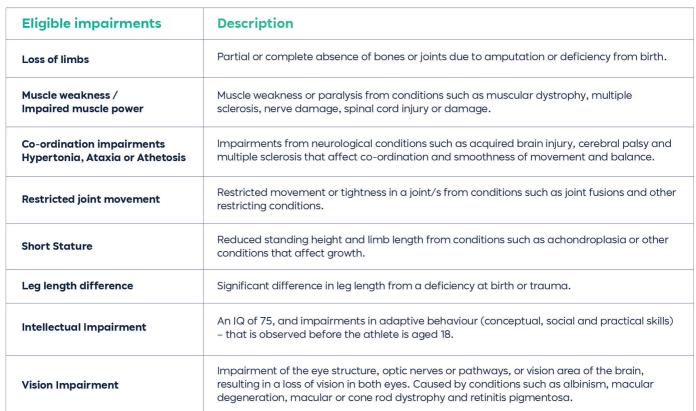


Learn the basics to help connect athletes to Para-sport

## What is Para-sport?

Para-sport is a term used for sports that have a pathway to the Paralympic Games. However, there are many opportunities for athletes from school age to get started in school sport and join clubs, social sport and for those more competitive to compete at state, national and international level. There are 28 Para-sports at the Summer and Winter Paralympic Games.





## What is classification?

Classification is an assessment process that determines which athletes can compete in each Para-sport and who they can compete against. Athletes are grouped with others whose impairments affect them in similar ways in their sport.

## How can you be involved?

There are many people that can assist athletes to get involved in Para-sport. Whether you're an allied health professional, teacher, club volunteer, coach, friend or family, there are lots of ways you can be involved.

- Encourage people you know who are interested in Para-sport to make an enquiry via the Paralympics Australia website
- Research and promote the Para-sport opportunities in your area
- Help athletes to get classified by contacting the national sporting organisation and completing the paperwork for their sport of interest
- Volunteer for Paralympics Australia event or get involved in a Para-sport as a volunteer, official, coach, therapist or trainer
- Become a supporter, champion and fan of Para-sport by following **@AusParalympics** on social media

