



WELSH ATHLETICS
ATHLETAU CYMRU

INCLUSIVE COMPETITION ENVIRONMENTS

Welsh Athletics Virtual Endurance Conference

9th March 2024

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OVERVIEW



WELSH ATHLETICS
ATHLETAU CYMRU

- Challenges and Barriers
- Impairment types
- Wheelchair Athletes
- VI Athletes
- WA Para development
- insport Gold



CHALLENGES AND BARRIERS



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Attitude

Physical /
Structural

Lack of
Opportunities

Support

Representation

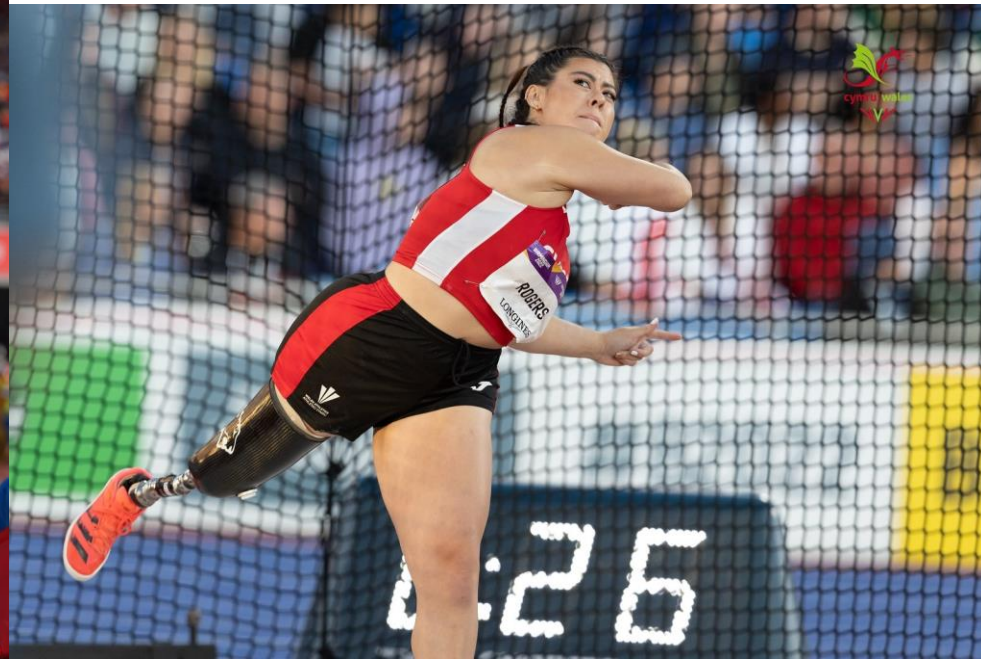
Promotion and
Communication

IMPAIRMENT



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Any loss of physiological, psychological or anatomical structure or function



IMPAIRMENTS IN DISABILITY SPORT



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Physical

- athletes who are ambulant and have a physical impairment
- athletes who use a wheelchair / frame for sports

Learning

- athletes with learning disabilities

Sensory

- athletes who are blind or vision impaired
- athletes who are deaf or have a hearing loss

Unseen/hidden/secondary disabilities/conditions:

Athletes with:

- autism spectrum disorder
 - diabetes
 - epilepsy
 - asthma

IMPLICATIONS AND SUPPORT



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Impairment	Possible Implications	How to help?
Cerebral Palsy	<ul style="list-style-type: none"> - Unstable on start line - Involuntary movements - Speech impairment - Alternative start position 	Ask what support they need Support equipment Listen
Vision Impairment	<ul style="list-style-type: none"> - Guide runner - Inside / outside lane - Guided to start line 	Clear verbal instruction Offer to guide out with race
Learning Disability	<ul style="list-style-type: none"> - Lack of focus - Difficulty understanding instructions - Support to and from race 	Give time Fewer words Demonstration / visual
Hearing Impairment	<ul style="list-style-type: none"> - Lip read - Unable to hear start signal - False start 	Be in line of sight Use a flag, light, tap
Limb Impairment	<ul style="list-style-type: none"> - Unstable at start - Prosthetic / blades - Wheelchair / Frame 	Lane position Start position Support

INCLUSIVE EVENT GUIDANCE



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Wheelchair Users:

Self-propelled → race start choice of front of the race or within main field of participants

Supported → enabler for support during race = free entry

Elite wheelchair athletes → free spaces in some events when meeting qualifying criteria

Visually Impaired Runners:

Guide Runner: free space for guide



WHEELCHAIR RACES - RISK ASSESSMENT

Examples of Risk Assessment Considerations for Wheelchair Athletes

Number of participants

Race distance

Consider putting a cyclist with the wheelchair athlete if it is a racing wheelchair

Is there room for the lead vehicle to overtake when it reaches the wheelchair athlete?

What is the terrain of the course? Hilly? Suitable for wheelchair participation?

Is it a two-lap course? Consider the risk of collision with other athletes

Is the course out and back? Consider separating runners going out and returning

WHEELCHAIR RACING - ROAD EVENTS



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Pre-event

- Accommodation/venues
- Chair transfer
- Communication – lead car and course

During event

- Lead car/cyclist for support
- Clear course signage
- Finish line support

Post-event

- Separate funnel/area after finish line
- Relocation with chair/kit



VI ATHLETES



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Welsh Athletics Guide Running
Development
26 clubs
130+ completed since
September 2021
Increased prevalence of VI and
GRs in clubs and bigger events

Estimated more than 2 million
people in UK with sight loss, 1 in
5 will experience sight loss

VI Athletes/Participants
Without guide – bib/vest
With guide - bib

Communicate with the person to see
what support they need - don't
assume!

Visually impaired = correct terminology



VI ATHLETES - MASS PARTICIPATION



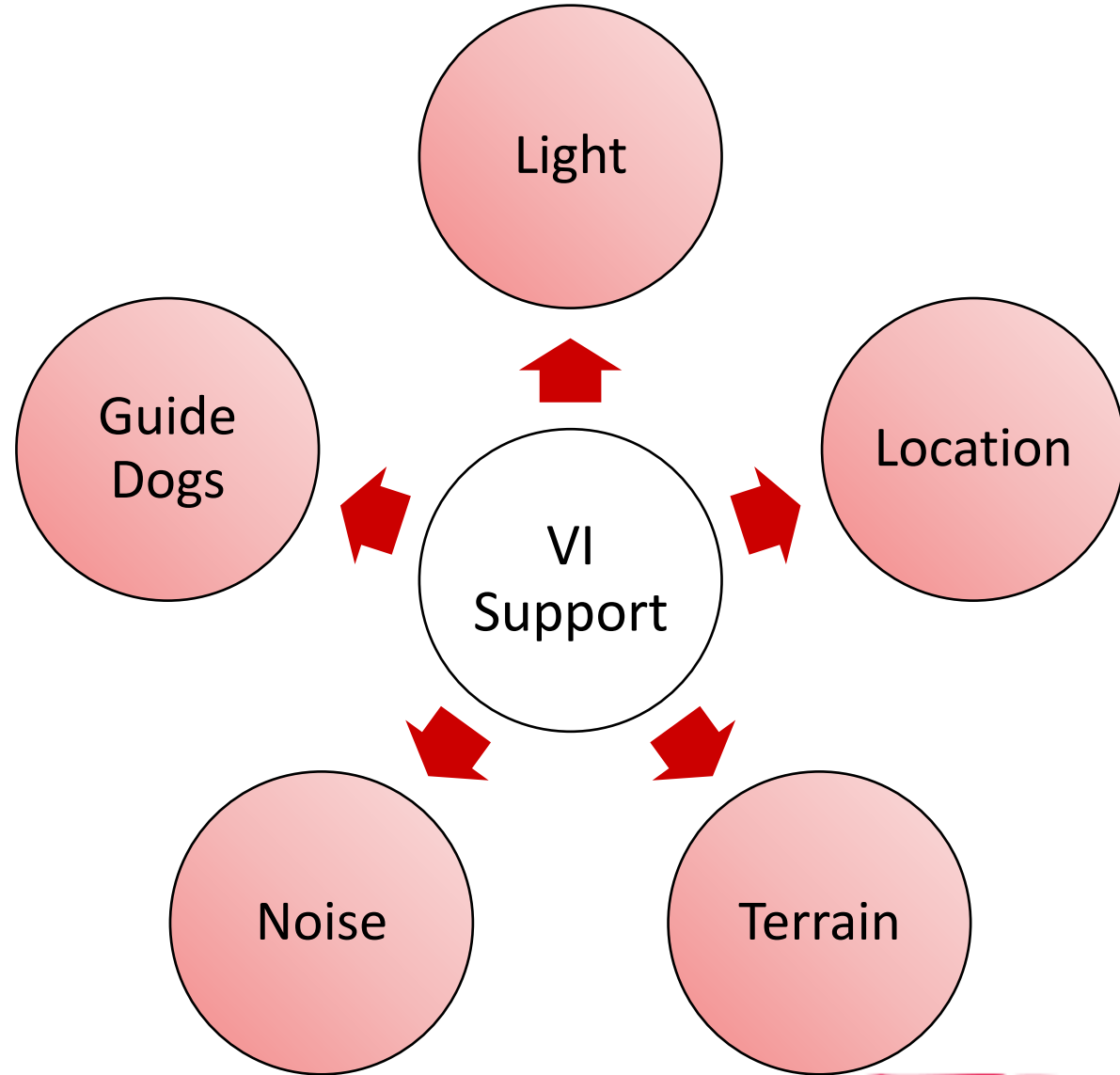
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VI runners can take part in athletics recreationally and enter races without a classification. They will need a classification if they wish to compete specifically as a visually impaired athlete and record results in the relevant UK rankings.

If you are guiding a VI runner in a race or training, you do not need to pay track/entry fees. If you are there solely to support the VI runner and to enable them to take part, then this is a reasonable adjustment under the Equality Act 2010.



CONSIDERATIONS





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WA: PARA-ATHLETICS OPPORTUNITIES



Athlete Development and Progression



INSPO

- What is insport?
 - insport is a Disability Sport Wales project which aims to support the physical activity, sport, and leisure sectors delivering inclusively of disabled people.



March 2022



November 2023



...by 2026



INSPORT GOLD AND OFFICIALS



To ensure that levels 1, 2 and 3 (and working towards level 4) of the UKCC/NGB accredited Coaching Programme is inclusive, and that there is opportunity for higher level coaches to do qualifications and/or CPL that is *impairment and/or classification specific*

Apply to officials too
CPD opportunity for officials that will support our insport submission



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**THANKS FOR LISTENING
QUESTION TIME!**

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