



## **Adaptive Rowing**

### **Disability Action Plan Bronze Level – 2008-2009**

## **Preamble**

In 2006 Rowing Australia (RA) joined Project CONNECT (now Sports CONNECT), an initiative of the Australian Sports Commission (ASC) designed to create greater opportunities for people with a disability to participate in sport and physical activity. Since its inception in 2002 Sports CONNECT has assisted many National Sports Organisations (NSOs) to develop and implement Disability Action Plans. These NSOs continue to deliver strategies that will mean more people with a disability get involved in their respective sports.

Rowing Australia is now entering into the second year of the Bronze Level. The following DAP is a revised version of the Rowing Australia Disability Action Plan produced in 2006, highlighting the achievements of the Adaptive Rowing Program since its inception into Sports CONNECT, and alluding to the new focus areas for adaptive rowing in the future.

## **Aims**

In order for Rowing Australia to progress involvement in the Bronze Phase of Sports CONNECT the following steps have been taken:

- Board Commitment to Sports CONNECT (achieved 2006)
- Employ Adaptive Rowing and Competition Administrator (achieved 2006)
- Establish a Steering Committee (achieved 2006)
- Conduct a National Audit (first audit conducted and report compiled for 2006-2007, second audit conducted and awaiting report for 2007-2008)
- Restructured Disability Action Plan (DAP) to be completed by August 2008 for second year of Bronze Level

## **Commitment**

The RA Board met on 16 September 2006 and made a make a commitment to Sports CONNECT and its values issuing the following statement

*“Rowing Australia is pleased to announce our participation in Sports CONNECT. This ASC initiative is aimed at increasing the development, participation and competition of sport for athletes with a disability. Rowing Australia is committed to providing opportunities for adaptive rowing (rowing for athletes with a disability) and is excited about the prospect of further developing the support provided to athletes already participating in adaptive rowing and those looking to join the sport.”*

RA's initiatives aim to also provide opportunities for people with disabilities in broader aspects of the sport such as coaching, officiating and administration.

## **The Steering Committee**

The steering committee has been established to guide RA through the Sports CONNECT process and comprises people from within and outside the sport who bring a broad knowledge of the sport with some members having expertise and/or experience in disability sport. They will act strategically and will be able to influence decision makers at various levels of the sport. The Sports CONNECT Steering Committee's membership consists of the following:

- Able Body Rowing Representative
- Adaptive Rowing Athlete Representative
- Adaptive Rowing Technical (Community) Representative
- Disability Sport Representative (Non-Rowing)
- High Performance Adaptive Rowing Technical Representative
- FISA Adaptive Rowing Commission Australian Representative (Ex-Officio)
- Rowing Australia National Development and Operations Manager (Ex-Officio)
- Rowing Australia Adaptive Rowing & Competitions Administrator (Ex-Officio)
- Rowing Australia Adaptive Rowing Sports CONNECT Case Manager (Ex-Officio)

## **Key Focus Areas of the Disability Action Plan**

The Disability Action Plan (DAP) provides the framework and guidance to achieve the goals set out by Rowing in accordance with Sports CONNECT. The current Plan aims to encompass Rowing Australia's newly formed three pronged approach to Adaptive Rowing based on the results of the 2007-2008 National Audit:

1. Clubs – Club's prepare themselves to take on more members and athletes with a disability
2. Coaches – Providing opportunities for coaches to further develop their knowledge of adaptive rowing through education and developing pathways
3. Athletes – Classification education, training programs, pathways for National representation, assistance for development.

**2008- 2009 Disability Action Plan**  
**Rowing Australia – Bronze Level – Second Year**

KEY RESULT AREA	PERFORMANCE MEASURES	SUPPORT MECHANISMS	ACHIEVEMENT	COMMENTS
<b>1. CLUBS</b>				
1.1 Participation	Empower clubs to utilise Come and Try Day “How-to” check lists	Publish checklist on RA website	On-going	Organisational Tool available at <a href="http://www.rowingaustralia.com.au/dev_adaptive_tools.shtml">http://www.rowingaustralia.com.au/dev_adaptive_tools.shtml</a>
		Support clubs utilising the Come n Try Day Organisational Tool	On-going	Assisted with the coordination an promotion of events
	Support 3 state based education and ‘come and try’ days	Registration forms and results sent to Rowing Australia	Yes	
		Provide feedback on checklist results once received from clubs		
		Identify areas that need assistance or further development with regard to accessibility		
1.2 Club Accessibility	Develop club accessibility database for stakeholder awareness	Conduct audit at all clubs providing adaptive rowing in respective states	Yes	Current adaptive clubs alluded to in the 2007-2008 National Audit results found at <a href="http://www.rowingaustralia.com.au/dev_adaptive_programs.shtml">http://www.rowingaustralia.com.au/dev_adaptive_programs.shtml</a>
		Develop adaptive rowing state contacts at clubs		
	Develop tools and strategies for clubs to improve access	Partner with RA in development and implementation of club tools – e.g.. Joint activities with NSWRA and their APC support		
	Develop a club Adaptive Rowing accreditation system	Nominate clubs proactive in promoting adaptive rowing and accepting adaptive rowers	On-going	Three Tier Program (Aware, Developing, Sustainable)

1.3 Communication	Further develop communication links and strategies for information flows from Rowing Australia to the clubs through the State Rowing Associations	Maintain a high level of involvement in website contributions and assist in proactive dissemination of information to members	On-going	National Adaptive Forum, Adaptive Community email distribution list, mail to clubs and parents. Comprehensive adaptive rowing website.
	Initiate partnerships between State Rowing Associations and Third Tier Organisations	Identify possible partnerships and establish connections with disability sport organisations	On-going	Adaptive Administrator to assist stakeholders to initiate discussions
		Utilise the services provided by External Sporting Organisations		
1.4 Club Development	Identify club access points	Establish 2 Adaptive clubs per year		
		Establish a Funding Program for Adaptive High Performance clubs	Yes	Tender process conducted
	Develop a funding registry database and template for applying for grants	Assist in identifying funding opportunities and maintaining a database for stakeholders	In Progress	Ensure efficiencies in application and implementation of funding
<b>2. COACHES</b>				
2.1 Coach Education	Finalise and implement NCAS Accreditation	Implement at state level	In Progress	A draft Adaptive Rowing module has been completed with the assistance of the Adaptive Rowing Head Coach. The draft is currently being assessed by the RA Development and Operations Manager.
	Accredit Adaptive Rowing Coaches	10 adaptive coaches in first year		
	Establish mentoring program for adaptive coaches	Identify possible adaptive coaches to integrate into Senior A coaching programs		

		Increase opportunities for coaching at a High Performance Level for Adaptive Coaches.		
<b>3. ATHLETES</b>				
3.1 Competition	States' Provide opportunities for more adaptive rowing events at a local and state level	Offer adaptive events at local, state and national regattas		
	Maintain national competition opportunities	Maintain appropriate adaptive events at National Championships for international racing development	Yes	New event structure at the 2008 Australian Rowing Championships – 12 events made available
3.2 Pathways and High Performance	Establish monitoring protocols for athlete progression	Establish an Adaptive Rowing athlete database for High Performance athletes		
	Develop/Establish consistent training standards of an international level	Produce recommended Adaptive Rowing High Performance Training Programs		
		Provide consistent updates for adaptive prognostics and performance standards		
		Identify and implement minimum testing standards and protocols		
	Maintain PPP Squad	Identify Specific athletes to be monitored by the PPP		
		Increase participants in both PPP and Monitored Athlete squads		
3.3 Talent Identification	Establish Rowing Australia Talent	Develop protocols for Talent Identification		

	Identification Program	Integrate Adaptive Rowing talent identification protocols with High Performance state based talent identification programs		
		Increase athletes who are accessing Adaptive Rowing at clubs		
<b>4. PROGRAM MANAGEMENT</b>				
4.1 Classification	Continue to deliver a national classification system including processing and accreditation of classifiers	Provide feedback and input into classification system and processes. Promote opportunities for training of classifiers	Yes	Classification Workshop Manual in final draft form. Educational DVD for classifiers in conjunction with ASC and Multilocus near completion.
	Ensure Australia maintains FISA accredited classifiers	Seek international accreditation for a Medical Classifier		
		Maintain international accreditation for at least one Medical and one Technical Classifier		
		Establish a National Classification panel in each State Association		
	Classification education for all adaptive stakeholders	Utilise the Classifiers Educational DVD for the promotion and education of the classification process, ensuring effective delivery of the program		

4.2 Equipment	Produce regularly updated guidelines and specifications of appropriate equipment at various levels of adaptive rowing	Implement new rules and guidelines at national regattas	As required	RA Board approved new equipment guidelines for 2008 Australian Rowing Championships and beyond. Working with Adaptive Head coach in consultation for benchmark adaptive standards for rigging and set up of adaptive boats.
	Ascertain current levels of equipment in Australia	Conducted within National Adaptive Rowing Audit	Yes	Results found at <a href="http://www.rowingaustralia.com.au/dev_adaptive_programs.shtml#programs">http://www.rowingaustralia.com.au/dev_adaptive_programs.shtml#programs</a>