

A Pathway for Guiding a Para Swimmer

Developed by U.S. Paralympics Swimming Updated: March 2022



A swimmer with a disability presents on the pool deck of an organized swimming team. Evaluate what they can do to determine group placement and competitive/fitness goals and fit them into your program.

Connect the coach, athlete, and parents to U.S. Paralympics Swimming for para-specific information, and to the LSC Disability Chair for local support at meets, etc.

Determine if, in addition to their team meet schedule, the swimmer is also interested in competing in Para-specific meets.

1. If yes, coach, athlete, and parents attend the following free clinics:
 - Introduction and Orientation to U.S. Paralympics Swimming
 - Coaching a Para Swimmer, to gain a deeper understanding of Para Swimming.
2. If no, continue to work within the current team meet schedules & program progressions.

To compete in Para-specific meets:

1. Review policies and paperwork for national classification.
2. Complete the paperwork and submit as directed on the website:
<https://www.teamusa.org/usparaswimming/classification>

Once classification paperwork is processed, you will be instructed on the next steps by U.S. Paralympics Swimming or the appropriate classification agency.

Stay connected to the latest information: <https://www.teamusa.org/USParaSwimming>