimming Championships. The first meet will be hosted on March 16th -18th, 2007 and the summer meet will be hosted on July 13-15th, 2007. The March meet will act as the 2007 Para Pan-Am Trials for both the US and Canada. Shortly, SNC will be requesting bids from interested parties for hosting of these two meets. Interested parties should contact Chris Hindmarch-Watson at chrish@swimming.ca for more info.
- **Provincial and Invitational Meets**
 - As we strive to develop the domestic meet calendar, it is important that we know what racing opportunities are available to SWAD swimmers across the country. If you have a provincial championship or invitational swim meet that offers heats and finals SWAD racing opportunities, please contact me at cmccord@swimming.ca and we will develop the SWAD domestic meet calendar.

Website

- With the design of SNC's new website, we are pleased to announce that you can now find a "Swimmers with a Disability" button which will make accessing SWAD information much easier. Over the coming weeks and months more items will be added to the SWAD section including records, forms, important links and much more information. If you browsing the site and find some information that needs to be updated, please contact me and we will have the information adjusted.

Coaching Resource

- The Coaching Association of Canada in conjunction with the Canadian Paralympic Committee, Special Olympics Canada, Paralympic Athletes and Coaches of Athlete with a Disability (AWAD) have created a Coaching an Athlete with a Disability Manual. The manual is a generic document that covers many of the topics related to AWADs. It is an excellent resource and a good starting point for information about working with AWADs. The document is available for free as a download at the CAC website www.coach.ca in the products section. All you need to download it is an NCCP cc number. If you want to increase you club numbers and you have the space and a coach, start a small SWAD program.

All this information is important. Please take time to review it and if you have any questions, please feel free to contact me at cmccord@swimming.ca or call me at 604-277-7941. As of January 18th, there are 318 days till 2006 IPC Swimming World Championships. Ramp it up and get ready to go.