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| Name | Description | Contact |
| Aquatics | Adapted aquatics are modified swimming techniques that accommodate the abilities of individuals with cognitive or physical limitations. The goal is to give individuals the skills they need for independent swimming and water safety. Adapted aquatics help improve strength, endurance and confidence in being safe the water. | Crystal Pool Adapted Aquatics  <https://cityofvictoria.perfectmind.com/23404/Clients/BookMe4Search>  Ages 3 to 13 |
| Athletics | Athletics offers a large variety of events that are open to male and female participants in all impairment groups. Participants compete according to the classification they fit under which can include competing in wheelchairs, using prosthetics and guides for the visually impaired. To learn more about the track and field events offered see <https://www.paralympic.org/athletics/about>. Athletes are classified by level of impairment and type of disability to learn more about eligibility and classification see <https://www.paralympic.org/athletics/classification> | Victoria Athletics  <https://www.athleticsvic.ca/>  BC Para Athletics  <http://athletics.ca/disciplines/para-athletics/#sthash.WdlQMTZ4.dpbs>  Track and Field  Polla Savage  250-419-3003  [pollasavage@gmail.com](mailto:pollasavage@gmail.com) |
| Baseball | Adapted baseball is played with similar rules as regular baseball with small adjustments that aid in players ability to participate and succeed. Players have the option of hitting the ball off a Tee instead of being pitched to. In addition, players use a lighter bat and ball which makes it easier to hit the ball. It is common for adapted baseball to be played indoor as it can be easier for players with assisted devices to get around the bases indoors. | Special Olympics  <http://www.victoriaspecialolympics.com/train_schedules.html>  Nicole Bracewell  [nicolebracewell@hotmail.com](mailto:nicolebracewell@hotmail.com) |
| Boccia | Boccia is one of the only Paralympic sports that does not have an Olympic equivalent. Boccia is a game of accuracy and strategy where players throw coloured balls attempting to be the closest to the white target ball called the "jack." This sport is played in singles, pairs and teams and the winner has the closest ball to the jack. | Victoria Screamers Boccia Club  <http://www.sportabilityvictoria.com/>  Sport Ability  <http://sportabilitybc.ca/programs/boccia/> |
| Camping | These programs provide children with disabilities the opportunity to experience what it is like to go to camp. Children will get to try new things and experience the outdoors in a safe and supported environment. Camp help builds confidence and independence through games and activities. Here is a list of camps in BC | Zajac Ranch  <http://www.zajacranch.com/>  Easter Seals  <http://www.eastersealscamps.ca/home>  Agur Lake Camp  <https://agurlakecamp.ca/>  Canucks Autism Network  <http://www.canucksautism.ca/>  [info@canucksautism.ca](mailto:info@canucksautism.ca) |
| Canoeing | Canoeing made its Paralympic debut in Rio in 2016. Paralympics utilize single seat kayaks that are propelled by double-blade paddle for their events. Athletes compete for the fastest time over a 200m course across calm water. The races are classified into three different categories based on ability and for both men and women. For more information about classification see <https://www.paralympic.org/canoe/classification>  Canoeing is also fun and relaxing activity that allows you to explore the water around the city. | PaddleALL/Paracanoe  <http://www.vypc.ca/p/about-us.html>  Power to Be  <https://powertobe.ca/adaptive-recreation/> |
| Curling | Curling has been adapted for individuals with cognitive and physical impairments. Curling is a team sport that tests the strategy and precision of the athletes. Curling is played on a long sheet of ice where stones are thrown towards the target at the end of the ice. Those with lower body limitations have the option of wheelchair curling. Wheelchair curling provides those with physical impairments the opportunity to curl with many similarities to the Olympic sport. The main differences between curling and wheelchair curling is there are no teammates sweeping the ice in wheelchair curling which make precision more difficult and curling stones are pushed using a delivery stick toward the target at the end of the ice. | Victoria Curling Club  Dave Bodie 778-676-1171  [vicspecocurling@gmail.com](mailto:vicspecocurling@gmail.com)  <https://www.curlingvictoria.org.au/contact_us>  Wheelchair Curling  <https://www.curlbc.ca/wheelchair-program/> |
| Climbing | There are a couple different organizations that provide children with disabilities the opportunity to try rock climbing in a safe and encouraging environment. Using a harness and rope, individuals are belayed as they climb up the rock wall. Support is provided for individuals who need it. These organizations believe that despite different capabilities every child should get the opportunity to build confidence and sore to new heights through this amazing sport. | Power To Be  <https://powertobe.ca/>  Carsa Rock Climbing  [powells@uvic.ca](mailto:powells@uvic.ca) |
| Cycling | Making its debut in 1984, cycling now has the third most medal events behind swimming and athletics in the Paralympics. The cycling events include sprints, individual pursuits, 1000m time trial, road races and road time trials for individuals and teams. For those who are visually impaired athletes compete in tandems with a sighted pilot. Individuals with cerebral palsy, amputations and other physical impairments cycling was expanded to use more adapted bicycles, tricycles and hand cycles. | Para-Cycling  <https://cyclingbc.net/membership/disciplines/para-cycling/>  Victoria Wheelchair Sports Club  Loren Pearson [cycling@victoriawheelchairsports.com](mailto:cycling@victoriawheelchairsports.com)  Canucks Autism Network  <http://www.canucksautism.ca/>  [info@canucksautism.ca](mailto:info@canucksautism.ca) |
| Dance | This program gives children and youth with a wide range of disabilities the opportunity to explore dance and creative movement in a fun and safe environment. Through movement, youth become more confident in themselves and improve coordination. Dance helps promote physical literacy which will help improve movements that are utilized in other activities and sports. | Dance Without Limits  <https://www.bccerebralpalsy.com/programs/dance-without-limits/> |
| Equestrian | Equestrian is a sport available for individuals with any form of physical or visual impairment. Athletes can compete as individual or as a team and compete in dressage events consisting of a test of set movements or a freestyle test set to music and are judged based on their horsemanship skills. Athletes are organized by their functional abilities and events are mixed and are allowed to use assistive devices such as dressage crops, connected rein bars and rubber bands. For more information about classification see <https://www.paralympic.org/equestrian/classification>  This engaging sport also provides a therapeutic option and outlet for physical activity. | Victoria Saanich Cadora Society  <http://www.vscadora.com/menu/>  Kiowa Farm  <https://www.kiowafarm.ca/>  Victoria Therapeutic Riding Association  <http://vtra.ca/>  Rise Adventure & Wellness Solutions  <http://www.raws.ca/>  Cedar Vista Stables  <http://www.cedarvistastables.com/> |
| Fitness | Adapted fitness programs provide individuals with physical limitations a supported safe environment to get exercise and reach toward movement goals. There are several facilities available to people of all ages and ability with specializations in helping people with spinal cord injuries, amputations, brain injuries, Parkinson's, strokes, multiple sclerosis, cerebral palsy and other impairments. | Move Adapted Fitness  <http://moveadaptedfitness.ca/>  Wheelchair Strength and Conditioning  <https://www.victoriawheelchairsports.com/strength-conditioning>  UVic Adapted Strength and Conditioning  <https://vikesrec.ca/sports/2016/5/4/inclusive-programming.aspx>  Active Development  <https://ca.apm.activecommunities.com/pise/Activity_Search> |
| Floor Hockey | Adapted floor hockey is a fast paced game played in an indoor gym instead of on ice. Teams are comprised of 6 players, one being the goalie. Instead of hockey sticks, players use wooden poles and instead of a puck, the game is played with a felt ring similar to ringette. Players are required to wear hockey helmets, gloves and shin pads when playing. | Special Olympics  <http://www.victoriaspecialolympics.com/train_schedules.html>  Kyle Eriksen  250-508-3984  [specialokyle@gmail.com](mailto:specialokyle@gmail.com) |
| Kayaking | Kayaking is an exciting activity that gets people of all ages out enjoying the water and exploring the environment. Kayaking can be adapted to accommodate a wide range of abilities. The kayaks can be fitted with pontoons to help stabilize when paddling for those who need it. There is a tandem option for people who want a guide in the kayak as well as assisted devices that are available to amputees that make paddling more accessible. | Power To Be  <https://powertobe.ca/> |
| Meditation | Meditation is a useful tool to help to help clear the mind and calm the body down from all the stimulation that we are exposed to. Meditation has been found to reduce stress and anxiety through breathing techniques. Meditation stems from Buddhist tradition and is a valuable skill that be learned through guided classes but can be utilized anytime. | Move Adapted Fitness  <http://moveadaptedfitness.ca/classes/> |
| Outdoor Recreation | Adaptive recreation supports individuals with various disabilities get outside and explore nature in a safe environment. These programs include experiences on land and in the water that are inclusive for children and youth to discover new things about the world and themselves. | Adaptive Recreation  <https://powertobe.ca/adaptive-recreation/> |
| Physical Literacy | Physical literacy is the ability for youth to move with confidence and competence in a wide array of activities and situations. Physical literacy lays the foundation and essential building blocks for children to attempt and complete more complex movements or sports. | Active Start Ages 2-6  FUNdamentals 7-11  Viviene Temple [vtemple@uvic.ca](mailto:vtemple@uvic.ca)  PISE Physical Literacy  <http://www.pise.ca/physical-literacy/#0>  Canucks Autism Network  <https://www.canucksautism.ca/programs/>  [info@canucksautism.ca](mailto:info@canucksautism.ca) |
| Pickleball | Pickleball is a fast paced sport that is a combination of badminton, tennis and ping pong. It is played with a plastic ball with holes and paddles. Pickleball is played on badminton sized court with a modified tennis net separating the two sides. Pickleball is played as singles or doubles and has some rule modifications for people in wheelchairs. For players using wheelchairs they are allowed to let the ball bounce twice before returning it to the other side. The non volley zone applies the same to participants in wheelchairs, they must have their large rear wheels out of the area before hitting the ball. | Victoria Pickleball  <https://www.victoriapickleball.org/> |
| Power Soccer | Power Soccer is a form a soccer available for people with physical disabilities that is played with electric wheelchairs. The objective of the game is to use the wheelchair to get the soccer ball into the opposing teams goal to score. Teams consist of four players one of them being the goal keeper and games consist of two twenty-five minute halves. | Victoria Power Soccer  Chris Halpen [halpen.chris@gmail.com](mailto:halpen.chris@gmail.com) Kelly Halpen [Kelly.N.Halpen@shaw.ca](mailto:Kelly.N.Halpen@shaw.ca) Mike Patterson [jan\_mike@shaw.ca](mailto:jan_mike@shaw.ca) |
| Rowing | Rowing competitions are done in singles, double or teams of four that can be men’s women’s or mixed. Races are on 2000m of flat water and teams compete head to head to move further on into the competition. For information about the different classifications see <http://rowingcanada.org/discover-rowing/types-rowing/para-rowing> | Victoria City Rowing Club  <http://www.vcrc.bc.ca/rowing-programs/member-programs/para-rowing#general-information> |
| Sailing | In Victoria there are programs that are available for people with different impairments to participate and the opportunity to get involved with recreational and competitive sailing. Their fleet of boats are fully accessible to all individuals allowing all children the experience being on the water in a supportive safe environment. | Disabled Sailing Association of Victoria  <http://rivonline.org/DSA/>  Disabled Sailing Association of BC  <http://www.disabledsailingbc.org/> |
| Seated throws | Seated throws make up the throwing events that happen at the Paralympic games. They consist of shotput, javelin, discus and club throw which is unique to the Paralympics. Athletes can use assisted devices if needed such as poles, frames or compete in their wheelchairs. Athletes are classified based on the level of their impairment for more information about classification see <https://www.paralympic.org/athletics/classification>. | Athletics Victoria  <https://www.athleticsvic.ca/wheelchair-para-throws/> |
| Self Defense | Self defense classes give youth with disabilities the opportunity to learn valuable protection skills in a safe and supportive environment. Not only will youth build confidence in themselves, they learn how to move their body improve their coordination, balance and strength. | Defense Without Limits  <https://www.bccerebralpalsy.com/programs/self-defense-without-limits/> |
| Skating | Skating is a fun winter activity that that improves balance and range of motion. Skating is the foundation of other sports such as figure skating, hockey and speed skating. While learning to skate, there are several supportive devices that are handheld or full body supports for the children that can be used to improve balance. | Learn to Skate/Figure Skating  Kailee Bowman  250-812-9714  [kbowman@xplornet.ca](mailto:kbowman@xplornet.ca)  Speed Skating  Steven Nielson  250-704-0236 [neilsensteve5@gmail.com](mailto:neilsensteve5@gmail.com)  Canucks Autism Network  [info@canucksautism.ca](mailto:info@canucksautism.ca)  <https://www.canucksautism.ca/programs/> |
| Sledge Hockey | Sledge hockey is a popular winter Paralympic sport with many similarities to ice hockey. It is an inclusive sport that allows those with physical impairments to play ice hockey. Instead of skates players are on a sled with hockey skate blades on the bottom. Sledge hockey games consist of three fifteen minute periods as well as overtime if games stay tied. The sticks used in sledge hockey have a curved blade similar to ice hockey sticks but have metal teeth at the opposite end to dig into the ice for steering and propulsion. | Victoria Wheelchair Sports  <https://www.victoriawheelchairsports.com/sledge-hockey> |
| Swimming | Male and female participants compete in events comprising of the four strokes, freestyle, backstroke, breaststroke, butterfly as well as the medley events. Competitors compete in classifications based on their functional ability to execute the strokes. Swimming is an inclusive event anyone with a physical, intellectual or visual disability can participate, however no prostheses or assistive devises are allowed in the pool. Athletes have the choice of a modified start to races which includes optional starting platforms or in water starts. For those athletes with visual impairment there are "tappers" to signal swimmers that they are nearing a pool end wall or finishing a race. For more information about classification see <https://www.paralympic.org/swimming/classification> | Canucks Autism Network  <https://www.canucksautism.ca/programs/swim/>  [info@canucksautism.ca](mailto:info@canucksautism.ca)  Crystal Pool Adapted Aquatics  <https://cityofvictoria.perfectmind.com/23404/Clients/BookMe4Search> |
| Trailrider | The trailrider is an adaptive piece of equipment that allows people in wheelchairs or have other mobility issues to access trails and hike where a wheelchair can't go due to the terrain. With the assistance of the support staff who help the trailrider navigate the trails, individuals with disabilities are able to explore the outdoors and places they couldn't previously go. | Power To Be Trailrider <https://powertobe.ca/trailrider-opens-door-to-remote-oceanfront-camping/>  Power To Be  <https://powertobe.ca/adaptive-recreation/> |
| Triathlon | In para triathlons, competitors compete in a race comprised of 750m swimming, 20 km of cycling and 5km of running. The Race divisions are based on physical abilities with athletes having the option of using a hand cycle, tandem bicycle or bicycle in the cycling portion as well as the use of wheelchairs for the running portion of the race. For more information about classification see <https://www.paralympic.org/triathlon/classification> | BC Blind Sports  <http://www.bcblindsports.bc.ca/graphic/sports/triathlon/index.htm>  <https://www.triathlon.org/paratriathlon> |
| Wheelchair Basketball | Wheelchair basketball has many similarities to the able bodied version, with the court size, hoop height, scoring and timing are all the same. Dribbling rules allow players to take one or two pushes before the ball needs to be dribbled or passed to another player and a travel violation is called if the player with the ball completes more than two pushes before the ball is dribbled. Each team has five players on the court like able bodied basketball but the five players cannot exceed fourteen classification points. Each player is classified based on their level of impairment from a scale of 1.0-4.5 with 1.0 being the most limited. For more information about classification see <https://www.paralympic.org/news/sport-week-classification-wheelchair-basketball> | Victoria Wheelchair sports  <https://www.victoriawheelchairsports.com/basketball> |
| Wheelchair Racing | Wheelchair racing is an exciting paralympic sport for individuals with physical disabilities with events that both men and women compete in. In the paralympics, there are both road races and track events of varying distances similar to the olympic events. On the track there are 100m, 200m, 400m, 800m and 1500m events and road races consist of a race varying from 5km to a Marathon. Athletes are classified based on their level of impairment, for more information on classification see <https://www.paralympic.org/athletics/classification> | Victoria Athletics  <https://www.athleticsvic.ca/wheelchair-para-throws/>  BC Wheelchair Sports  <https://www.bcwheelchairsports.com/sports/wheelchair-athletics/programs> |
| Wheelchair Rugby | Wheelchair rugby is an exciting contact sport only offered in the paralympic games that is a combination of rugby, basketball and handball. Teams are a mix of male and female athletes that compete in teams of four to carry the ball across the opposing teams goal line to score points. Players use wheelchairs that are specifically designed for the impact sport and are used to block and hold opponents. To qualify to play wheelchair rugby individuals need to have some sort of upper and lower limb impairment, players are classified by the level of their impairment scoring from 0.5 to 3.5 with 0.5 being the most limited. Of the four players on the court the team cannot go over a combined score of 8. For more information about classification see <https://www.paralympic.org/news/sport-week-classification-wheelchair-rugby> | Victoria Wheelchair Sports  <https://www.victoriawheelchairsports.com/rugby> |
| Wheelchair Tennis | Wheelchair tennis is played with the same equipment and same sized court as it's able bodied counterpart. The main difference in rules is the two bounce rule allowed in wheelchair tennis permitting the tennis ball to bounce twice unlike its olympic counterpart. Wheelchair tennis is played with wheelchairs that are specifically desinged for improved speed and stability. There are men's and women's singles and double events as well as quads that are mixed gender. In order to qualify for wheelchair tennis an athlete must have a physical impairment, those who have an impairment effecting one to two limbs qualify for men's and women's open competitions. Athletes that have three or more limbs effected qualify for the quad division. For more information about classification see <https://www.paralympic.org/wheelchair-tennis/classification> | Victoria Wheelchair Sports  <https://www.victoriawheelchairsports.com/tennis> |
| Yoga | Adapted yoga offers an inclusive environment for people with disabilities to learn more about yoga, meditative breathing and movement. Yoga helps to improve balance coordination and flexibility. | Adapted Yoga  <https://www.bccerebralpalsy.com/programs/adapted-yoga/>  Move Adapted Fitness  <http://moveadaptedfitness.ca/classes/> |