

Playground to Podium



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Frequently Asked Questions

www.englandathletics.org/disabilityathletics

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Who will deliver athletics at CAAD events?

CAADs will be attended by the Disability Athletics Support Officer (DASO) for their respective area plus two UKA qualified coaches to cover track, jumps and throws. These coaches are identified by the DASO and are selected based on their ability to coach disabled athletes and their communication skills.

Local club coaches will also be invited to the event to observe, assist and for signposting of athletes to local training opportunities. Please advise the DASO of any coaches that you are aware of locally who should attend the CAAD.

What type of athletics specific testing will occur at CAAD events?

The Athletics session will focus on the following activities:

- ◆ **60m Sprint**
- ◆ **5 Stride Long Jump**
- ◆ **Standing and Seated Throws:**
 - ◆ Javelin 400g & 500g
 - ◆ Shot Putt 2kg & 3kg
 - ◆ Discus 750g & 1kg
 - ◆ Club Throw 400g

Please note the weights of the implements used for assessment. These are the minimum IPC weights for U16 athletes (age 14-15); please keep this in mind when referring athletes to the CAAD. We will use lighter implements for warm-up and demonstration purposes.

Power chair users will only be assessed on the throws events – club and discus. Please group these athletes together at the CAAD and ensure that athletes are made aware of this so they are not expecting to take part in the entire session.

What is the impairment group focus for athletics at the CAAD events?

We aim to identify and appropriately signpost all athletes with potential. Opportunities and pathways to international competition exist in the following impairment groups:

- ◆ **Blind & partially sighted athletes**
- ◆ **Athletes with Cerebral Palsy**
- ◆ **Amputees**
- ◆ **Dwarf athletes**
- ◆ **Manual Wheelchair users**
- ◆ **Powered wheelchair users**
- ◆ **Athletes with a learning disability**
- ◆ **Deaf and hearing impaired athletes**

The Paralympic Pathway for Athletics currently includes athletes from the following impairment groups. All events and eligibility are subject to appropriate classification:

- ◆ **Blind & partially sighted**
Most track and field events (B1-B3, not B4)
- ◆ **Athletes with cerebral palsy**
Most track and field events
- ◆ **Amputees**
Most track and field events
- ◆ **Manual wheelchair users**
Seated throws and wheelchair racing
- ◆ **Dwarf athletes**
Shot putt (men); shot putt or discus (women)
- ◆ **Powered wheelchair users**
Club throw and discus
- ◆ **Athletes with a learning disability**
1500m, long jump and shot putt

Deaf and hearing impaired athletes have a separate Deaflympic pathway. To qualify for Deaflympics, athletes need to have hearing loss of at least 55 dB per tone average in the better ear (3-tone frequency average at 500, 1000 and 2000 Hertz, ISO 1969 Standard).

What are the specific facility requirements of athletics for the delivery of the CAAD?

Athletics requires exclusive access to an all-weather track & throwing cage to ensure an appropriate, measurable and safe environment for all target impairment groups to perform, it is not appropriate to share the facility with other users. Cinder, redgra or grass tracks are not suitable. Beyond this the facility requirement is not negotiable, unless a suitable facility is not available in the County.

It will be inappropriate to work with some of the target impairment groups on a grass surface (i.e. the blind and partially sighted), an astro turf surface (i.e. wheelchair users) and an indoor area will limit space making it impossible to conduct the assessment planned, particularly for javelin / club / long jump / discus / 60m. An indoor area with suitable sportshall throws equipment, 4 badminton courts in size could be used in the case of adverse weather conditions and included as part of an event management contingency plan.

Access to nearby drinking water, changing rooms, toilets and first aid will also be required.

What are the specific equipment requirements of the athletics for the delivery of the CAAD?

It is requested that the CSP / Event Manager supplies:

- ◆ Javelin 400g and 500g
- ◆ Shot 2kg and 3kg
- ◆ Discus 750g and 1kg
- ◆ Competition Club 400g
- ◆ Long Jump (with practice take-off board)
- ◆ Throwing cage

These are standard stadium equipment for training and competition use. However, please check weights and condition in advance. A recommended supplier is: Neuff Athletics (<http://neuff.co.uk/disabled.html>)

Wheelchair racing maybe included at some CAADs, however it is likely that athletes will be assessed in their day chairs and signposted to an appropriate opportunity to explore the event further. The same would also apply to seated throwers and provision of throwing frames. It is the responsibility of the teacher / carer to ensure that the day chair is appropriate for both track and field activity.

We strongly **discourage using an indoor facility** unless it's absolutely impossible to hold the event at a track. In these circumstances the equipment listed below would be required but should only be used if the facility can provide suitable netting that can be used to close off a section of the sports hall. Standing long jump must not be done indoors due to safety concerns.

- ◆ 2kg Indoor Shot Putt
- ◆ 500g Primary / Sportshall Discus
- ◆ Turbo Javs 300-400g
- ◆ Jav Ball (for club)
- ◆ Cones
- ◆ Bright tape suitable for floor

How many volunteers are required by athletics to support the sport specific session?

The CSP / Event Managers are free to invite interested volunteers to assist or observe the athletics session. A minimum of three volunteers with experience or interest in athletics would help with the collection of implements, safety of non-throwing athletes and recording of efforts. It would also be beneficial to have volunteers with knowledge or qualifications in British Sign Language (BSL).

What is athletics looking for at the CAAD?

When assessing talent we aim to identify and signpost all athletes to appropriate opportunities and pathways for their impairment group.

The matrix below provides an initial indication of whether an athlete is of a higher standard. Distances and times will vary in this range depending on the athlete's age, disability and classification.

Impairments will be taken into account when assessing talent, however potential cannot be confirmed until an athlete has been classified. Thereafter, it will be possible to establish eligible events, implement weights, standards and rankings.

Athletes with a learning disability

Eligibility for the International and Paralympic pathway for athletes with learning disability means that a young athlete must demonstrate an IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0-18 years. In practice this means that it is likely that young people from a MLD special school setting, or those within a MLD unit of a mainstream school, or those with Down's

Event/ Class	Visually Impaired T/F 11-13	Cerebral Palsy T/F 32-38	Dwarf F40	Ambulant T&F 42-46	Wheelchair Athletes T&F 51-55	Learning Disability T&F 20
100m	M 15-17 secs F 16-18 secs	M 16-32 secs F 17-32 secs	n/a	M 15-18 secs F 18-21 secs	M 20-25 secs F 22-25 secs	M 15-18 secs F 17-20 secs
Long Jump	M 3m-4m F 2m-3m	M 2m-3m F 2m-3m	n/a	M 3m-4m F 3m-4m	n/a	M 2.5m-4.2m F 2.0m-2.8m
Shot Putt	M 8m-10m 4kg F 6m-8m 3kg	M 3m-4m 3kg F 2m-3m 2kg	M 3m-6m 3kg F 3m-5m 2kg	M 6m-8m 4kg F 4m-5m 3kg	M 4m-5m 2kg F 3m-4m 2kg	M 5.5m-7.6m 4-6.25kg F 4.5m-5.5m 3.25-4kg
Javelin	M 25m-30m F 15m-20m	M 20m-25m F 14m-20m	n/a	M 20m-25m F 20m-25m	M 15m-20m F 8m-10m	M 15m-25m 600-800g F 12m-16m 600g
Discus	M 15m-20m F 15m-20m	M 6m-18m F 5m-10m	M 10m-15m F 10m-12m	M 20m-25m F 20m-22m	M 6m-20m F 8m-10m	M 12m-17m 1.25-1.75kg F 10m-14m 1kg
Club	n/a	M 15m-20m F 10m-15m	n/a	n/a	M 10m-15m F 8m-10m	n/a

NB. Standards for deaf & hearing impaired athletes internationally are above county and regional club level. For deaf specific athletes' qualification standard, visit www.deafukathletics.org.uk which shows the standard for forthcoming international championships.

syndrome may be eligible. Young people may have other conditions, such as ADHD; autism; dyslexia; behavioural problems or Asperger's for example. This does not automatically exclude them, however, if these are the only or primary conditions they are unlikely to fulfil the learning disability eligibility requirements. This is a guide only as eligibility will only be determined through classification at a later stage.

What athletics opportunities are available for the young disabled people post CAAD?

All individuals identified with potential in athletics will receive a follow up letter and signposting information. Those individuals identified as Fastrack will also receive a follow up telephone call and a personal invitation to attend an appropriate club or coaching opportunity or taster session to encourage their continued involvement in the sport. NB – This relies on contact information being supplied and entered on to My Log Book by the SSP.

Athletics Clubs

All identified athletes will be signposted to a mainstream club and specific coach for regular training and specialist coaching.

This is the best environment for aspiring athletes to improve and master their event. Often there will be a club within the county, however depending upon the event (i.e. wheelchair racing or club throw), available track facilities and sporting potential the athlete maybe signposted to a High Performance Centre and / or experienced coach elsewhere outside of the County.

Coach and Athlete Talent Introduction Days

Held jointly with UK Athletics these days will provide the next steps for athletes identified as having paralympic potential. They will provide information, support and advice in addition to a further opportunity to try out an event(s) under the supervision of experienced coaches. They will often be combined with:

- ◆ A Classification Clinic, and / or
- ◆ McCain Athletics Network and England Athletics Coach Development opportunities / Workshops

National Disability Sports Organisation (NDSO) Competitions

Full details and contacts are listed on our website. CP Sport also invites entries to their Grand Prix competitions from athletes with physical and visual impairments, including wheelchair racing and seated throws.

AVIVA UKA Parallel Success Competitions

Promoted alongside existing athletics championships, such as County Association Championships & Aviva Grand Prix.

Power of 10 Rankings

Once athletes are classified their results from UKA & NDSO competitions can be entered onto the UK Rankings - www.thepowerof10.info.

This also allows performances by classified athletes in bona-fide club, school and league competitions to be recognized, following submission of a results form signed by the match officials.

Plus for athletes of higher ability:

UKA World Class Talent Squad

For athletes with exceptional potential in their event, subject to IPC Classification.

Who do I contact for further information?

- ◆ **North:** Shelley Holroyd – sholroyd@englandathletics.org
- ◆ **Midlands and South West:** Job King – jkking@englandathletics.org
- ◆ **South:** Liz Purbrick – lpurbrick@englandathletics.org

It is our vision for Playground to Podium to play a significant role in the wider development of grassroots opportunities for disabled athletes beyond the identification of talented individuals. England Athletics have made a firm commitment to develop clubs and coaches in an attempt to ensure long term sustainability of activity at a local and regional level. Where possible local clubs and coaches should be fully engaged with and benefit from the project to provide a seamless pathway for talented athletes to progress. The Disability Athletics Support Officer & local England Athletics Club and Coach Support Officer (CCSO) can help to facilitate this.

- ◆ For further information including details of the National Disability Sport Organisations & England Athletics programmes please visit: www.englandathletics.org/disabilityathletics

