



INCLUSION INFORMATION

TRI NZ PARA TRIATHLETE INFORMATION

INCLUSION BACKGROUND

Triathlon is unique in the fact that it is a multidisciplinary endurance sport which offers an inclusive opportunity for Para athletes to compete in.

The sport is rare because it is designed to embrace as many athletes as possible, with it allowing able-bodied athletes to compete, side by side, with Para athletes, right from entry level right through to Ironman and Elite.

The inclusion of Para triathlon in the Rio 2016 Paralympic Games has seen the sports rise in popularity and Triathlon New Zealand are committed to helping support opportunities for disabled people at all levels to partake in the sport of Para triathlon.

PARA TRIATHLON

Para triathlon events are governed under the ITU Competition Rules 2017, ([Section 17](#)), with Para athletes competing over the sprint Para triathlon distance of 750m swim, 20km bike (handcycle/tandem), 5km run (wheelchair).

Para athletes who wish to compete in Para triathlon will need to undergo a classification to confirm eligibility for the sport and be placed in the most appropriate class according to how much their impairment impacts their ability to carryout the skills of the sport. Classifications are generally run in conjunction with major events.

For the 2017/18 season International classification opportunities are announced at the beginning of each year (2018) and can be found on the [ITU Website](#)

All ITU events and Para triathlon documentation is located on the [ITU Website](#), for Para triathlon events within NZ please head to [Triathlon NZ Website](#).

CLASSIFICATION INFORMATION

Information under this section is to help explain the process of classification for disabled people who wish to compete in either the Open or Elite Triathlon categories at National or International Level.

1. What is Classification

A unique and integral part of Para sport is classification. Classification provides a structure for ensuring competition is fair and equal in all aspects of the sport. Para athletes competing in Para sports have an impairment that leads to a competitive disadvantage. Consequently, a classification system, is put in place to ensure that skill, fitness, power, endurance, tactical ability, and mental focus determines the success of an athlete.

Classification determines which athletes are eligible to compete in a Para sport and it groups the eligible Para athletes in sport classes according to their activity limitation in a certain sport. This, to a certain extent, is like grouping athletes by age, gender or weight.

Classification is sport specific because impairment affects the ability to perform in different sports to a different extent. Therefore, an Para athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

2. Athlete Classification Process

The process of classification is through an athlete evaluation, conducted by a group of classifiers. These classifiers have been trained in accordance with the ITU's guidelines, and can only classify Para athletes in the sport of triathlon.

Classification takes place before competitions, therefore Para athletes requiring classification will need to arrive at the competition earlier to undergo classification and to be allocated a sport class.

The evaluation may include, but not limited to:

- Verification of the presence of an eligible impairment for that sport
- Physical, technical and observation assessments to determine the degree of activity limitation
- Allocation of a sport class

The observation assessment takes place during the official training sessions and/or the classification competition period.

If an athlete has been determined not eligible to compete in a sport, this does not question the presence of a genuine impairment, it could mean:

- The athlete does not have a primary impairment that makes him/her eligible to compete in that particular sport
- The severity of the impairment does not significantly impact on the activities required in that particular sport

Due to the progressive nature of some impairment and their impact on certain activities, athletes are sometimes classified a number of times throughout their career. When the medical condition of a Para athlete changes, he/she needs to inform the sport as well and ask for re-assessment.

To be classified athletes must ensure the following:

- An athlete must present to the classification venue at least 10 minutes before the scheduled time.
- An athlete can be accompanied by one support person; a coach, parent or other.
- Appropriate sports gear must be worn to classification.
- Athletes must bring all equipment and devices as required by the sports classification rules including but not limited to assistive devices, competition and/or daily use wheelchair, competition and/or daily use prostheses and/or orthoses, any other device that they intend to use during the competition.
- A medical certificate of diagnosis and recent and relevant medical documentation will be required to verify eligible impairment.

3. Eligible Impairment

In 2014 ITU Para triathlon implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the Para athlete when performing in the sport of Para triathlon.

ITU have indicated the following eligible impairments and commonly associated health conditions:

| Impairment Type | Examples of Health Conditions that may cause such impairment |
|------------------------------------|---|
| Impaired muscle power | Spinal cord injury, muscular dystrophy, brachial plexus injury, Erbs palsy, polio, spina bifida, Guillian – Barre syndrome. |
| Impaired passive range of movement | Ankyloses, arthrogryposis, post burns joint contractures. Does not include hypermobility of joints. |
| Limb deficiency | Amputation resulting from trauma or congenital limb deficiency (dysmelia). |
| Hypertonia | Cerebral palsy, brain injury, stroke, multiple sclerosis. |
| Ataxia | Cerebral palsy, brain injury, multiple sclerosis, Friedrichs ataxia, spinocerebellar ataxia. |
| Athetosis | Cerebral palsy, stroke, brain injury. |
| Vision Impairment | Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, macular degeneration, congenital cataract. |

For more on Para triathlon classification information please see ITU Competition Rules on the [ITU Website](#)

4. Classification Categories

There are six sport classes in Para triathlon:

PTWC - Wheelchair users. Para athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment. There are two sub-classes, H1 (most impaired) and H2 (least impaired);

PTS2 - Severe impairments. In both bike and run segments, amputee Para athletes may use approved prosthesis or other supportive devices;

PTS3 - Significant impairments. In both bike and run segments, the Para athlete may use approved prosthesis or other supportive devices;

PTS4 - Moderate impairments. In both bike and run segments, the Para athlete may use approved prosthesis or other supportive devices;

PTS5 - Mild Impairments. In both bike and run segments, the Para athlete may use approved prosthesis or other supportive devices;

PTVI - Total or Partial Visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes Para athletes who are totally blind, from no light perception in either eye, to some light perception (B1) and partially sighted Para athletes (B2, B3). One guide is mandatory throughout the race. Must ride a tandem during the bike segment.
Definition of Sub-Classes:

a) B1: Visual acuity poorer than LogMAR 2.60;

b) B2: Visual acuity ranging from LogMAR 1.50 to 2.60 (inclusive) and/or visual field constricted to a diameter of less than 10 degrees;

c) B3: Visual acuity ranging from LogMAR 1.40 to 1 (inclusive) and/or visual field constricted to a diameter of less than 40 degrees.

d) A guide from the same nationality and gender is mandatory throughout the race. Must ride a tandem during the bike segment.

For a description of all classes please see pages 35-36 in [IPC's Laymen's Guide for Paralympic Summer Sports](#).

5. Levels of Classification

Provisional Classification – These are temporary classifications allocated to a Paraathlete and are valid until such time the Para athlete can be classified by a classification panel.

Provisional classifications may be allocated to a Para athlete one of, but not limited to, the following situations:

- As a national entry level for Para athletes new to the sport to confirm impairment eligibility
- At a national event where a classification panel is not available
- At an International event where a classification panel is not available

Provisional classifications may be allocated by a classifier on receipt of a medical diagnosis form and provisional classification form.

A provisional classification may be subject to change upon classification assessment by the sports specific classification panel.

Para athletes may be eligible for medals but will not be eligible for records.

National Classification – A national classification is a sport specific classification carried out by a trained classification panel.

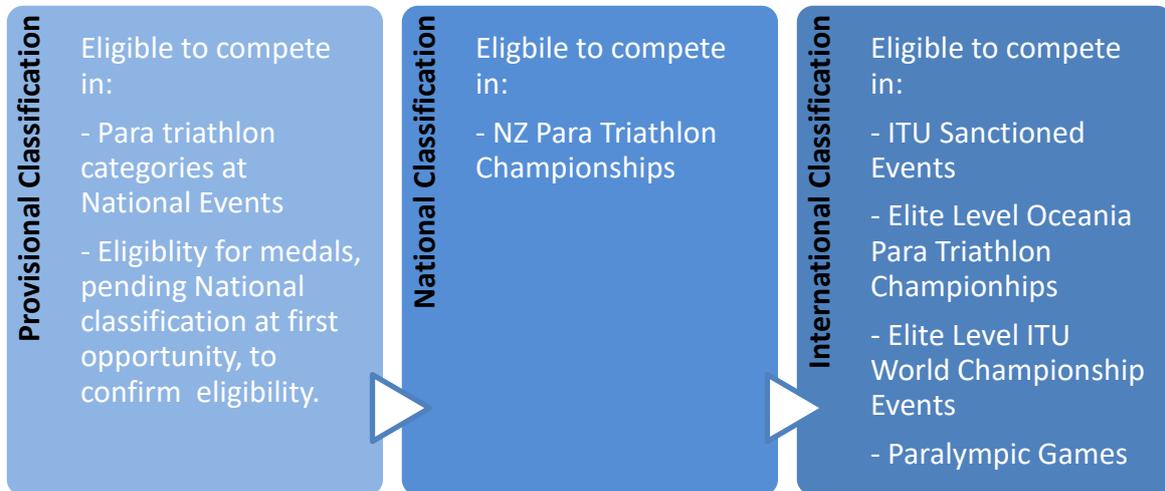
A national classification is generally offered at national sport events where medals and records can be allocated to those athletes with a national classification.

International Classification – An International Classification is allocated to all Para athletes reporting to an International Competition for the first time.

6. Para Athlete Pathway

The below illustration outlines the Para athlete pathway in terms of events and classification. The intent of this is to explain the different types of classification required, depending on the level of the event in which the Para athlete wishes to compete in.

Please note that to compete at an international level (Elite Level), an Para athlete must be classified by an International Classification Panel and their decision overrules any previous classification decision taken by a national classification panel.



For more information on Para sport classification contact:

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<http://www.paralympics.org.nz/>

EQUIPMENT

Depending on the classification and the impairment, Para athletes may require specialized equipment to partake in Para triathlon. For general rules regarding equipment please see [Section 17](#) (Specifically 17.10 through to 17.16)

Hire bikes and specialized cycles can be found at such organisations and businesses as, [Trikes NZ](#), [Blind Sport NZ](#).

If adaptive equipment or prosthetics are needed please contact [Paralympics NZ](#) for more information.

Cycling equipment points:

- Bikes used within Para triathlon are bicycles, tandems or handcycles.
- All bikes shall be propelled by human force. Arms OR legs can be used to propel the cycle but not both, otherwise my result in disqualification
- For complete bike specifications see ITU Competitions Rules Section 5.2

If an Para athlete requires an impairment adaption to a cycle, the athlete must submit an 'Equipment Adaption Form' via Triathlon NZ at least 1 month prior to the event with a minimum 5 pictures. Triathlon NZ will pass this onto the ITU Approval Panel will review, who will in turn inform the Para athlete of the outcome.

If accepted the information will be incorporated to the 'Approved Para Triathlon Impairment Adaptions on Bicycles' file.

Approval panel will consist of:

- An ITU technical Committee member
- A representative of the ITU Sport Department
- A member of the ITU Para Triathlon Committee

PERSONAL HANDLERS & GUIDES

Some Para athletes may require a handler or guide depending on their classification.

Up to one personal handler can be allocated to the sport classes PTS2, PTS3, PTS5 and PTWC. The classification process will determine for each Para athlete the allowance of a handler in competitions. If an Para athlete has already been classified and seeks to get approval for a handler, this is done by submitting a form via Triathlon NZ for an Approval Panel to review, the panel is composed of:

- ITU Head of Classification
- A member of the ITU Para Triathlon Committee
- A person designated by the ITU Sport Department

Para athletes with the sport class of PTVI are allowed a Guide, who can act as a personal handler.

Personal handlers and guides are permitted to specifically assist with the following:

- Helping with prosthetic devices or other assistive devices
- Lifting Para athletes in and out of hand cycles and wheelchairs
- Removing wetsuits or clothing
- Repairing bikes and helping Para athletes with other equipment at the transition area or the official wheel station
- PTVI guides can help to repair the bike along the whole part of the bike course without receiving external help
- Racking the bikes in transition

Restrictions of handlers:

- Any action taken by a personal handler which propels the Para triathlete forward may result in a disqualification
- All personal handlers shall be located within 2m of their Para athlete's transition spot during the race. Permission from a technical official is required to move outside this zone

PTVI Guide conduct

- Guide must be same gender and nationality and will need to hold a licence from Triathlon NZ
- An athlete cannot act as a guide until 12 months has passed since their last elite ITU event or any other Elite event recognized by ITU
- Para athlete and guide must not be more than 1.5metres apart (from Para athlete's head to guides head) during the swim and must be tethered by elastic rope with bright or reflective colour (up to 80cm Long)
- Para athlete and guide must not be more than 0.5metres apart during any other segment of the competition
- During the run the Para athlete and guide must be tethered by a non-elastic material