

Sport Stratification Resource

Able Bodied

Winter Sports		
Contact, Collision or Combative (CCC)	Non Contact	High Risk
Ice Hockey	Long track speed skating	Short track speed skating
Ringette	Curling	Ski jumping
Freestyle snowboard (slopestyle, big air, half pipe, cross, parallel giant slalom)	Biathlon	Sledding sports (Bobsleigh, luge, skeleton)
Freestyle skiing (slopestyle, big air, half pipe, aerials, moguls, cross)	Cross country skiing	Alpine skiing
		Nordic combined
		Figure skating

Summer Sports

Summer Sports		
Contact, Collision or Combative (CCC)	Non Contact	High Risk
Box Lacrosse	Baseball-Softball	Canoe Kayak (Slalom)
Basketball	Athletics (all except Pole Vault and High Jump)	Athletics (Pole Vault and High Jump)
Waterpolo	Beach Volleyball	Diving
American Football	Canoe Kayak (Sprint)	Triathlon
Rugby (Sevens & Fifteens)	Rowing	Equestrian - Jumping Events
Soccer	Golf	Modern pentathlon
Wrestling	Archery	Artistic Swimming

Combative Sports (Boxing, Judo, Taekwondo, Karate, MMA)	Swimming	Cycling (Mountain Biking, Road, BMX, Track)
Contact, Collision or Combative (CCC)	Non Contact	High Risk
Field Hockey	Tennis	Artistic Gymnastics
Handball	Sailing	Trampoline Gymnastics
Volleyball	Bowling	Skateboarding
	Rhythmic Gymnastics	Sport Climbing
	Badminton	Cheerleading
	Squash	Surfing
	Table Tennis	
	Equestrian- Dressage	
	Fencing	
	Cricket	
	Weightlifting	
	Marathon- swimming & running	
	Shooting	

Para Sport

Winter Sports		
Contact, Collision or Combative (CCC)	Non Contact	High Risk
Para Ice Hockey	Para Biathlon	Para Alpine Skiing
	Para Cross Country Skiing	Para Snowboarding
	Wheelchair Curling	
Summer Sports		
Contact, Collision or Combative (CCC)	Non Contact	High Risk
Wheelchair Basketball	Archery	Para Triathlon
Wheelchair Rugby	Athletics	Para Cycling
Judo	Badminton	
Football 5-a-side	Boccia	
Taekwondo	Canoe	
	Sitting Volleyball	
	Goalball	
	Powerlifting	
	Rowing	
	Shooting Para Sport	
	Swimming	
	Table tennis	
	Equestrian	

	Wheelchair Fencing	
	Wheelchair Tennis	

Defining Sport Categories

Contact- Collision- Combative (CCC)*:

Contact: Sports where athletes contact one another with the intention to tackle the opponent to the ground or knock them off their feet.

Collision: Sports where athletes are interspersed on the playing field, and body contact is common.

Combative: Sports where individual athletes compete to take down their opponent into submissive or vulnerable positions.

**A minimum of 75 hours are required in either a contact, collision or combative sport to challenge the oral/practical component of Sport Physiotherapy Canada's (SPC) Certificate & Diploma Credential Program examinations.*

Non-Contact:

Individual or team sports where body contact or interference of an opposing player is against the rules of the sport and contact with other objects/surfaces is unlikely.

High Risk:

Sports often perceived as having a high degree of inherent risk due to potential for contact with other individuals, objects, projectiles and/or surfaces and may also involve exposure to high speeds, heights, depths and/or environmental variables which significantly increases risk of physical harm to the participant(s). However, these activities present lower incidence of acute injury rates and therefore, fewer opportunities to become proficient in key skills deemed necessary to be successful in SPC's oral/practical examinations. As such, high risk sport activities will not be considered to meet the minimum requirements needed in the CCC (contact-collision- combative) category.

Sports not listed in the above table will be evaluated on a case-by-case basis by an approved SPC mentor to ensure the appropriate skills are being implemented to meet minimum requirements for a given credential.

Please email education@sportphysio.ca to request a specific sport be added to the above table.