SPORT IS FOR EVERYONE.

PARASPORT IN NOVA SCOTIA

Information Booklet

2027



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This booklet was developed as a resource to be dispersed in community to educate professionals and families on how to get involved in parasport in Nova Scotia. The hope is that healthcare professionals, teachers, disability organizations and other professionals who work directly with persons living with a disability will be able to share this guide widely across the province to increase the awareness of, and participation in parasport programs in Nova Scotia.

This guide is accurate as of November 2026. For complete up to date information on programs available across Nova Scotia, visit **www.sportnovascotia.com/parasport**

Any questions please contact **parasport@sportnovascotia.ca**



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WHAT IS PARASPORT?

Parasports are sports that are designed for persons living with a disability. Parasports can be played both competitively all the way up to the Paralympic level, but also recreationally for fun in your own community!



Parasports can be offered in many different forms. Some are offered as a stand-alone program (all players have similar disabilities) such as Goalball, and some are integrated programs (a mix of players living with a disability and abled-bodied players) such as Athletics and Swimming. Many sports use a classification system that puts athletes with similar mobility on an even playing field with each other.

While designed for persons living with a disability, many parasports can be played by people of any age or ability, living with or without a disability. They create a level playing field where athletes of all abilities can play together.

WHO CAN PARTICIPATE IN PARASPORT?

Parasports are sports tailored for persons living with a disability, and are intended to ensure sport opportunities are available to everyone.

There are parasports that are suitable for anyone, regardless of their physical ability. Whether that is Boccia, Wheelchair Basketball, or Goalball, there are sports available for those with physical or visual disabilities of any level.

Some disabilities that are frequently seen in parasports are [1];

- **Amputees and Limb Length Differences**
- **Spinal Cord Injuries**
- **Cerebral Palsy**
- **Muscular Dystrophy**
- **Traumatic Brain Injuries**
- **Visual Impairments**
- **And Many Others!**

The biggest takeaway is that regardless of an individual's disability, there is a parasport that they can participate in and experience all of the positive benefits of sport.

Even if you do not live with a disability, some team parasports such as Wheelchair Basketball and Para (Sledge) Hockey can be played by able-bodied players, and participants of all abilities are encouraged to play!

[1] Canadian Disability Participation Project 2.0 (2024)

WHY PARTICIPATE IN PARASPORT?

Everyone has the right to have the opportunity to participate in sport. Sport and physical activity helps maintain the mental and physical health of Nova Scotians, strengthens our communities, and positively contributes to our overall quality of life. We want to encourage all Nova Scotians to become more involved in sport, regardless of their ability.

Participants in sport experience a number of benefits including:

AUTONOMY

having the ability to make choices

BELONGINGNESS

being part of a group

CHALLENGE

being challenged

ENGAGEMENT

feeling involved

MASTERY

experiencing success

MEANING

evoking personal relevance



Parasport programs ensure that the benefits of sport are accessible to those of all abilities. No matter someone's physical ability, there are sports available for them that are safe, fun, and fulfilling that will allow participants to experience the positive benefits of sport.

WHY PARTICIPATE IN PARASPORT?

Children with disabilities often do not get enough exercise to maintain a healthy lifestyle. In fact, 38% of Canadian children with a disability never get exercise after school, compared to only 10% of able-bodied children who never get after-school exercise [2]. The benefits of physical activity are often MORE important to individuals with a disability.

What can YOU do as a parent, teacher or healthcare professional working with children living with a disability? Family members, teachers and healthcare professionals typically have the biggest impact on whether a child with a disability participates in sport.

You can support participation by persons living with a disability by:



This information packet includes all the information you need to *Inform, Encourage* and *Discover* what parasports are available across Nova Scotia. Now you just need to *Take Action* and *Have Fun!*

[2] Canadian Active After School Partnership (2014)

HOW TO GET STARTED IN PARASPORT?

In Nova Scotia, parasports are governed by the Provincial Sport Organization (PSO) for each individual sport in the province. Individual programs are then run by a variety of community organizations across the province. There are sport programs for persons of all abilities across Nova Scotia from the grassroots to the Paralympic level.

To get involved in a parasport for the first time in Nova Scotia there are 2 main options;

1) ATTEND A TRY-IT SESSION

Municipalities, Provincial Sport Organizations (PSO's) and Community Organizations hold Try-It sessions in various communities across Nova Scotia on a regular basis. Try-It sessions can sometimes be for a single parasport, or include multiple parasports together for participants to try!

To find information on upcoming Try-It sessions, visit the Sport Nova Scotia Facebook page where we share parasport events happening around Nova Scotia on a monthly basis!





2) ATTEND A PROGRAM IN YOUR COMMUNITY

The easiest way to try a parasport for the 1st time in Nova Scotia is to *reach out to a local community program in your area to attend one of their sessions to try it out!*

Programs are always looking for new athletes, and practically all the parasport programs in Nova Scotia allow new prospective players to attend sessions, no commitment required, to see if they like the sport!

A list of the programs and contacts in each community can be found on pages 18 to 27.

PARASPORT COMPETITIVE PATHWAYS

For athletes striving to compete at the highest level, international competition for sports can be roughly grouped into 4 categories.

OLYMPICS

Able-Bodied Athletes

PARALYMPICS

Athletes With Physical & Visual Disabilities
(Also Limited Intellectual Disabilities)

ADAPTIVE SPORTS

Sports for Athletes
of All Abilities

SPECIAL OLYMPICS

Athletes With
Intellectual Disabilities

When referring to parasport in Nova Scotia, this includes the **Paralympic and Adaptive Sports streams**. These fall under the programs outlined in this guide. Special Olympics programs for athletes with Intellectual Disabilities are run by Special Olympics Nova Scotia.

For Para athletes who are participating in a Paralympic sport with their local community program, and who are interested in competing at a higher level - the 1st step would be to reach out to the Provincial Sport Organization (PSO) for your sport about Provincial Team Programs. Contacts for each PSO can be found at www.sportnovascotia.ca/parasport or at the QR code to the right.



PARASPORT CLASSIFICATION

Classification is the system in parasports that determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition. This, to a certain extent, is similar to grouping athletes by age, gender or weight.

In order to compete at a National level or above, Para athletes go through a classification evaluation that groups them into their "sport class," according to their physical, intellectual, and/or sensorial function in a sport. These include standardized tests performed by the athlete and assessed by a classification panel.

It is important to remember that **recreational athletes and those participating at the community level in any parasport DO NOT HAVE TO complete or worry about classification**! It is solely a way to group athletes of similar abilities at the competitive level.

For more information on sport specific classification, you can visit www.paralympic.ca/sports/classification/

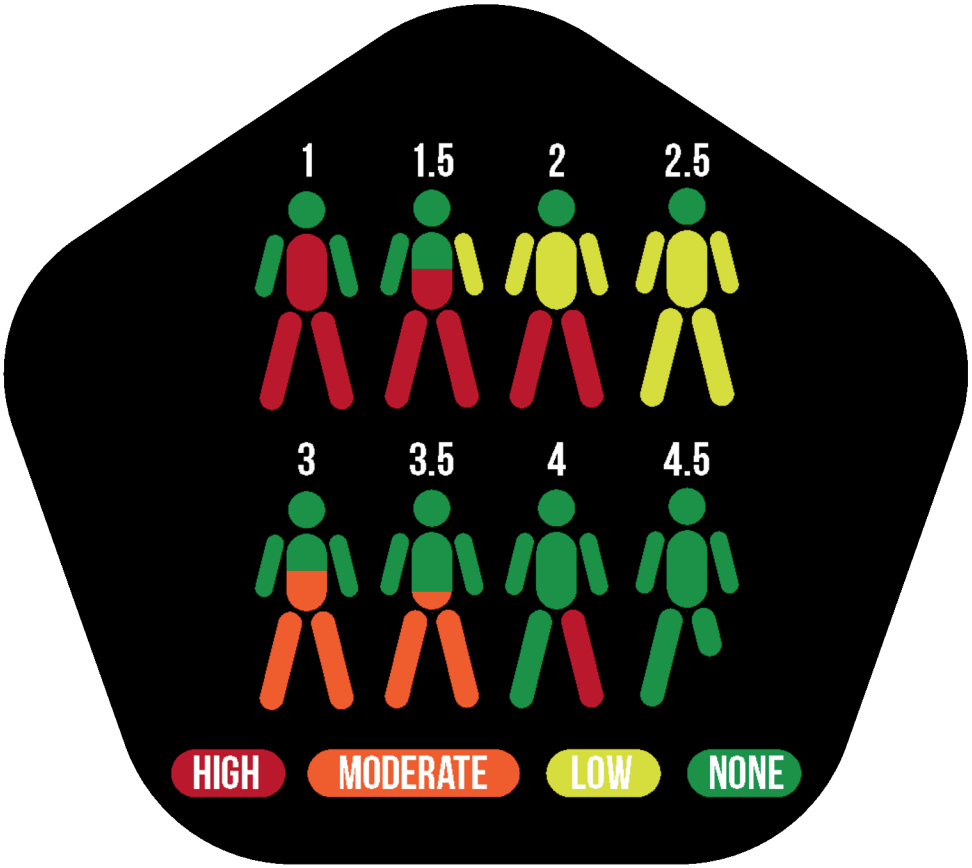


PARASPORT CLASSIFICATION

Each parasport has it's own classification system depending on sport specific needs. See the following 2 pages for examples from a team sport and an individual sport.

Wheelchair Basketball

Players in Wheelchair Basketball are given a Sport Class which ranges from 1.0 to 4.5. Lower class athletes are more limited in their functional skills. Athletes assigned to higher classes have few if any limitations. The total number of points allowed on court at any time is 14.0.



PARASPORT CLASSIFICATION

Para Athletics
In Para athletics the sport class consists of a prefix “T” or “F” and a number. The prefix T stands for “Track”, and F stands for “Field”. Classes are divided in terms of impairment type (indicated by the first digit) and description of impairment (indicated by the second digit).

First Letter Represents:
T/F TRACK OR FIELD
Typically T identifies a track event and F for a field event. There are certain exceptions (i.e. Long Jump is a T event)

First Number Represents:
1-7 IMPAIRMENT TYPE
1 = Visual Impairment
2 = Intellectual Impairment
3 = Co-ordination Impairment
4 = Upper Limb Deficiencies; Lower Limb Deficiencies without the use of prosthetic; short stature
5 = Impaired muscle power or range of movement
6 = Limb deficiencies with the use of prosthetic
7 = Severe motor and coordination impairments

Second Number Represents:
1-8 DESCRIPTION OF IMPAIRMENT
The number 1 through 8 specifies the description of the impairment as per the classification rules

PARASPORTS AVAILABLE IN NOVA SCOTIA

There are 31 parasports available across Nova Scotia! Some of these sports are solely recreational, whereas others have pathways all the way to the Paralympics. Check out the following icons to see the range of parasports offered in Nova Scotia.



BOCCIA



BASEBALL



PARA CYCLING



PARA JUDO



GOALBALL



PARA ARCHERY



PARA ROWING



PARA SAIL



PARA SWIM

PARASPORTS AVAILABLE IN NOVA SCOTIA



PARA WATERSKI



POWERCHAIR SOCCER



WHEELCHAIR BASKETBALL



WHEELCHAIR TENNIS



PARA SKI



BLIND HOCKEY



PARA HOCKEY



PARA NORDIC



PARA SNOWBOARD



PARA ATHLETICS



PARACANOE



PARA EQUESTRIAN

PARASPORTS AVAILABLE IN NOVA SCOTIA



PARA POWERLIFTING



WHEELCHAIR RUGBY



SPEED SLEDGE



PARA KARATE



SITTING VOLLEYBALL



WHEELCHAIR CURLING



PARA GOLF



PARA SQUASH



WHEELCHAIR PICKLEBALL

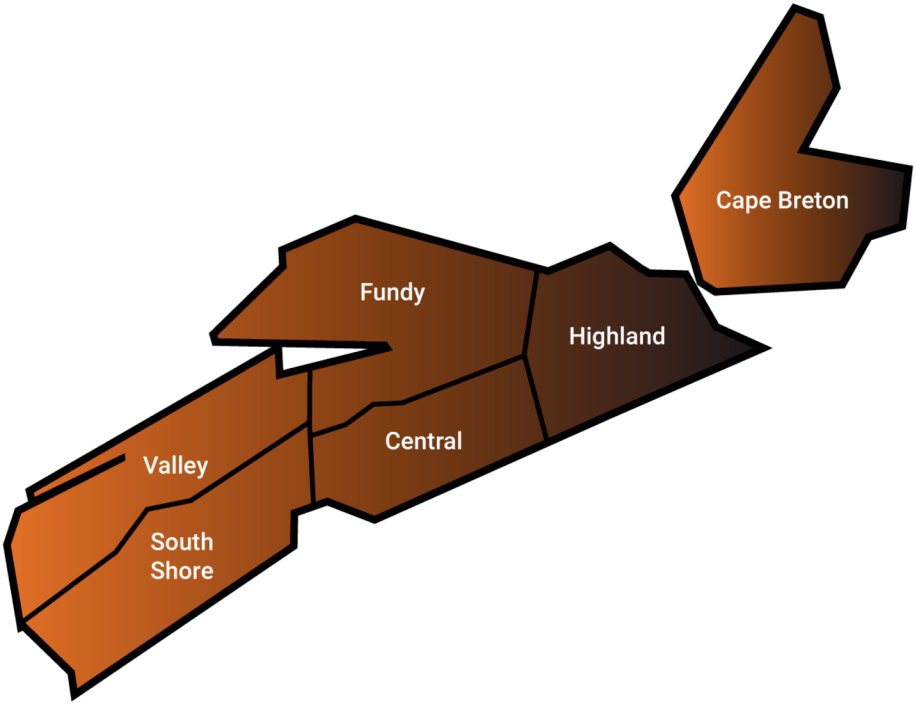


PARA BOXING

For more in depth information on each sport and program locations, visit www.sportnovascotia.ca/parasport or follow the QR code to the right. You can also see what sports are available in each region of Nova Scotia on pages 18 - 27.

REGIONAL OVERVIEWS

Each region of Nova Scotia has different parasports available in various communities depending on the facilities and organizations that operate in each region. Over the next 9 pages you can find which parasports are available in each region of Nova Scotia, and what communities they take place in.



Cape Breton: Cape Breton Island
Central: Halifax Regional Municipality
Fundy: East Hants, Cumberland and Colchester County
Highland: Counties of Guysborough, Antigonish and Pictou
South Shore: Counties of Yarmouth, Shelburne, Queens, Lunenburg, and Argyle
Valley: West Hants, Kings, Annapolis, Clare and Digby County

PARASPORTS IN CAPE BRETON

Did you know there are tons of parasport programs available across Cape Breton? See the list of all the programs available in Cape Breton below, and find info on how to register by following the QR code to the right!

Sport	Organization	Location
Wheelchair Basketball	Basketball Cape Breton	Cape Breton University, Sydney
Para Hockey - Adult	Cape Breton Sledgehammers	Cape Breton University, Sydney
Para Hockey - Youth	Glace Bay Minor Hockey	Cape Breton University, Sydney
Wheelchair Curling	Sydney Curling Club	Sydney Curling Club, Sydney
Ski & Snowboard	CADS - Ski Ben Eoin	Ski Ben Eoin, Ben Eoin
Ski & Snowboard	CADS - Ski Cape Smokey	Ski Cape Smokey, Ingonish
Para Sailing	Northern Yacht Club	Northern Yacht Club, North Sydney
Para Boxing	Memebertou Boxing Club	Membertou
Para Athletics	Cape Breton University	Cape Breton University, Sydney
Para Athletics	Inverness County Athletics	Inverness

PARASPORTS IN THE CENTRAL REGION

Did you know there are tons of parasport programs available across Halifax? See the list of all the programs available in the Central Region below, and find info on how to register by following the QR code to the right!

Sport	Organization	Location
Wheelchair Tennis	Tennis NS	Atlantic Tennis Centre, Bedford
Goalball	Blind Sport NS	George Dixon Centre, Halifax
Paracanoe	Maskwa Aquatic Club	Kearney Lake, Halifax
Wheelchair Basketball	Halifax Wheelchair Basketball Club	Kings College, Halifax
Boccia	Boccia NS	Northwood, Halifax
Powerchair Soccer	Halifax Rec	St Andrews Community Centre, Halifax
Para Hockey - Youth	Bedford Minor Hockey	Greenfoot Energy Centre, Halifax
Para Hockey - Adult	Halifax Sledge Grinders	Greenfoot Energy Centre, Halifax
Wheelchair Curling	Lakeshore Curling Club	Sackville Sports Complex, Sackville
Para Athletics	Athletics East	Beazley Field, Dartmouth

PARASPORTS IN THE CENTRAL REGION

Sport	Organization	Location
Para Waterski	Waterski NS	Morris Lake, Cole Harbour
Challenger Baseball	Challenger Baseball NS	Dartmouth
Blind Cycling	Blind Sports NS	Halifax
Speed Sledge	Dartmouth Speed Skating Club	RBC Centre, Dartmouth
Learn to Wheel	Easter Seals NS	St Andrews Community Centre, Halifax
Learn to Sledge	Easter Seals NS	Greenfoot Energy Centre, Bedford
Para Ski	CADS NS	Ski Martock, Windsor
Para Snowboard	Maritime Jibbers Snowboard Club	Ski Wentworth, Wentworth
Para Swim	Halifax Trojans	Dalhousie Pool, Halifax
Paracanoe	Cheema Aquatic Club	Waverley
Para Archery	Osprey Archery Club	Osprey Archery Club, Halifax
Para Equestrian	Halifax Lancers	Halifax Commons, Halifax

PARASPORTS IN THE CENTRAL REGION

Sport	Organization	Location
Blind Hockey	Nova Scotia Blind Hockey	Saint Mary's University, Halifax
Para Powerlifting	Raw Power	360Fit, Dartmouth
Para Nordic	Scotia XC	Halifax
Para Karate	Murphy's Karate	Canada Games Centre, Halifax
Sit Volleyball	Volleyball NS	Canada Games Centre, Halifax
Para Golf	Golf NS	Rosevale Golf Club, Windsor
Wheelchair Rugby	Enfield Rugby Club	Shearwater Gym, Shearwater
Para Squash	Squash NS	Cole Harbour Place, Cole Harbour
Para Sail	Sailable NS	Royal Yacht Squadron, Halifax
Para Sail	Bedford Basin Yacht Club	Bedford Basin Yacht Club, Bedford
Para Sail	St Margaret's Bay Sailing Club	St Margaret's Sailing Club, Tantallon
Wheelchair Curling	Mayflower Curling Club	Mayflower Curling Club, Tantallon

PARASPORTS IN THE FUNDY REGION

Did you know there are tons of parasport programs available across the Fundy Region? See the list of all the programs available in the Fundy Region above or by following the QR code to the right!

Sport	Organization	Location
Wheelchair Basketball	Colchester Minor Basketball	South Colchester Academy, Brookfield
Para Hockey	Town of Truro	Colchester Legion Stadium, Truro
Para Snowboard	Maritime Jibbers Snowboard Club	Ski Wentworth, Wentworth
Para Ski	CADS Nova Scotia	Ski Wentworth, Wentworth
Wheelchair Tennis	Truro Tennis Club	Victoria Park, Truro
Para Hockey	Municipality of Cumberland	Parrsboro Lions Arena, Parrsboro
Para Athletics	Truro Lions	TAAC Grounds, Truro

PARASPORTS IN THE HIGHLAND REGION

Did you know there are tons of parasport programs available across the Highland Region? See the list of all the programs available in the Highland Region above or by following the QR code to the right!

Sport	Organization	Location
Wheelchair Basketball	Pictou County Raptors	Northumberland High School, Alma
Para Hockey	Antigonish Minor Hockey	St FX Arena, Antigonish
Wheelchair Curling	Bluenose Curling Club	Bluenose Curling Club, New Glasgow
Wheelchair Pickleball	Pictou County YMCA	Pictou County Wellness Centre, New Glasgow
Para Snowboard	Maritime Jibbers Snowboard Club	Keppoch Mountain, Antigonish
Para Hockey	Pictou County Minor Hockey	Pictou County Wellness Centre, New Glasgow
Para Boxing	Westville Boxing Club	Westville
Para Athletics	Pictou County Athletics	Pioneer Coal Athletic Field, Stellarton
Boccia	Town of Westville	Westville Community Place, Westville

PARASPORTS IN THE SOUTH SHORE REGION

Did you know there are tons of parasport programs available across the South Shore Region? See the list of all the programs available in the South Shore above or by following the QR code to the right!

Sport	Organization	Location
Wheelchair Basketball	Municipality of the District of Lunenburg	Lunenburg Community Centre, Lunenburg
Para Hockey	South Shore Ice Storm	LCLC, Bridgewater
Para Sail	Lunenburg Yacht Club	Lunenburg Yacht Club, Lunenburg
Adaptive Kayaking	Southwest Paddling Association	Lake Milo, Yarmouth
Boccia	Easter Seals	Mariners Centre, Yarmouth
Para Hockey	Easter Seals	Mariners Centre, Yarmouth
Wheelchair Basketball	Easter Seals	Mariners Centre, Yarmouth
Para Equestrian	Society for Equine Assisted Services NS	SEASNS, Blockhouse
Wheelchair Curling	Barrington Curling Club	Barrington Curling Club, Barrington

PARASPORTS IN THE VALLEY

Did you know there are tons of parasport programs available across the Valley? See the list of all the programs available in the Valley above or by following the QR code to the right!

Sport	Organization	Location
Para Hockey	Para PowerPlay	Middleton Arena, Middleton
Wheelchair Basketball	Annapolis Valley Wheelchair Basketball	Greenwood Community Centre, Greenwood
Wheelchair Curling	Glooscap Curling Club	Glooscap Curling Club, Kentville
Para Snowboard	Maritime Jibbers Snowboard Club	Ski Martock, Windsor
Wheelchair Tennis	Kentville Tennis Club	Memorial Park, Kentville
Para Equestrian	Free Spirit Therapeutic Riding	Rohan Wood Stables, Aylesford
Para Ski	CADS Nova Scotia – Martock	Ski Martock, Windsor

PARASPORTS IN THE VALLEY

Sport	Organization	Location
Para Hockey	Para PowerPlay	Digby Arena, Digby
Speed Sledge	Southwest Nova Speed Skating Club	Digby Arena, Digby
Boccia	Town of Kentville	Kentville Town Hall, Kentville
Goalball	Para PowerPlay	Greenwood Community Centre, Greenwood
Para Archery	Veteran Farm Project	Veteran Farm Project, Windsor
Para Canoe	Pisiquid Canoe Club	Pisiquid Canoe Club, Windsor
Para Athletics	Crown Athletics	Kings Edgehill School, Windsor
Para Swimming	Highlanders Swim Team	Kings Edgehill School, Windsor
Para Archery	Annapolis East Archery Club	1136 Lily Lake Rd, Middleton

FREQUENTLY ASKED QUESTIONS

Do you need to have a specific disability to participate in parasport programs?

NO! Parasports are designed to create a more inclusive and accessible sport environment. This means that at a recreational level they are open to participants of all abilities! Depending on your ability, certain sports may provide a better experience than others. You can check out each parasport offered in Nova Scotia at www.sportnovascotia.ca/parasport to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

** At competitive National levels and above all parasports have classification systems to group similar abilities together for competition*

How do I register for a program?

Parasport programs **are not** provided directly by Sport Nova Scotia, but by a variety of different organizations across the province. Each organization has their own registration process, but a centralized list of programs, links to register, and contact info can be found at www.sportnovascotia.ca/parasport! If you are having trouble finding the info for a specific sport program, you can reach out to parasport@sportnovascotia.ca to get started!

I don't know what sport would be a good fit for me/ my child?

You can check out each parasport offered in Nova Scotia at www.sportnovascotia.ca/parasport to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

Is there a parasport program in my community?

There are parasport programs offered in communities all across Nova Scotia! You can find a list of available programs at www.sportnovascotia.ca/parasport!

FREQUENTLY ASKED QUESTIONS

What is the cost?

Cost varies program to program depending on the organization providing the program. Most parasport programs in Nova Scotia are low to no cost to register at the community level! If cost is a barrier, there are funding options such as KidSport available - https://kidsportcanada.ca/nova-scotia/provincial-fund/. There are also a number of Municipalities across the province that offer subsidies for sport registration fees for youth.

Are there any options if there are no programs in my community?

Yes! Sport Nova Scotia offers the Parasport Loan Program which loans out the equipment, training and resources for a selection of parasports to eligible organizations to trial them in new communities. To find more info on this program visit www.sportnovascotia.ca/funding-programs-and-eligibility or email parasport@sportnovascotia.ca

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Do I need to have my own equipment?

It varies program by program depending on the organization providing the program, but for the vast majority of programs - NO! Most community level programs provide any specialized equipment such as sport chairs, specialized balls, etc as part of the program.



FUNDING SUPPORTS - INDIVIDUALS

Funding opportunities available for Para Athletes in Nova Scotia.

Individual Para Athlete Classification Assistance Program
The purpose of the Nova Scotia Individual Para Athlete Classification Assistance program is to provide direct financial assistance to Nova Scotia parasport athletes who are excelling at the Provincial level and have the potential to achieve significant results at the National and/or International level, but who need to travel outside Nova Scotia to be classified.

Nova Scotia Athlete Assistance Program
The purpose of the Nova Scotia Athlete Assistance Program (NSAAP) is to provide direct financial assistance to Nova Scotia athletes who have achieved significant results at the National and/or International level in their pursuit of excellence.

Kidsport
KidSport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport. KidSport Nova Scotia provides funding of up to $500/year/child for sport registration and/or equipment. In operation since 1994, KidSport Nova Scotia has assisted over 31,000 children totaling over $7.7 Million.

Jumpstart Individual Child Grant
The Canadian Tire Jumpstart program strives to reduce financial barriers to sports participation for youth by providing financial assistance to get kids into a sport or physical activity. Jumpstart provides funding of up to $600/year/child for sport registration, with a maximum of $300 per application.

Challenged Athlete Fund
CAF's flagship grant program aims to remove barriers between adaptive athletes and their pursuit of sport and fitness. Individuals worldwide with permanent physical disabilities are eligible to apply for the CAF Annual grant. This application opens every Fall and grants are awarded the following Spring.

High Fives Foundation Empowerment Fund
The High Fives Foundation's Empowerment Fund offers two grant cycles each year, designed to support individuals recovering from life-altering injuries in pursuing goals related to outdoor adventure sports, and can be used to purchase adaptive sports equipment.

FUNDING SUPPORTS - ORGANIZATIONS

Funding opportunities available for Community Parasport Programs in Nova Scotia.

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EDIA Funding
EDIA Funding is available to Community Sport Organizations (CSO's), Municipalities, and any organization registered with NS Joint Stocks involved in sport, and is designated to be used to reduce barriers for quality sport programs for underrepresented groups. Eligible expenses for parasport programs could include purchasing adapted equipment, facility rental costs, or leadership training.

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Parasport Loan Program
The Parasport Program Loan is available to eligible organizations and offers an avenue for Community Organizations to deliver parasport programs on a trial basis in communities around the province.

Successful applicants will receive all required equipment, volunteer training and program guides for 1 of 7 available parasports to run a 6 week trial program in their community, at no cost to them.

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SportFund
This grant is designed to support Community Sport Organizations in their efforts to increase participation in sport. The fund will support projects that are intended to increase sustainable quality participation based sport programs to a maximum of $5,000. This may include the expansion of existing programs or new programs.

Paralympic Sport Development Fund
The Paralympic Sport Development Fund provides grants for local sport organizations, clubs, and programs that help athletes along their development pathway and can be used for items such as recruitment initiatives, coaching, equipment, competition and more. Funds can be used to support the creation of a new program, or the expansion of an existing successful initiative.

Jumpstart Bon départ

Jumpstart Community Development Grant
Jumpstarts Community Development Grants have two funding streams. The operational stream assists organizations with operational and administrative costs, while the programming stream helps organizations develop or sustain sports and recreational programming for kids aged 4-18 in financial need and youth with disabilities between the ages of 4-25.

CCTH

CCTH Community Access-Ability Program
The Community ACCESS-Ability Program Program offers cost-shared grants to community groups for accessibility related capital infrastructure improvements. The grants cover up to two-thirds of the direct and indirect costs of renovations, installations, and/or equipment to a maximum of $50,000.


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