

## Para classification hub

### What to expect at your athlete evaluation

#### Getting classified

Deciding to progress with your para equestrian journey is a big decision and getting classified can feel like a daunting process, but we're here to help you through every step.

The physical assessment, known as an athlete evaluation, is stage two of your national classification journey. Once your [application](#) has been processed and it's been confirmed that you have an eligible medical condition (stage one), you'll be invited to a classification hub for an athlete evaluation. This is to determine which grade will be the best fit for you to compete in, based on how your physical impairments impact your ability while riding or driving. Your grade will enable you to compete in para competitions against others who are impacted by their impairments on a similar level.

#### Classification hub

Classification hubs take place at different venues across the country throughout the year. Our classifiers will ensure the allocated room at the venue is set up with a chair and a physio bed for evaluations to be carried out. There will be two classifiers present for the appointment, with one completing the evaluation and the other assisting and making notes.

There is often confusion around the need to ride for this assessment to take place, however, you do not need to bring or ride a horse, this assessment focusses only on the rider/ driver. We recommend you wear clothes that are comfortable and loose fitting.

You can be joined by one other person during the appointment if you wish, for example a friend, relative, or support person. If you are a minor or have an intellectual impairment you must be accompanied.

## **The appointment**

The appointment begins with questions about your general mobility, impairments, and feelings regarding your impairments and ability to ride or drive.

After this, the physical evaluation will take place. You'll be asked to complete a range of different movements, isolating specific muscle groups and areas to measure your power, coordination and/or range of movement. Each evaluation is focused on a specific area of your body:

- the head and neck
- trunk and pelvis
- left arm
- right arm
- left leg
- right leg.

Each physical movement is given a score based on the functional impairment, with all variables considered. At the end, these scores are collated and used to determine the most suitable grade for you.

One appointment can take between 45 minutes to an hour and half. You might find it tiring because it requires concentration and your best effort to generate specific movements, which may feel unusual. You'll never be asked to complete a movement outside of your range, but some movements may still feel difficult or uncomfortable, so it is important to communicate this with the classifiers.

## **After the appointment**

You will be contacted after a maximum of three weeks with the results, depending on the nature of the application.

Further details of a classification hub are included in the [BEF National classification rules](#). You will be sent full joining instructions ahead of your appointment, which will include details of location, time, date, recommended clothing and other relevant information.