

Parafencing

Minimum Requirements for Safety and Function of Participants

Prospective Athletes should have these abilities:

SIT:

- 1) Sit unsupported without assistance in trunk or core support, and be able to raise one or both arms overhead.

REACH:

- 2) Have enough trunk control to enable a reach and return distance of at least 12 inches

HOLD:

- 3) Be able to hold a 2–3-pound weight, straight out in front for 2-3 minutes
- 4) Be able to grip and reasonably control a Foil, Saber or Epee with the involved hand

MOVE:

- 5) Be able to move shoulder, elbow and wrist with a full of range of motion on your involved side

ENDURE:

- 6) Be able to endure some cardiovascular exercise without dizziness

PROCESS:

- 7) Be cognitively able to follow multiple instructions and solve complex problems

SEE:

- 8) Have functional vision

PARTICIPATE:

- 9) With socially appropriate behavior and compartment

COMPETE:

- 10) With permission from a medical provider

ACCEPTANCE INTO THE PROGRAM WILL BE BASED ON AN IN-PERSON EVALUATION