**WEB LINKS PAGE at Dec 2015 /SJC**

[**http://parasport.org.uk/find-a-sport/**](http://parasport.org.uk/find-a-sport/)

**A quick guide to sports available to various disability groups.**

[**http://www.paralympic.org/sites/default/files/document/120716152047682\_classificationguide\_2.pdf**](http://www.paralympic.org/sites/default/files/document/120716152047682_classificationguide_2.pdf)

**A longer guide to which classifications compete in which sports.**

[**http://www.paralympic.org/classification**](http://www.paralympic.org/classification)

**An introduction to the classifications system necessary to compete in international sport for disabled competitors.**

[**http://www.paralympic.org/swimming/classification**](http://www.paralympic.org/swimming/classification)

**A guide to classification for disabled swimming competition.**

[**https://en.wikipedia.org/wiki/T20\_(classification)**](https://en.wikipedia.org/wiki/T20_%28classification%29)

**An explanation (Australian but still valid) of the classification of intellectual disability (includes autism).**

[**http://www.bps.org.uk/sites/default/files/images/bps\_eligibility\_classification\_paper\_jb.pdf**](http://www.bps.org.uk/sites/default/files/images/bps_eligibility_classification_paper_jb.pdf)

**also** [**http://www.inas.org/member-services/eligibility-and-classification**](http://www.inas.org/member-services/eligibility-and-classification)

**Intellectual disability (includes autism) has been in and out of international competition due to the difficulty of testing. These web pages give more detailed information.**

[**http://www.swimming.org/go/disability**](http://www.swimming.org/go/disability)

**To improve performance to an elite level it is necessary to swim often. Joining a mainstream club (maybe as well as a disability club and/or school club) will give you the opportunity to develop alongside mainstream swimmers. To take part in ASA competition you need to be registered with an ASA number. This is not necessary for disability club competitions.**