

Provincial/Club Para Cycle Event Coordinators Guide

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Integrating athletes with a disability into an event at the provincial or club level requires a little forethought and planning. This document will discuss some of the issues regarding cycle racing for athletes with a disability. I hope that this guide will help your club/province move forward and begin the task of integrating Para Cycle Programs within your organization.

To begin I will clarify that this document is related to the integration of athletes with a physical disability not an intellectual disability. The Special Olympics do not have Cycling Competitions at this time and that is outside the scope of this document. The following is a list of disabilities who at this time meet the UCI Paracycle criterion for participation:

- Blind and Visually Impaired Athletes
- Cerebral Palsy and/or Traumatic Brain Injured Athletes
- Amputee Athletes
- Spinal Cord Injured Athletes

Please note that a number of other disabilities do affect the cycling population and that these people may or may not be considered classifiable under the present UCI Guidelines, these disabilities may include:

- Polio
- Apraxia
- Spin bifida
- Dwarfism
- Others....

Para Cycle athletes deserve access to appropriate training, competition/events, venues, media and club structure. At this time there is a small number of clubs across Canada that actively integrate and promote programs for their Para Cycle members. These clubs are mostly found in Alberta and Quebec however Ontario and BC are slowly getting more involved in the program and clubs are following along in each Province.

You may be asking how and what an event that includes Para Cycle Participants would look like and for the most part not much needs to be changed. Many of the Para Cycle athletes can participate in the already existing system of either Category or Age Group Racing. The only athletes (Divisions) that need to be segregated are the following:

- Tandem (in some cases they can be integrated if there is only 1 bike)
- Cerebral Palsy Division 1 & 2 Tricycle
- Hand Cycle Division A, B and C

The following Para Cycle Divisions are ready to integrate into able body racing, that is after the appropriate training and skill development has taken place.

Locomotor Disabilities (Amputees):

- LC 1 is a Category for Single Upper Limb Amputees
- LC 2 is a Category for Double Upper limb Amputees and Single Below Knee Amputees
- LC 3 is a Category for Double Below Knee Amputees & Single Above Knee Amputees
- LC 4 is a Category for multiple upper and lower limb Amputees
- Please refer to the Photo Glossary for more info...

Cerebral Palsy and Brain Injured:

- CP Division 3 is a Category for Medium Affect Quadrupeds' and Diplegics
- CP Division 4 is a Category for Low affect Diplegics, Hemiplegics, Monoplegic and Minimal Athetoids.
- Please refer to the Photo Glossary for more info...

Please note that special training is required to correctly classify athletes, especially those with Cerebral Palsy and Spinal Cord Injuries. Classification is not required to permit athletes access to racing at the Provincial Level however it is recommended athletes should have been Classified Nationally. At this time the CCA do not provide “Classification” at National Championships but that is under review at the moment. If an athlete attends National Championships and is selected to attend World Championships Classification can be arranged at the event but it is discouraged due to the number of athletes who show up at major events expecting to participate in one division to find out that they are another classification or not classifiable at all. Domestic Classification is the jurisdiction of the NSO and is ultimately the responsibility of the CCA to ensure that athletes have access to “Classification” within their Nation.

The following table is based on the UCI recommendation for race distances for each racing division; please note that the CCA will follow the UCI recommendation for all National Championship events. The Provincial and Youth Race distances would be applied to Provincial events where new riders may be expected to race. Please note that all race recommendations are measured in Kilometers.

Racing Division	UCI RR	UCI ITT	Provincial RR	Provincial ITT	Youth RR	Youth ITT
Tandem M	100-120	10-50	80-100	10-40	40-60	5-25
Tandem F	50-70	5-40	50-70	5-30	30-50	5-25
LC 1 M	70-110	5-40	60-80	5-30	30-50	5-20
LC 2 M	60-90	5-40	50-80	5-30	30-50	5-20
LC 3 M	50-70	5-30	40-60	5-20	20-40	5-10
LC 4 M	40-60	5-30	30-50	5-20	20-40	5-10
LC 1 F	60-90	5-40	50-80	5-30	30-50	5-10

LC 2 F	50-70	5-30	40-60	5-20	30-50	5-10
LC 3 F	40-60	5-30	30-50	5-20	15-35	5-10
LC 4 F	30-50	5-20	20-40	5-15	15-35	5-10
CP Div. 4 M	35-70	5-40	30-60	5-30	20-40	5-10
CP Div. 3 M	35-70	5-30	30-60	5-30	20-40	5-10
CP Div. 2 M	15-30	1.5-10	10-20	1.5-5	5-15	1.5-5
CP Div. 1 M	15-30	1.5-10	10-20	1.5-5	5-15	1.5-5
CP Div. 4 F	30-50	5-30	20-40	5-20	15-35	5-10
CP Div. 3 F	30-50	5-20	20-40	5-15	15-35	5-10
CP Div. 2 F	15-30	1.5-10	10-20	1.5-5	5-10	1.5-5
CP Div. 1 F	15-30	1.5-10	10-20	1.5-5	5-10	1.5-5
HC Div. A M	35-70	5-30	25-40	3-20	10-20	2-10
HC Div. B M	35-70	5-30	25-50	3-20	15-30	2-10
HC Div. C M	35-70	5-30	35-60	3-20	15-30	2-10
HC Div. A F	20-60	5-30	20-40	3-20	10-20	2-10
HC Div. B F	20-60	5-30	20-50	3-20	15-30	2-10
HC Div. C F	20-60	5-30	20-50	3-20	15-30	2-10

Please note that the Para Cycle program at this point is in a transition from a system where every individual racing category/division has a road race and a time trial for a set of medals to a system where various categories/divisions are mixed and compete for 1 set of medals. This is for sure the way that the Paralympic Games is going as that format was used for in Athens and Beijing (certain categories were mixed not all). The World Championships may opt to continue with the old format for a few more years to allow the new factor system to evolve so more accurate results can be calculated.

The newer functional classification system groups the following divisions into one Road Race (& track Kilo/500):

- Men LC 1, LC2 and CP 4 mix for a 60-70 K Road Race
- Men LC 3, LC 4 and CP 3 mix for a 50-60 K Road Race
- Women LC 1, LC2 and CP 4 mix for a 50-60 K Road Race
- Women LC 3, LC 4 and CP 3 mix for a 40-50 K Road Race
- Men and Women CP Division 1 mix for a 15-20 K Road Race
- Men and Women CP Division 2 mix for a 20-30 K Road Race

Mixing of categories within the National and Provincial race program is highly recommended; you will have more participants competing for a smaller number of Medals. The mixing of divisions at the Paralympic Games has proven that it is a viable option for race organizers. Obviously some divisions are not compatible and in some circumstances there may only be 1 or 2 divisions present but the mixing of categories does provide for more competitive opportunities both provincially and nationally.

If a race organizer is going to integrate Para Cycle Participants into Able body racing you could still present a set of medals and have an award presentation to the Para Cycle athletes based on their performance within the overall race. If the able body race is

longer than the recommended the Para Cycle athletes could finish 1-2 laps sooner so they have an opportunity to race an appropriate race distance. It wouldn't take a lot of work to provide this service for Para Cycle athletes, they could race with a different set of numbers, some kind of identification on their helmet or number plate and a 2nd lap counter could be placed in the finish area that is clearly marked for "Para Cycle Participants" only.

Another tool used by the UCI to integrate and mix racing divisions is a "Correction Factor" system where the most functional division within the race is given his-her total time at 100% and the other division is given a % factor to correct for the difference in disability. This system has been used quite affectively for road and track time trials only; it works very well on the Track and has been used since the 2004 Athens Paralympic Games. In Athens LC 1, LC 2, LC 3 and LC 4 categories competed for 1 set of medals in the Men's Kilo. At that same games the CP 3 and CP 4 Division's also competed for 1 set of medals. For more information regarding the Correction Factor system check the results from both Athens and Beijing Paralympic Games.

Notes from the Rule Book regarding Para Cycle Athletes:

- A current UCI License is required by all athletes to compete
- Road Races must have a 200 M Neutral start to allow for a safe controlled start so all riders have an opportunity to get rolling and into the race without issues regarding shoes and pedals etc. It is also permitted to allow a coach to hold an athlete if they have a particularly hard time getting into their pedals by themselves.
- It is recommended that Race Courses be closed to other traffic for Youth Para Cycle Categories and that these athletes compete among themselves
- Road Circuits are recommended to be 5-8 K Long, with an average gradient less than 6% with individual climbs not more that 15%. No more that 25% of the Course is to be considered Climbing
- Tricycles, Hand Cycles and Youth Riders may use shorter less demanding courses at the discretion of the technical delegate.
- All Bikes/Trikes must meet current UCI Rules, however for morphological or disability specific reasons acceptations may be permitted. The Spirit of the UCI rule must be maintained (safety, aerodynamics, fair play).
- All adaptations must be approved by the Race Official or para cycle technical delegate, approved adaptations may be noted on the riders License
- The adaptations must be securely mounted and the rider shall be comfortable with their operation and service etc
- The Race Organizer, Officials and Volunteers are not liable for any consequences derived from adaptations or their failure etc
- Athletes with upper limb prosthesis are permitted to use them however they may not be fixed to the bike for reasons regarding safety. (or they must be free to pull out of the prosthesis in the event of a crash etc)
- LC 3/4 Athletes may use a bucket to rest their affected Limb in, however the leg cannot be secured to the device and the bucket shall be securely fixed to the bike, the bottom and sides of the device should not exceed 10 CM

- All bicycles, tandems, hand cycles and tricycles must have 2 brakes. Only HC and Trikes can have both brakes on one wheel. All others must have two independent brakes, one for the front and another for the back brake.
- All Para Cycle youth category racers shall compete “Solo” until they have matured and have a good understanding of racing and riding dynamics. The para cycle technical delegate can exercise authority this if the rider in question has demonstrated these abilities to the race organizer or club coach....

The following time line may help a Province integrate the Para Cycle program into their competition calendar, provincial team and training camps etc.

Year One:

- Appoint a Para Cycle Technical Delegate (TD) for your Province, this person could already be a Commissarie, Coach, Provincial Technical Officer, Board Member, Club Representative, Provincial Volunteer etc
- Have the TD attend National Championships or the Defi Sportif that year to observe the events and discuss any special recommendations from the organizer, officials and athletes regarding technical and logistical limitations regarding Para Cycle Event Management.
- Have the TD inform your provincial coach, board and staff about the Para Cycle Program so the information is communicated throughout your organization.
- Post this information on your website, in your news letter and communicate your program plans with Partner Organizations for Disability Sport.
- Integrate Para Cycle athletes in your Provincial Time Trial Series and if required consider modifying the race distance or course to meet the recommendations set out by the UCI.
- Conclude year one with a Provincial Para Cycle Time Trial Championships, if National Championships are within your PSO’s budget consider sending your top riders to National Championships or Defi Sportif to get classified and their first Nationals experience.

Year Two:

- Build the partner relationships over the 1st winter so you have solid partnerships with other PSO’s, they may also be in a position to help fund programs, travel and equipment so your Provincial Para Cycle program can grow and expand in the 2nd year.
- Build upon the ITT series to include 2-3 Provincial Road Races as well as Provincial Road Championships. Year one will give the program some recognition and clubs as well as race organizers will be more interested in helping organize races as well as support Para Cycle Club Members.
- Integrate Para Cycle Athletes within your Provincial Camp Program over the winter.
- Profile your top riders and promote them within your organization and promote them in the province via media, awards and recognition etc...
- Ensure your Provincial Team Selection Document is inclusive and that your standards also include those for the Para Cycle Program.

- Continue building the partnerships with other Disability specific PSO's, any that did not commit in year 1 may be willing to now that you have demonstrated your commitment to the program provincially.
- Include Para Cycle Program info within your new coaching education program, this will ensure "awareness" from your next generation of coaches.
- By Year two you may even have athletes who are seriously contending for spots on the National Team; be sure that you have someone advocating for these athletes and representing their interests at the CCA level (HPC, Board, Officials etc)

Year Three:

- By Year Three you should have a number of people identified within your province from a number of the disability categories. You will find that some organizations are more than willing to work together while others remain protective of their programs and existing memberships.
- Partnering with neighbor provinces is also a recommendation; another province may have more or less riders from the same or different classifications.
- One of the most common issues regarding Para Cycle Athlete Development is the lack of appropriate competition experience; athletes could easily be expected to begin the process of training and competition one year and that same year they could be at National Championships or even World Championships with 1 or 2 races behind them.
- By this time you should have a pretty good support system in place within the province including Clubs, other PSO's, funding opportunities (Government Grants, Private and Corporate etc) as well as coaching staff who understand the athletes needs and appropriate path for sound performance development.
- By year 3 even if you do not have a Velodrome in your province you should be looking at expanding programs to support the Para Cycle program. The big difference between able body racing and Para Cycle Competition is that Para Riders typically compete in both Road and Track Disciplines, unlike able body racing where riders specialize in one or the other.

The following is a list of expected points of Conflict regarding Para Cycle Program Development:

- NSO's and PSO's who have limited \$\$\$, they see the addition of a new program as a costly investment not a way to expand their membership base and role in the province
- Some PSO's and NSO's feel threatened by a new sport, they have limited membership numbers already and they may fear that athletes will drop out of one sport to join a new one. From my experience this is not the case, and I've usually avoided this point by pulling in new members to the organization so their membership base grows and they can in turn secure more funding from their partners because they have a larger impact on the "Wellness" of the disability community as a whole.
- Parents of youth with disabilities can sometimes be overprotective and not allow their child to participate in what they feel is a high risk sport. To address this issue I recommend securing adequate numbers of well trained volunteers and

staff. Ensuring the training location is safe and that exposure to open roads is minimized; bike path systems, quiet neighborhoods and large parking lots make great training facilities for new riders.

- The medical community (Doctors, Prosthetists, and Therapists etc) also can limit an individual's access to sport. I've had many young athletes come to me who could not ride a bike largely because their doctor or therapist told them they couldn't because of their disability. If someone had just taken some time to analyze the specific situation these kinds of assumptions would not have been made. Just because a young person does not have hands does not mean he can't ride a bike, with properly designed adaptations, adequate training and support these kinds of obstacles can be overcome.

I hope that this document has clarified some of the issues regarding Para Cycle integration at the Club and Provincial Level. It is a process that won't happen overnight, it will take people with dedication, passion and vision to affect a change of this size/nature within our sport in your province as well as within Canada but I am confident that it is going to happen over the next few years.