

# Paralympics Fact File

## All About Swimming

### What is Swimming in the Paralympic Games?

Swimming is one of the biggest sports at the Paralympic games, due to the number of events and competitors.

Team GB have performed very well in previous Paralympic games; at London 2012, Team GB won 39 medals in total.

British athlete Ellie Simmonds won two gold medals at the age of just 13 in Beijing 2008; she followed these achievements in London 2012 by winning four medals, two of which were gold.

Athletes with any physical or sensory impairments can compete. There are categories for athletes with visual impairments, other physical impairments and athletes with a learning disability.

### The Rules

- Athletes can compete in events such as: Freestyle, Backstroke, Butterfly and Breaststroke, ranging from 50 metre distances up to 400 metres.
- All races take place in a 50 metre pool.
- Starting takes place in a variety of different ways – from in the water, from a standing start, a dive start or athletes can start from sitting on a starting platform.
- Swimming rules are very similar to those for the Olympic Games.



### Facts About Paralympic Swimming:

- Swimming first appeared as a Paralympic sport in 1976 in Toronto.
- In the London 2012 Games, Chinese athletes were at the top of the medal table for swimming, followed by Australia and the Ukraine. Team GB stood in 7<sup>th</sup> place, achieving 7 gold, 16 silver and 16 bronze medals!
- Jonathan Fox won Team GB's first gold medal in swimming on the first day of the London 2012 Paralympic Games.
- In Rio 2016 Great Britain took home 16 gold medals, 16 silver medals and 15 bronze medals. Overall they were ranked 3<sup>rd</sup> in the medal standings.