

# Para-Dressage Newsletter

Feb 2010



Dear Riders, Coaches, Parents and Judges

## **FEI 3\* CPEDI WEG Qualifier 18 – 21 March 2010 (GHS)**

This competition is the last opportunity to qualify for WEG 2010 in South Africa. The international judges are Jane Goldsmith (GBR), Kathy Amos-Jacob (FRA) and Liz Day (RSA); the international steward is Chris Porterfield (GBR), and the classifiers are Lyn Lawford (GBR) and Elsa Matthee (RSA).

Please note that the two schedules can be downloaded off the GHS website. The show organizer for this event is Natascha Erasmus and can be contacted on (011) 702 1657 during office hours. The closing date is Friday the 26<sup>th</sup> of Feb 2010.

Jane and Kathy will be facilitating a two day clinic after the competition on the 22<sup>nd</sup> and 23<sup>rd</sup> of March and this is compulsory for all long listed riders. The cost for this clinic will be R1000.00 per rider, R500 per instructor, and R 100 per spectator. The application form has been sent out if you have not received it please let me know.

## **Judges seminar 13-14 March 2010 ( GHS)**

One of the challenges within the development of Paradressage is the shortage of qualified paradressage judges. The National Technical Committee is presenting a National Judges Seminar to qualify dressage judges for Paradressage. This seminar is also open to any one who is interested in paradressage from a coaching and riding perspective as well as judging. Interested persons to please contact Heather Camfferman [[hcanda@vodamail.co.za](mailto:hcanda@vodamail.co.za)].

## **SANEF Talent Identification and Development (TID) Workshop**

SANEF are hosting an inclusive TID Plan development workshop at the High Performance Centre in Pretoria on the 27<sup>th</sup> February 2010. The outcome of this workshop is for the Olympic / Paralympic and WEG disciplines to develop an integrated TID plan that includes scientific support services for each specific discipline which will inform SANEF's TID Plan. This is an exciting new development and there will be more about the opportunities this creates in the next newsletter. So watch this space.....

## **Show Results: (New 2010 tests)**

### **1. GHS - 7 Feb 2010**

|           |                |                |
|-----------|----------------|----------------|
| Grade 1B: | Marion Milne:  | 54.55%, 55.65% |
| Grade 2   | Wendy Moller:  | 67.62%, 64.76% |
| Grade 3   | Sarone du Toit | 51.48%, 57.33% |
| Grade 4   | Cathy Lloyd    | 59.35%, 59.06% |
| Grade 4   | Sandi Norris   | 53.13%, 52.65% |

## 2. Linbro Park – 21 Feb 2010

|         |              |                |
|---------|--------------|----------------|
| Grade 2 | Wendy Moller | 67.62%, 63.81% |
| Grade 4 | Cathy Lloyd  | 57.19%, 56.77% |
| Grade 4 | Sandi Norris | 55.00%, 50.57% |

### Picture of the month: (Please send me your show pictures)

Due to the file size I can only include one picture of a rider at a show, therefore I will select a new one every month. This month we have Grade 4 rider Sandi Norris with her horse Ace they won a photo shoot with the attached photo.



### Classification

With the relatively new appearance of Para Equestrian in South African Equestrian, there are still a lot of questions and confusion about some its finer points. Hopefully, this article will explain the process involved in Para Dressage Classification.

#### **What is Classification?**

The Meaden Profile System is a system put together that allows disabled equestrian athletes to compete with similarly disabled athletes according to a clinical assessment procedure. It is a protocol that puts riders into easily recognized categories. This system has been approved by the FEI panel.

Classification is a statement of fact. It does **not** assess the rider's skill or ability to ride. It purely assesses what the rider can and cannot do according to **mobility, strength and coordination**. The aim of classification is to allow for a meaningful and fair competition.

#### **Why do Classification?**

Classification attempts to ensure fair equestrian competition. In the same way that there are different age groups in able bodied equestrian, there is a system of classification to put disabled riders with similarly impaired riders together to ensure that the playing field is leveled. There are many different types of diseases, disorders and impairments that will

affect riders and their ability to ride. Again, there may even be large differences between two people with the same disease or disorder.

### **Who must be classified?**

Any competitor with a disability who wants to enter National and International competitions must be classified. Competitors must produce a medical certificate that states a full medical diagnosis that is confirmed by a physician. Competitors must be 16 years or older to be classified for life.

### **Is classification lifelong?**

Yes. Unless there is a deterioration in the condition of the rider. For example, riders with Multiple Sclerosis must be continually reassessed.

### **What are the classification groups?**

Grade I – Mainly wheelchair users.

Poor trunk balance and or impairment or function in all 4 limbs.

No trunk balance and good upper limb function

Moderate trunk balance with severe impairment of all 4 limbs.

Grade II – Mainly wheelchair users

Severe locomotor impairment involving trunk and with good to mild upper limb function

Severe unilateral impairment

Grade III – Usually able to walk with support

Moderate unilateral impairment or moderate impairment in 4 limbs

Total loss of sight in both eyes

Intellectually impaired

Grade IV – Impairment in 1 or 2 limbs or some visual impairment

### **Can I ride at another level?**

A rider may ride up a level, but not down a level in a graded competition.

### **Who does the assessment?**

A registered Physiotherapist or Medical Doctor that has been trained on Para Equestrian Classification. At international completions there is a specific protocol for who classifies whom.

For further information and more details, please do not hesitate to contact Keryn Legg or Cathy Lloyd of the Para Dressage GHS Committee

Keryn Legg is a qualified Physiotherapist working at the Intercare Medical Centre. She has special interest in equestrian injuries and orthopaedic sport injuries.

Until next time happy riding!!



Wendy

*PS. Feel free to contact me if you have any tips, funny horsy stories or anything you would like to add.*