



WELSH ATHLETICS  
ATHLETAU CYMRU

# *INCLUSIVE COMPETITIONS AT WELSH ATHLETICS*

Welsh Athletics Virtual Track & Field Conference

17<sup>th</sup> March 2024

Libby Steele – Inclusion and Engagement Coordinator

# OVERVIEW

- Challenges & barriers
- Impairment types and classification
- WA Para-opportunities
- WA Para-success
- insport Gold



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# 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

## 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 D/deaf or have a hearing loss

## Unseen/hidden/secondary disabilities/conditions:

Athletes with:

- autism spectrum disorder
  - diabetes
  - epilepsy
  - asthma



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Sport Classes: <i>T for Track</i> <i>F for Field</i>	Impairment Types:	Related Conditions
T/F11-13	Vision impairment	Blind, partially sighted
T/F20	Intellectual Impairment	Learning disability
T/F35-38	Co-ordination impairments (hypertonia, ataxia and athetosis)	Cerebral Palsy
T/F40-41	Short stature	Dwarfism
T/F42-44	Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement	Amputation, spinal injury
T/F45-47	Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement	Amputation, Spinal Injury
T/F61-64	Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference	Amputation
T/F32-34	Co-ordination impairments (hypertonia, ataxia and athetosis)	Cerebral Palsy
T/F 51-57	Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement	Spinal Injury, Amputation
RR1-3 (T71-72)	Athletes with severe co-ordination impairment (hypertonia, ataxia, athetosis) competing in Frame Running events	Cerebral Palsy, Brain Injury





Aled Davies – F42



Mike Jenkins F38



Sabrina Fortune – F20



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Olivia Breen - T38



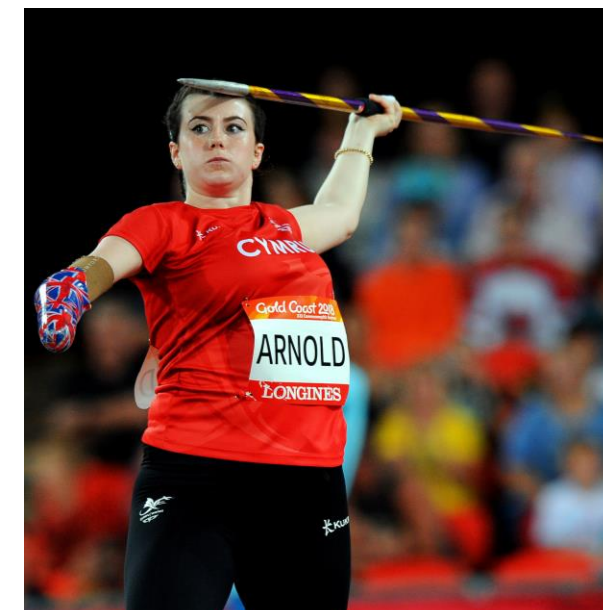
James Ledger – T11



Harrison Walsh – F44



Kyron Duke – F41



Hollie Arnold – F46

# IMPLICATIONS AND SUPPORT



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



# PARA-ATHLETICS SUCCESS

## 4 ATHLETES



National and International  
Classification Clinics

NDP Review:  
Fully integrated Performance  
Programme with over 10% being  
para-athletes



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# WA: PARA-ATHLETICS OPPORTUNITIES



Athlete Development and Progression







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# WA: PARA-ATHLETICS OPPORTUNITIES

Sprints and Jumps







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# WA: PARA-ATHLETICS OFFICIATING

## Para-athletics Officiating Workshop



# ***WORLD PARA ATHLETICS POINT SCORES SYSTEM*** ***RAZA POINTS***

The **Raza point score system** is a method in Paralympic Athletics track & field competitions for comparing performances by athletes of differing levels of disability.

In events where athletes of multiple different classifications compete, performances are converted to point scores by a formula which accounts for the athletes' classifications. This means that a more disabled athlete may beat a less disabled competitor with a slightly shorter throw, jump, or track time.



https://www.paralympic.org/athletics/technical-ir



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## World Para Athletics -Technical Information

World Para **Athletics -Technical Information** ; Point Systems - Open Competition ; 2023/2024

World Para **Athletics** Points Scores Calculator (Field), 2023/2024 World ...

### People also ask ⋮

What does T38 mean in the Paralympics? ▾

What is T64 Paralympics? ▾

What does T13 mean in Paralympics? ▾

How disabled do you have to be to be in the Paralympics? ▾

Feedback



# INSPOORT

- 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



# INSPOORT 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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**NEXT UP...**  
**DEAF AWARENESS AND**  
**INCLUSION**