

# Player Pathway for Athletes with Limb Impairment



**LimbPower is a national charity who supports both amputees and individuals born with limb impairments to engage in physical activity, sport and the arts to improve quality of life and to aid lifelong rehabilitation.**

LimbPower are a National Disability Sports Organisation, sitting alongside WheelPower, Cerebral Palsy Sport (CP Sport), Dwarf Sport, British Blind Sport

(BBS), UK Deaf Sport, Mencap Sport and Special Olympics Great Britain (SOGB).

This resource has been put together to support you in knowing where you can access physical activity and sport.

Sport is for all, whatever your ability. So where do you start, how do you access your first opportunity, how do you go back to a sport you previously played, how do you start that journey to achieve your own goals and ambitions?

This Player Pathway explains the different levels of participation, which organisations provide what opportunities and how you can access them.

This factsheet is accompanied by the Physical Activity and Sport matrices for upper limb amputees and for lower limb amputees. These are available on the LimbPower website [www.limbpower.com](http://www.limbpower.com)

<b>Entry Level</b>	<p>This could be your first experience of a new activity since acquiring an amputation or limb impairment, or the first time you have engaged in an activity as someone with a congenital limb difference, or the first time you have gone back to an activity you used to do before your limb impairment.</p> <p>These can be resources that advise you on how and where to do the activity, or accessing a workshop, class or event to build up your confidence and fitness to try an activity.</p> <p>These could be provided by LimbPower or the physiotherapy department at a local Prosthetic Limb Centre, or they could be provided by other sport, disability or health organisations.</p>
<b>Have-a-go</b>	<p>This level is about trying the activity, these are opportunities to try a new activity or revisit an old activity post amputation or limb impairment.</p> <p>These could be sports specific events, such as a tennis 'come and try' sessions, or they could be multisport activities.</p> <p>These opportunities could be provided by LimbPower or one of our partners, such as Para-dance UK. They could be run by an NGB, another partner NDSO or an Active Partnership.</p>
<b>Development</b>	<p>Joining a group or club can be a great way to have fun, socialise, improve your fitness and develop your skills and expertise.</p> <p>There are lots of clubs to suit all abilities, from disability clubs to main stream sports specific clubs.</p> <p><b>Competition</b> – You may have played the sport previously before acquiring your impairment or when you were younger but you are entering your first competition/ event now or you may be new to the sport. A good example is golf, where you may play in your first amputee competition event or you might play in your first competition run by the golf club you are a member of.</p>
<b>Talent</b>	<p>Talent is an individual's aptitude and potential to develop the skills to compete at an elite level in the chosen sport.</p> <p>Many National Governing Bodies of Sport will run Talent Identification events, these could be run independently or take place at a LimbPower Games. These NGBs will also attend events looking for future talent.</p> <p>The pinnacle in a lot of people's eyes are the Paralympics, though there are many other national and world championships you can take part in.</p>

## Glossary of Terms:

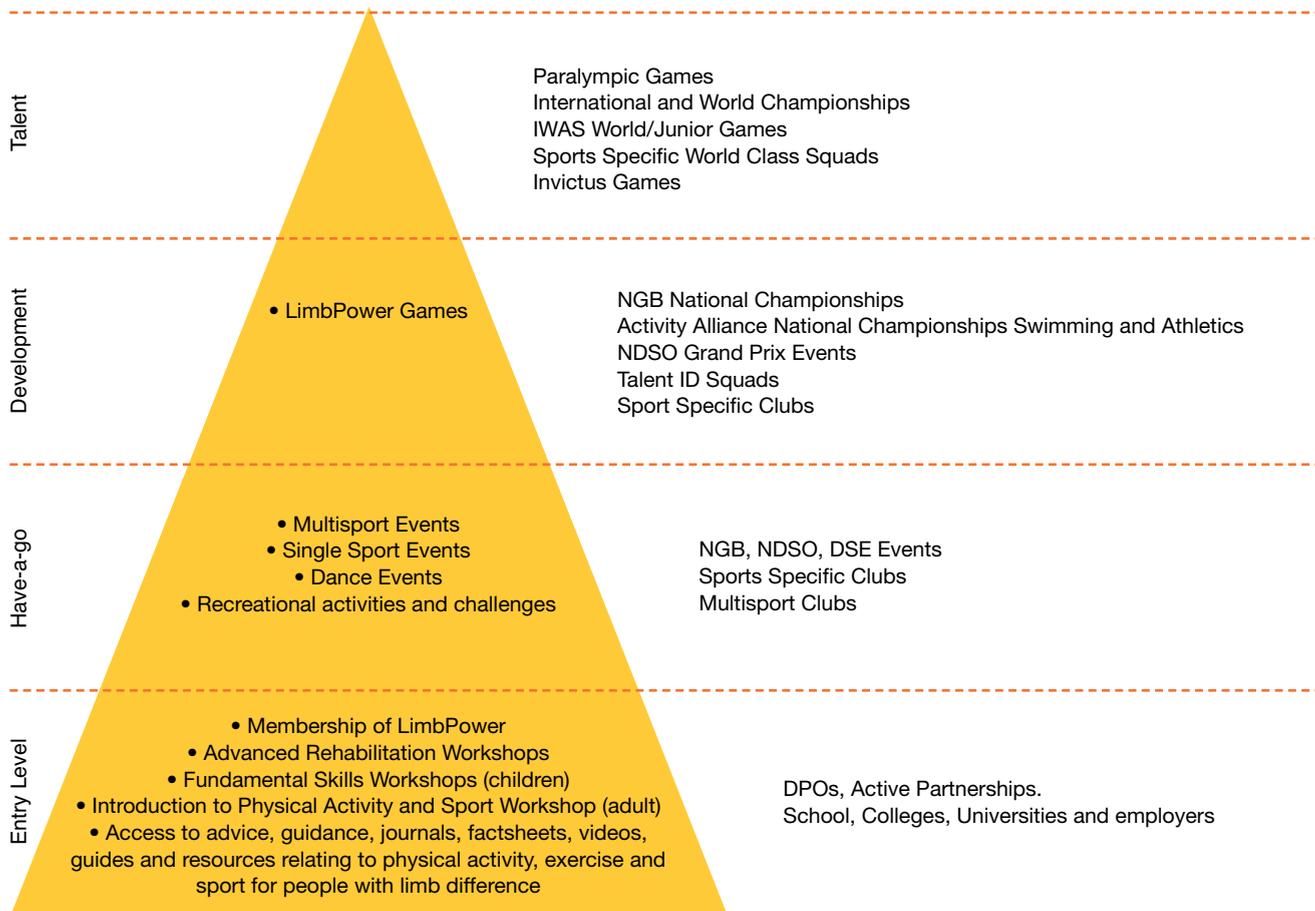
AA	Activity Alliance
AP's	Active Partnerships
NDSO	National Disability Sport Organisation
DSE	Disability Sport Events
DPO's	Disabled Peoples Organisations
IWAS	International Wheelchair and Amputee Sports Federation
NGB	National Governing Body of Sport

For more information about our work with children and engagement in school sport, please contact [carly@limbpower.com](mailto:carly@limbpower.com) or visit the Limbformation children and families website [www.limbformation.com](http://www.limbformation.com)

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## Limb Impaired Player Pathway



EXTERNAL OPPORTUNITIES AND ENTRY/EXIT POINTS FOR/FROM AMPUTEE AND LIMB IMPAIRED PLAYER PATHWAYS

## Sports Classification

Classification is a structure for competition in sport for disabled people. Other systems or competitions are based on gender, age and weight. In sport for disabled people classification is based on impairment and its impact on the outcome of competition.

To take part in sport or LimbPower events you do not need a classification, however Individuals with an amputation or limb impairment require a sports classification in order to compete in:

1) Some amputee sports (sport between people who have a limb impairment) are grouped according to the number of limbs involved and the degree of function.

2) Paralympic or pan-disability sport (sport between people who have a range of different impairments) where athletes compete in categories based upon functional ability.

You can read more about classification here or speak with the National Governing Body of your sport:

- Layman's Guide to Paralympic Classification [https://www.paralympic.org/sites/default/files/document/120716152047682\\_ClassificationGuide\\_1.pdf](https://www.paralympic.org/sites/default/files/document/120716152047682_ClassificationGuide_1.pdf)
- International Paralympic Committee (IPC) Classification <https://www.paralympic.org/classification>

LimbPower can point amputees and individuals with limb impairment in the right direction to access physical activity and sport so please contact our Sports Development Officer on: **07503 030702** or email [andy@limbpower.com](mailto:andy@limbpower.com).

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LimbPower exists to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation. To find out more about how we can help you, visit our website. LimbPower is a Limited Company No. 09513024 Charity No 1132829

