

# SFC REPORT FOR SHOOTING PARA SPORT

Shooting Federation Canada Report on Athletes with A Disability in Shooting Para Sport

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## History

The Toronto Paralympic Games in 1976 saw the introduction of shooting para sport as a medal sport with three medal events. Of the three women and 34 men that competed, Canada won three medals: two gold medals by R. Thibodeau and J. Byrns, and one silver medal by Joyce Murland. Eight years later, 29 medal events are featured at the New York Paralympic Games in the shooting para sport programme. The sport of shooting para sport sees a gain in popularity over the next thirty years with the International Paralympic Committee (IPC) Shooting World Championships in Suhl, Germany where over 45 countries sent over 250 para-athletes to compete. Today, the sport includes 13 events in both rifle and pistol at ten, 25, and 50m for men's, women's, and mixed. This [link<sup>1</sup>](#) provides more information on the history of the sport, in addition to this link from [Paralympic.ca<sup>2</sup>](#). This video by [Paralympic Games on YouTube<sup>3</sup>](#) provides a nice summary of the sport.

**Table 1.** A quick look at the history of shooting para sport.<sup>4,5,6,7</sup>

Year	Event	Highlight
1976	Toronto 1976 Paralympic Games	Introduction of shooting para sport as a medal sport. Canada ranks number 1 in sport with 3 medals won.
1984	New York 1984 Paralympic Games	29 medal events
1992	Barcelona 1992 Paralympic Games	Functional classification system with integrated events
1994	IPC Shooting World Championships Linz in Austria	Event established as quadrennial event
2012	London 2012 Paralympic Games	140 athletes from 44 countries compete in 12 medal events
2014	IPC Shooting World Championships in Suhl, Germany	Over 250 Para athletes participate
2018	IPC World Championships in Lonato del Garda, Italy	Addition of Para Trap

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### Useful videos and websites

In addition to the list of references at the end of this document, here are a few useful videos and websites:

- 1) The [YouTube channel for the Paralympic Games](#)<sup>8</sup> contains a variety of videos that are useful in describing the nuances of the sport while providing great footage of current and previous athletes.
- 2) This is the official page for [Shooting Para Sport](#)<sup>9</sup> where most important documents can be found citing infrastructure considerations, equipment, rules, regulations, etc.
- 3) This page contains some “[Fast Facts](#)”<sup>10</sup> on shooting para sport.
- 4) This is the [Facebook Page](#)<sup>11</sup> for World Shooting Para Sport.
- 5) A [Wikipedia Page](#)<sup>12</sup> specifically for Shooting at the 2016 Summer Paralympics.
- 6) The [Disability Shooting Project](#)<sup>13</sup> has a bank of information which can be downloaded directly from the website. They also include contact information to reach for any additional questions or resources.
- 7) [Paralympics Australia](#)<sup>14</sup> contains pertinent, up-to-date information on the Sport.
- 8) [USA Shooting](#)<sup>15</sup> is another resource that also contains more helpful links at the bottom of the page.
- 9) This article published March 22<sup>nd</sup>, 2021 by [InsideTheGames](#)<sup>16</sup> highlights the exploits of Ukraine in the competition after day five at the WSPS World Cup.
- 10) The [Twitter Page](#)<sup>17</sup> for the WSPS is @ShootingPara.

### Important Acronyms

**IPC** – International Paralympic Committee

**WSPS** – World Shooting Para Sport

**VI** – Vision Impairment/Vision Impaired

**ISSF** – International Shooting Sport Federation

**AWAD** – Athletes With A Disability

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**Paralympic Games and World Championships****Paralympic Events**

There are three sport classes for athletes with physical impairments in the Paralympics:

**Sport Class SH1 Pistol\***

Designated for athletes with upper and/or lower limb impairment. Athletes require no additional support for the pistol. Athletes are required to use a sling.

**Sport Class SH1 Rifle\***

Designated for athletes with lower limb impairment. Athletes require no additional support for the rifle. Athletes are required to use a sling.

**Sport Class SH2 (Rifle)\***

Designated for rifle events only. Designated to athletes with upper limb impairment in which a shooting stand to support the rifle is necessary. This can be in combination with a lower limb impairment. Athletes are not allowed to use a sling and may also require a loader. Athletes do not lay on the ground like in a traditional prone position but rather rest their elbows on a shooting table.

*\*Adaptations such as the stiffness of the spring in a shooting stand, the height of the back of a wheelchair, etc. that are used in competitions are regulated and determined by level of impairments.*

Classes are further broken down into subcategories:

***SH1-A***

Designated for athletes have normal trunk function, and they may choose to stand or sit to shoot. There is no backrest on their shooting chair.

***SH1-B***

Designated for athletes that have limited function in their lower limbs. These athletes are permitted to use a low backrest on the shooting chair.

***SH1-C***

Designated for athletes that have very limited function in lower limbs, and difficulties with maintaining trunk position without support. These athletes are permitted to use a high backrest on the shooting chair.

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***SH2-Aa***

Sitting competitors with one non-functional upper limb or significant difficulties with both upper limbs, with normal trunk control. May choose to stand or sit to shoot. Do not use a backrest while shooting.

***SH2-Bb***

Sitting competitors who have limited function in their lower limbs with good pelvis control. May use a low backrest on the shooting chair.

***SH2-Ca***

Competitors who have very limited function in their lower limbs, and difficulties with maintaining trunk position without support. These competitors may use a high backrest on the shooting chair.

**Table 2.** Sport classes and subclasses in Paralympic shooting para sport.<sup>18,19</sup>

Sport Class	Sub-Classes
SH1 Rifle	SH1-A, SH1-B, SH1-C
SH1 Pistol	SH1-A, SH1-B, SH1-C
SH2 Rifle	SH2-Aa, SH2-Bb, SH2-Ca

*This table has been taken and modified from the Paralympic Australia guide on the [Classification Information Sheet – Para-Shooting](#)<sup>18</sup>.*

Of the 12 Paralympic shooting events, six are mixed - open to men and women - while there are three competitions for men and a further three for women. In each event each competitor takes a specified number of shots at the target in a set time period - 40 shots in women's air pistol and rifle, 120 in men's three position and 60 in the remaining events.

All scores reset to zero after the qualification round for the top eight scoring athletes. The eight athletes are given 20 shots and are scored to one decimal place. The top score possible is 10.9. The lowest place shooter is eliminated after the first eight shots, and every second shots thereafter, until two athletes remain for the final two shots.

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The following are current events hosted at the Paralympic Games:

**Table 3.** Current events hosted at the 2020 Tokyo Paralympic Games.<sup>19</sup>

Rifle Events	Pistol Events
R1 – 10m Air Rifle Standing (SH1)	P1 – 10m Air Pistol (SH1)
R2 – 10m Air Rifle Standing (SH1)	P2 – 10m Air Pistol (SH1)
R3 – 10m Air Rifle Prone (SH1)	P3 – 25m Sport Pistol (SH1)
R4 – 10m Air Rifle Standing (SH2)	P4 – 50m Pistol (SH1)
R5 – 10m Air Rifle Prone (SH2)	
R6 – 50m Rifle Prone (SH1)	
R7 – 50m Rifle 3 x 40 (SH1)*	
R8 – 50m Rifle 3 x 40 (SH1)*	
R9 – 50m Rifle Prone (SH2)*	

*This table has been taken and modified from the [Paralympic Tokyo 2020 Paralympic<sup>19</sup> Games Qualification Regulations](#) (pages 94-103).*

*\*There is an additional kneeling position in the three position 50m rifle events.*

## World Championships

There are four additional sport classes for athletes with impairments in the World Championships:

### **Sport Class SG-S (Trap)**

Designated for athletes with poor balance and/or trunk stability, with a lower limb impairment (but none in the upper limbs). These individuals compete from a wheelchair or standard seated position.

### **Sport Class SG-L (Trap)**

Designated for athletes with good balance and trunk function, and a lower limb impairment. These individuals compete from a standing position.

### **Sport Class SG-U (Trap)**

Designated for athletes with good balance and trunk function and an impairment in the non-shooting arm. These individuals compete from a standing position.

### **Sport Class SH3 (Rifle)**

Designated for athletes with a vision impairment competing in Rifle events. This class officially joined the World Shooting Para Sport in 2019 in Sydney, Australia. An audio signal guides an

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athlete's aim. The signal will rise in pitch as their aim moves closer to the bullseye. See YouTube video by Mikko Taussi that explains [Vision Impaired Shooting](#)<sup>21</sup>.

**Table 4.** Current events hosted at the 2019 Sydney World Championship Games.<sup>20</sup>

Rifle Events	Pistol Events	Shotgun	Visual Impairment
R1 – Men's 10m Air Rifle Standing (SH1)	P1 – Men's 10m Air Pistol (SH1)	PT1 – Mixed Trap Seated (SG-S)	VIP – Mixed 10m Air Rifle Prone SH-VI
R2 – Women's 10m Air Rifle Standing (SH1)	P2 – Women's 10m Air Pistol (SH1)	PT2 – Mixed Trap Standing (SG-L)	VIS – Mixed 10m Air Rifle Standing SH-VI
R3 – Mixed 10m Air Rifle Prone (SH1)	P3 – Mixed 25m Sport Pistol (SH1)	PT3 – Mixed Trap Standing (SG-U)	
R4 – Mixed 10m Air Rifle Standing (SH2)	P4 – Mixed 50m Pistol (SH1)		
R5 – Mixed 10m Air Rifle Prone (SH2)	P5 – Mixed 10m Air Pistol Standard SH1		
R6 – Mixed 50m Rifle Prone (SH1)	P6 – 10m Air Pistol Mixed Team SH1		
R7 – Men's 50m Rifle 3 Positions (SH1)*			
R8 – Women's 50m Rifle 3 Positions (SH1)*			
R9 – Mixed 50m Rifle Prone (SH2)*			
R10 – 10m Air Rifle Standing Mixed Team (SH1)			
R11 – 10m Air Rifle Standing Mixed Team (SH2)			

*This table has been taken and modified from the [Sydney 2019 WSPS Championships](#)<sup>20</sup>.*

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### **Equipment**

#### **Rifles and Pistols**

Either .22 calibre or compressed gas rifle and pistols are used by athletes.

#### **Projectiles**

.177 Calibre (4.5mm diameter) pellets are used for 10m Air Rifle and Pistol events, whereas .22 Calibre (5.6mm diameter) bullets are used for 25m Pistol events, and 50m Pistol and Rifle events.

#### **Target**

Electronic targets are used in competitions. The target varies in size depending on the event. Paper targets are still used in most clubs

#### **10m Air Rifle Event**

The central ring measures half a millimetre across on a 4.5cm diameter target.

#### **Change in Scoring**

The qualification system for most rifle events changed to one decimal point. The top score for a shot is now 10.9.

#### **Shotgun**

12 gauge shotguns with 24 grams of lead shot are used in the Trap events.

#### **Target**

Targets are ~4 inch clay discs thrown from in-ground machines 16 meters in front of the shooter at a speed that has them land at ground level 76 metres away from the machines.

### **Adapted Equipment**

The IPC has created a document called the [World Shooting Para Sport Technical Rules and Regulations](#)<sup>22</sup> which was published in February 2019 which includes more detailed information on the rules and regulations for the sport. This link here provides access to the [appendices](#)<sup>23</sup> and this link provides [clarifications](#)<sup>24</sup> for said document. Para athletes use the same firearms and clothing as their able-bodied peers.

#### **Shooting Table**

For prone or three-position events, ambulatory competitors may use a separate shooting table and wheelchair users may use an integrated table.

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### Shooting Chair

For prone or three-position events, ambulatory participants may use a shooting chair while wheelchair users may use their wheelchairs.

### Shooting Jacket

For seated competitors, the shooting jacket must end above the shooters' thighs when seated.

### Rifle Stand with Spring Tension

The tension in the spring tension of the rifle stand depends on the SH2 shooter's abilities to support a rifle. Athletes are assessed and given an assessment score of 'a' or 'b'. This subclass will determine which spring used in their support stand.

**Table 5.** Describing the appropriate spring to use in SH2 events. <sup>22</sup>

Subclass	Spring Characteristics
a	WEAK SPRING (white plastic part) = flexibility minimum 35mm
b	STRONG SPRING (black plastic part) = flexibility minimum 25mm

*This table has been taken and modified from the [IPC WSPS Technical Rules and Regulations](#)<sup>22</sup>.*

### Shotgun Classes

Athletes must be seated in a wheelchair or on a stool when competing in the Sport Class SG-S; athletes may be strapped to the backrest. In addition, an adaptive loading stand must be used by athletes. Para Trap events do not allow trigger adaptations, shooting tables, or support stands.

### Vision Impaired Classes

An ISSF approved jacket may be used by VI Rifle athletes. Shooting trousers are not permitted for all prone athletes. Some competitions may designate that all athletes competing must wear opaque glasses.

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## Eligibility and Classification

To be eligible for WSPS an athlete must have an underlying medical diagnosis (Health Condition) that results in a Permanent and Eligible Impairment (article 7 in the [WSPS Classification Rules and Regulations](#)<sup>25</sup>).

A classification system has been put into place to ensure the success of all athletes and minimize the impact of impairments on sport performance. Athletes are placed into sport-specific “sport classes” where athletes are grouped by the degree of activity limitation from the impairment. This ensures fair and equal competition, especially as the impact of impairment on each sport differs. Finals are conducted the way Olympic events are conducted.

The following [link](#)<sup>26</sup> provides more information on the classification. It also provides important documents such as the [Medical Diagnostic Form for ALL Athletes with Physical Impairment](#)<sup>27</sup>, the [Medical Diagnostics Form for athletes with Vision Impairment](#)<sup>28</sup>, and more.

Paralympics Australia has a [Classification Information Sheet – Para-Shooting](#)<sup>18</sup>, updated in December 2019, which contains easy to follow guidelines on the classification process.

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**Table 5.** Outlining eligible impairments in Paralympic Rifle and Pistol shooting.<sup>25</sup>

<b>Impairment of the Lower Limbs</b>			
To meet the Minimum Impairment Criteria, an Athlete must meet at least one of the below criteria 1.a-1.d:			
Section	Impairment Type	Example of Conditions	Minimum Impairment Criteria
1.a	Limb Deficiency	Amputation from trauma, illness or cancer, limb deficiency from birth	Amputation through the ankle (symes amputation); <u>or</u> Dysmelia resulting in the absence of a full ankle joint.
1.b	Impaired Muscle Power	Spinal cord injury, Spina Bifida, Transverse Myelitis, Sacral Agenesis, Spinal Tumours, Cerebral Palsy, Muscular dystrophy	Decrease of muscle strength of at least 20 points in one lower limb or at least 25 points in both lower limbs across ankle plantar- and dorsiflexion, inversion and eversion, knee flexion and extension, hip flexion and extension and hip adduction and abduction (max. 100 points in both lower limbs).
1.c	Impaired Passive Range of Motion	Arthrogryposis, Talipes Equinovarus, joint fusions or contractures from chronic immobilisation or trauma.	Complete Ankylosis in one ankle joint; or Impaired range of movement that results in a functional deficit in the lower limbs comparable to loss of muscle strength described in criterion 1.b above.
1.d	Hypertonia, Ataxia, Athetosis	Cerebral palsy, acquired brain injury, stroke, brain tumor, Multiple sclerosis, cerebellar ataxia, Hereditary Spastic Paraparesis or other conditions where hypertonia (spasticity, rigidity or dystonia), ataxia or athetosis are present.	Lack of coordination resulting in a functional deficit in the lower limbs restricting joint movement.

*This table has been taken and modified from the WSPS [Classification Rules and Regulations](#)<sup>25</sup>*

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**Table 6.** Outlining eligible impairments in Paralympic Rifle shooting.<sup>25</sup>

<b>Impairment of the Upper Limbs</b>		
To meet the Minimum Impairment Criteria, an Athlete must meet at least one of the below criteria 2.a-2.d:		
Section	Impairment Type	Minimum Impairment Criteria
2.a	Limb Deficiency	Amputation through the wrist resulting in a non- functional wrist joint in one arm; or Dysmelia resulting in the absence of a full wrist joint in one arm.
2.b	Impaired Muscle Power	30 points decrease of muscular strength in one upper limb or 50 points decrease of muscular strength in both upper limbs across thumb opposition and extension, finger flexion and extension, wrist volar- and dorsiflexion, elbow flexion, extension, pronation and supination, shoulder flexion, extension, adduction, abduction, horizontal adduction, endo- and exorotation (max. 170 points in both upper limbs).
2.c	Impaired Passive Range of Motion	Impaired range of movement that results in a functional deficit in the upper limbs comparable to loss of muscle strength described in criterion 2.b above. <i>Note: Ankylosis of the wrist joints alone does not suffice to meet the Minimum Impairment Criteria for World Shooting Para Sport.</i>
2.d	Hypertonia, Ataxia, Athetosis	Lack of coordination that results in a functional deficit in the upper limbs comparable to the loss of muscle strength described in criterion 2.b above.

*This table has been taken and modified from the WSPS [Classification Rules and Regulations](#)<sup>25</sup>*

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**Table 7.** Outlining eligible impairments in Paralympic Pistol shooting.<sup>25</sup>

<b>Impairment of the Upper Limbs</b>		
To meet the Minimum Impairment Criteria, an Athlete must meet at least one of the below criteria 3.a-3.d:		
Section	Impairment Type	Minimum Impairment Criteria
3.a	Limb Deficiency	Amputation through the wrist resulting in a non- functional wrist joint in one arm; or Dysmelia resulting in the absence of a full wrist joint in one arm.
3.b	Impaired Muscle Power	30 points decrease of muscular strength in one upper limb across wrist volar- and dorsiflexion, elbow flexion, extension, pronation and supination, shoulder flexion and extension, adduction and abduction, horizontal flexion, endo- and exorotations (total of max. 85 points in one upper limb).
3.c	Impaired Passive Range of Motion	Impaired range of movement that results in a functional deficit in the upper limbs comparable to loss of muscle strength described in criterion 3.b above. <i>Note: Ankylosis of the wrist joints alone does not suffice to meet the Minimum Impairment Criteria for World Shooting Para Sport.</i>
3.d	Hypertonia, Ataxia, Athetosis	Lack of coordination that results in a functional deficit in the upper limbs comparable to the loss of muscle strength described in criterion 3.b above

*This table has been taken and modified from the WSPS [Classification Rules and Regulations](#)<sup>25</sup>*

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**Table 8.** Outlining eligible impairments and Minimum Impairment Criteria in Rifle shooting for athletes with a VI.<sup>25</sup>

Eligible Impairment	Examples of Health Conditions	Minimum Impairment Criteria	
Athletes with Vision Impairment have reduced or no vision caused by damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain.	Examples of an Underlying Health Condition that can lead to Vision Impairment include retinitis pigmentosa and diabetic retinopathy.	Vision is impacted by either an: <ul style="list-style-type: none"> <li>• impairment of the eye structure;</li> <li>• impairment of the optic nerve or pathways;</li> <li>• impairment of the visual cortex of the brain.</li> </ul>	
		Visual Acuity	Athletes with a visual acuity poorer than or equal to logMAR 1.1 (20/200) <u>or</u> ;
		Visual Acuity and Contrast Sensitivity	Athletes with a visual acuity between 0.6 (20/120) and 1.0 logMAR (inclusive) <u>and</u> with a contrast sensitivity poorer than or equal to 1.4 logCS

*This table has been taken and modified from the WSPS [Classification Rules and Regulations](#)<sup>25</sup>*

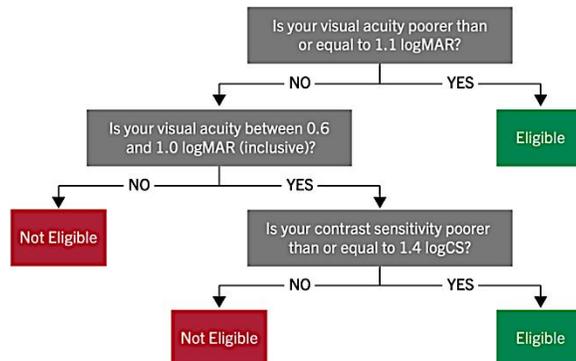
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### Classification for Athletes with Vision Impairment

“VI shooting gives us an exciting opportunity to expand how we showcase our sport to the world and allows us to grow our sport by welcoming a new athlete population. Shotgun is very much a part of our shooting sport family and allows us to reach new stakeholders and grow our sport together.”

-Tyler Anderson, WSPS Senior Manager

The link here provides information on the [Classification for Athletes with Vision Impairment](#)<sup>29</sup> from the World Shooting Para Sport. The following [video](#)<sup>21</sup> also provides more information on the sport. Athletes are classified by their visual acuity and/or contrast sensitivity. The flow chart below outlines how athletes can determine whether they are eligible or not. Athletes with a VI must complete all the necessary documents, register with the WSPS via their National Paralympic Committee, and enter a competition via their National Paralympic Committee. During an athlete evaluation, athlete’s visions are assessed by a panel of two International Classifiers.



**Figure 1.** Outlining the eligibility process for athletes with a VI<sup>29</sup>. Taken from the [Classification for Athletes with VI by the WSPS](#)<sup>29</sup>.

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### Rules

The International Shooting Sport Federation (ISSF) has a document published in September 2020 titled [ISSF General Regulations](#)<sup>30</sup>. The following [link](#)<sup>31</sup> also provides access to more important documents such as the [ISSF General Technical Rules](#)<sup>32</sup>, and many more resources specific to certain events like [Rifle Rules](#)<sup>33</sup>, [Pistol Rules](#)<sup>34</sup>, and more. WSPS rules are partially adapted from the ISSF rules. They can be found [here](#)<sup>22</sup>, and contain all the rules and regulations for shooting para sport.

### Infrastructure Considerations

The IPC created an [Accessibility Guide](#)<sup>35</sup> that was published in October of 2020. The guide includes information on the Rights of Persons with Disability, Fundamental Principles for Accessibility, Beneficiaries of an accessible and inclusive environment, Requirements, and more. This document creates a picture of what an ideal facility would look like. In reality, many facilities are creating improvements to an already standing building. As a result, modifications can and should be made by referencing this document. For example, Al Ain where the World Cups are hosted by the IPC, temporary ramps are created over stairs so athletes can freely move throughout the venue. The [National Shooting Centre](#)<sup>36</sup> in Chateauroux, France is an example of an “ideal” facility (link here for the [English brochure](#)<sup>37</sup>). This building had accessibility in mind while building the facility; inclusive and accessible modifications can be used by **all** individuals.

*\*(Information from Tyler Anderson, World Shooting Para Sport Senior Manager)*

A first place to start could be by ensuring the facility is up to code in accordance with the [federal](#)<sup>38</sup> and [provincial](#)<sup>39</sup>. By ensuring that buildings have automatic doors for all doorways an athlete might require, ramps, and accessible doorknobs is the best place to start in ensuring an accessible and inviting facility. Additionally, adjustable height tables to act as “rests” would support a “try it” type activity to allow persons with physical disabilities try the sport..

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### Recruitment

An effective way to attract new Para athletes is a 'try-it' day for Para athletes. For example, an agreement with a local club willing to accommodate AWAD and perhaps even offer weekly programs can be made to host a full-day event. Invitations can be sent out to local sport organizations or organizations supporting those with disabilities, with a way to RSVP. The day can be organized in various ways to maximize time spent trying the sport, along with learning the rules and options available. This allows athletes to feel surprised how instinctively well they do in shooting and/or how much they enjoy it. There are opportunities to partner with other adapted sport programs to host a combined day (e.g., archery and shooting para sport) as well, which can alleviate some of the costs of hosting while perhaps doubling attendance.

In Calgary, Alberta, a new initiative titled [The Calgary Adapted Hub: Powered by Jumpstart](#)<sup>40</sup> was created recently by a variety of community partners. The Hub was created to better support Calgary Children with disabilities in offering and developing sport and recreation programming. It is recommended that Calgary clubs reach out to this organization for opportunities to partner with them.

Reaching out to local community organizations tailored specifically for individuals with disabilities is the best starting point. Most organizations are happy to pass along a brochure/poster to their members. An example of an organization is [WarAmps](#)<sup>41</sup>. This organization supports child amputees, war amputees, and adult amputees. Clubs should reach out to their local chapter to discuss ways to partner together. [Wounded Warriors](#)<sup>42</sup> may be another organization to reach out to which can provide adult AWAD.

Provincial organizations such as for example [Cerebral Palsy Alberta](#)<sup>43</sup> is another example of a local organization that caters to children and adults with a disability.

Applying for grants to fund the admission fees of AWAD, or adapted equipment, or other, can also be a great starting point to build the shooting para sport programme. [Jumpstart](#)<sup>44</sup> offers a variety of different grants to promote participation in sport. The [Para Sport Jump Fund](#)<sup>45</sup> is an example of a grant that is offered three times a year and requires a simple application. There are two types of grants: operational or programming support. The operational support provides organizations with opportunities to have staff trained in working with AWAD, procuring equipment, paying off past due accounts, and more. The programming support

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provides organizations with assisting with the costs of delivering sport and recreational programming, which includes transportation costs, equipment costs, facility costs, and more.

Governments also provide grants for developing adapted sport programs. An example is [The Government of Alberta Association Development Grant Program](#)<sup>46</sup> where three types of grants are available: Provincial Sport Organizations, Disability Sport Organizations, and Multisport Service Organizations. Another place to look is the IPC which has a grant for [Paralympic Sport Development Fund](#)<sup>47</sup> where funds between \$5,000 to \$10,000 are available.

Finally, this link provides a [List of Adaptive Sports Equipment Grants and Funds in Canada](#)<sup>48</sup>. Although some might not be relevant at the *organizational* level, they are relevant at the *individual* level. Clubs can be referring Para athletes to these opportunities that are in need of funding to participate in the sport.

### **Non-Sport Specific Information**

The [Sport for Life](#)<sup>49</sup> provides accurate, and easy to follow information on supporting AWAD in their lifelong involvement in sport. The link [here](#)<sup>50</sup> provides a very important and informative tool called the “No Accidental Champion” which provides the Long-Term Athlete Development (LTAD) for Athletes with Disabilities. This is a PDF file that can be downloaded for ease of reference. This document includes the two additional steps in the LTAD model for AWAD: [Awareness and First Involvement](#)<sup>51</sup>. It also includes information on Key Factors Influencing LTAD for AWAD, Additional Considerations, and more. Lastly, the resource on [Physical Literacy](#)<sup>52</sup> is a good resource for webinars that focus on promoting physical literacy for AWAD.

[Sportanddev.org](#)<sup>53</sup> is an online communication and resource tool dedicated to sport and development. They have a comprehensive and easy to follow page dedicated to [Sport and Disability](#)<sup>54</sup>. This provides further links and information on topics like [Background to Sport & Disability](#)<sup>55</sup>, [Sport and Adapted Physical Activity \(APA\)](#)<sup>56</sup>, [Disability and Gender](#)<sup>57</sup>, and more.

Jumpstart has great resources on [Coaching Kids of All Abilities](#)<sup>58</sup> which requires coaches to create an account before accessing these resources. They are offered in both official languages. The [Canadian Disability Participation Project](#)<sup>59</sup> is another excellent resource which provides evidence-based information. Their team is comprised of a variety of individuals, many of whom are top publishers in the field of adapted sport.

## Common Courtesies to Adopt to Welcome AWAD and Deaf Athletes

“Disability is part of being human. Almost everyone will temporarily or permanently experience disability at some point in their life. Over one billion people – about 15% of the global population – live with some form of disability and this number is increasing.

Disability results from the interaction between individuals with a health condition such as cerebral palsy, down syndrome and depression as well as personal and environmental factors including negative attitudes, inaccessible transportation and public buildings, and limited social support.”

-World Health Organization (WHO)

The above quote is how the [WHO explains disability](#)<sup>60</sup>. This definition includes both the medical model of disability (the barrier exists in the individual i.e., cerebral palsy) and the social model of disability (the barrier exists in society and the environment i.e., lack of ramps). Both models are important as adding a ramp to a facility will not make the sport completely accessible now to those with disabilities. Similarly, adapting the rules and equipment will not help if the facility is inaccessible. When interacting with AWAD, it is important to understand both models. It is important to understand a specific person’s disability to better understand how to modify the facility, equipment, etc. in an appropriate manner.

Do not underestimate the abilities of a person with a disability. Many able-bodied individuals lack the imagination to think of the many ways a simple task can be completed. With appropriate adaptations nearly any task can be accomplished by all levels of (dis)ability.

It is important to focus on the person first, and disability second. This is extremely important when it comes to language. When describing an athlete, the person should come first and their disability next. For example, introducing someone as “This is the disabled athlete, Jane” versus “This is Jane, and she has a disability”. The first example creates an identity tied to their disability (*disabled athlete, Jane*) whereas the second example creates an identity **separate** of the disability (*Jane, and she has a disability*). Respectability.org has a fantastic one-hour [webinar](#)<sup>61</sup> which goes into further detail on the proper lexicon. There are also plenty more resources that may be of interest as well. The United Spinal Association has created a

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downloadable PDF document which goes into more detail on [Disability Etiquette](#)<sup>62</sup>, and it is a recommended read.

**Table 9.** A very brief summary on the do's and don'ts of disability sensitivity<sup>63</sup>.

<b>Common Courtesies to Adopt to Welcome AWAD and Deaf Athletes</b>		
<b>Situation</b>	<b>Do</b>	<b>Don't</b>
Mobility Disability	Greet the athlete, offer to shake hands, and acknowledge their presence.  Treat and talk to them the way you would anyone else and speak directly to them.  Ignore their wheelchair and try to speak to them at eye level if possible.	Push or hold onto the wheelchair without being asked first.
Visual Disability	Greet the athlete by identifying yourself, especially after entering a room.  Treat and talk to them the way you would anyone else and speak directly to them.  When addressing an athlete with a VI, use their name.  Provide clear and specific directions.  Feel comfortable to use common expressions like "it's nice to see you" or "see you later."	Shout  Provide directions that lack specificity and clarity.

*This table has been taken and modified from the Rick Hansen Foundation [The Dos and Don'ts of Disability Sensitivity](#)<sup>63</sup>*

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## Future Directions

“The main aim of this change is to provide additional medal opportunities for our new and growing athlete populations”

-Tyler Anderson, WSPS Senior Manager, October 26 2020

**Table 10.** Outlining the proposed changes to the Paralympic Games programme compared to what was schedule in 2020<sup>64</sup>.

Events in 2020 Paralympic Games	New proposed Paralympic Games programme
<b>Pistol</b>	<b>Pistol - (no change)</b>
Men’s 10m Air Pistol SH1	P1 - Men's 10 metre Air Pistol SH1
Women’s 10m Air Pistol SH1	P2 - Women's 10 metre Air Pistol SH1
Mixed 25m Pistol SH1	P3 - Mixed 25 metre Pistol SH1
Mixed 50m Pistol SH1	P4 - Mixed 50 metre Pistol SH1
<b>Rifle</b>	<b>Rifle - combined R1/R2 and R7/R8</b>
Men’s 10m Air Rifle Standing SH1	R1/2 - Mixed 10 metre Air Rifle standing SH1
Women’s 10m Air Rifle Standing SH1	R3 - Mixed 10 metre Air Rifle prone SH1
Mixed 10m Air Rifle Prone SH1	R4 - Mixed 10 metre Air Rifle standing SH2
Mixed 10m Air Rifle Standing SH2	R5 - Mixed 10 metre Air Rifle prone SH2
Mixed 10m Air Rifle Prone SH2	R6 - Mixed 50 metre Rifle prone SH1
Mixed 50m Rifle Prone SH1	R7/8 - Mixed 50 metre Rifle 3 Positions SH1
Men’s 50m Rifle 3 Positions	R9 - Mixed 50 metre Rifle prone SH2
Women’s 50m Rifle 3 Positions	<b>Shotgun (Para trap) – Addition of 3 events</b>
Mixed 50m Rifle Prone SH2	PT1 - Mixed Trap seated SG-S
	PT2 - Mixed Trap standing (lower limb) SG-L
	PT3 - Mixed Trap standing (upper limb) SG-U
	<b>Rifle (VI) – Addition of two events</b>
	V IS - Mixed 10 metre Air Rifle standing SH VI
	V IP - Mixed 10 metre Air Rifle prone SH VI

*This table has been created using information found at [WSPS](#)<sup>64</sup>*

## **Acknowledgements and References**

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