

國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION



IDBF PARA ATHLETES COMMISSION

Paradragon lexicon

impairment /ɪm'peɪmənt /
▶ noun
(plural **impairments**)
a structural or functional
anomaly in the body

disability /dɪsə'bɪlɪti /
▶ noun
(plural **disabilities**)
a restriction on a person's
ability to carry out particular
functions because of an
impairment

Paradragon / 'parə'drɑg(ə)n /
▶ noun
(plural **Paradragons**)
a term describing an awesome and
inspiring (☺) dragon boat
paddler who happens to be living
with an impairment
▶ adjective
relating to Paradragon
activities



Introduction

This guide has been developed by IDBF's Para Athletes Commission to assist anyone involved in our sport by providing explanation of terms commonly used when talking about Paradragons and/or people living with impairments. It is not to be taken as medically authoritative but rather as a helpful guide. It does not set out to be exhaustive and is always subject to improvement!

The guide has two sections:

- the first explains general Paradragon terms; and
- the second provides a simple description of common impairments.

Comments and feedback are always welcome! Please direct them to the Chair of the IDBF Para Athlete's Commission by email at: chair-para@dragonboat.sport



General terms

Disability	For IDBF's purposes, a 'disability' is a restriction on a person's ability to carry out particular functions because of an impairment. 'Disability' is therefore related to the environment/activity, whereas the underlying impairment may be constant. (See also Impairment)
Hazard	A hazard is something with the potential to cause injury and ill health, or the circumstances that could lead to injury and ill health
Impairment	For IDBF's purposes, an 'impairment' is a structural or functional anomaly in the body (see also Disability).
Para athlete	A term synonymous with Paradragon and mainly only used when discussing Paradragon matters with organisations external to IDBF (see also Paradragon)
Paradragon	A term describing both the individual paddler and also a class of racing. It is a term used mainly <u>within</u> our sport (see also Para athlete) A Paradragon paddler is a paddler living with a psychological, neurological, sensory, developmental or intellectual impairment
PD1	PD1 (or 'Full Paradragon') is a race category in which all paddlers must qualify as a Paradragon by virtue of living with an impairment
PD2	PD2 (or Partial Paradragon) is a race category which provides for a mix of Paradragon and unimpaired paddlers
PD3	PD3 (or Specific Paradragon) is a race category for Paradragons all of whom live with the same or very similar impairments
Prosthesis	An artificial body part, such as a limb, a heart, or a breast implant
Safeguarding	Term used in the United Kingdom and Ireland to denote measures to protect the health, well-being and human rights of individuals, which allow children, young people and vulnerable adults to live free from abuse, harm and neglect



Impairments

Active range of movement	Active range of movement is the range of movement that can be achieved when opposing muscles contract and relax, resulting in joint movement. It is caused by the person (see also Passive range of movement)
Anxiety	Feeling of unease, such as worry or fear, that can be mild or severe
Arthritis	Arthritis is a condition that causes pain and inflammation in a joint (see also Osteoarthritis and Rheumatoid arthritis)
Arthrodesis	Surgical procedure, also called a joint fusion. Goal is to permanently hold a joint in a fixed position, and allow the bone to grow across that joint. While this means the joint will never bend again, there is often dramatic pain relief in that area
Arthroplasty	Arthroplasty refers to the surgical reconstruction or replacement of a joint
Ataxia	<p>Ataxia is a term for a group of disorders that affect co-ordination, balance and speech. It is a disease of the nervous system. Any part of the body can be affected, but people with ataxia often have difficulties with:</p> <ul style="list-style-type: none"> • balance and walking • speaking • swallowing • tasks that require a high degree of control, such as writing and eating • vision <p>The exact symptoms and their severity vary depending on the type of ataxia a person has.</p>
Athetosis	Movement dysfunction that includes involuntary writhing movements. These movements may be continuous, slow, and rolling. Contributory conditions include cerebral palsy , traumatic brain injury and stroke .
Bipolar disorder	Mental illness marked by extreme shifts in mood. Symptoms can include an extremely elevated mood called mania. They can also include episodes of depression .
Blindness	Blindness is being unable to see because of injury, disease, or a congenital condition (see also Vision impairment)



Brachial plexus	The brachial plexus is a group of nerves that come from the spinal cord in the neck and travel down the arm. These nerves control the muscles of the shoulder, elbow, wrist, and hand, as well as provide feeling in the arm. Some brachial plexus injuries are minor and will completely recover in several weeks. Other injuries are severe enough and could cause some permanent disability in the arm
Cerebral palsy	A group of lifelong conditions that affect movement and co-ordination. Cerebral palsy is caused by a lack of oxygen to the brain which occurs before, during or soon after birth
Deafness	Deafness is lacking the power of hearing and can be complete or partial (see also Hearing impairment)
Depression	Lasting feelings of unhappiness and hopelessness, to losing interest in the things that used to be enjoyable and feeling very tearful. Many people with depression also have symptoms of anxiety
Developmental disability	Severe, long-term problems. They may be physical, such as blindness. They may affect mental ability, such as learning disabilities. Or the problem can be both physical and mental, such as Down syndrome .
Disarticulation	Separation of two bones at their joint, either traumatically by way of injury or by a surgeon during arthroplasty or amputation.
Down syndrome	Down syndrome (or Down's syndrome) is a genetic disorder associated with physical growth delays, mild to moderate intellectual impairment , and characteristic facial features.
Dysmelia	A congenital disorder of a limb resulting from a disturbance in embryonic development
Erbs palsy	Paralysis of the arm caused by injury to the upper group of the arm's main nerves, specifically affecting the upper trunk C5-C6 nerves. Often caused during birth
Hearing impairment	Hearing impairment is a sensory impairment in which the loss of hearing may be total or partial. Many fully deaf people are likely to experience greater social isolation than fully blind people
Hypertonia	An increase in muscle tension and a reduced ability of a muscle to stretch caused by damage to the central nervous system. Contributory conditions include cerebral palsy , traumatic brain injury and stroke .



Intellectual impairment	A wide range of conditions resulting in a restriction in intellectual functioning and adaptive behaviour that affects conceptual, social and practical adaptive skills required for everyday life. People with intellectual impairments can learn new skills, but they learn them more slowly
Limb deficiency	Limb deficiency refers to total or partial absence of bones or joints as a consequence of trauma (for example traumatic amputation), illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).
Multiple Sclerosis	A condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation, or balance. It is a lifelong condition that can sometimes cause serious disability
Neurological impairment	Neurological impairment occurs when there is damage to the nervous system, which includes the brain and spinal cord. Damage to either or both of these areas can affect the way the brain processes information and communicates with the rest of the body. Term covers a wide range of disorders including ataxia, spasticity, athetosis, stroke and multiple sclerosis .
Osteoarthritis	Osteoarthritis is usually a 'mechanical' condition (ie caused by 'wear and tear') where the cartilage in a joint or joints is progressively worn down
Paraplegia	Paraplegia is an impairment in motor or sensory function of the lower extremities. It is usually caused by spinal cord injury or a congenital condition that affects the neural (brain) elements of the spinal canal
Passive range of movement	The range of motion that is achieved when an outside force (such as a therapist) causes movement of a joint and is usually the maximum range of motion that a joint can move. It is not caused by the person (see also Active range of movement)
Psychological impairment	Psychological impairment relates to a wide range of conditions that influence emotions, cognitions and/or behaviours. Conditions include: PTSD, depression, anxiety, schizophrenia, and bipolar disorder
PTSD	An anxiety disorder caused by very stressful, frightening, or distressing events
Quadriplegia	See Tetraplegia



Rheumatoid arthritis	Long-term condition where the body's immune system targets affected joints causing pain, swelling and stiffness. The condition usually affects the hands, feet and wrists
Schizophrenia	Severe long-term mental health condition. It causes a range of different psychological symptoms. The person may not always be able to distinguish their own thoughts and ideas from reality
Scoliosis	Scoliosis is where the spine twists and curves to the side
Spasticity	Muscle control disorder that is characterised by tight or stiff muscles and an inability to control those muscles. In addition, reflexes may persist for too long and may be too strong
Stroke	Serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off
Tetraplegia	(Also known as quadriplegia) is paralysis caused by illness or injury that results in the partial or total loss of use of all four limbs and torso. The loss is usually sensory and motor, which means that both sensation and control are lost
Vision impairment	Vision impairment is a sensory impairment in which the loss of sight may be total or partial due to damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain

Note: The above list of impairments is not intended to be either exhaustive nor indicative of those impairments that could qualify as impairments for Paradragon purposes. Rather, the list simply sets out some descriptions of common impairments. The Para Athletes Commission is willing to extend the list to include other impairments and/or to consider alternative descriptions of impairments.