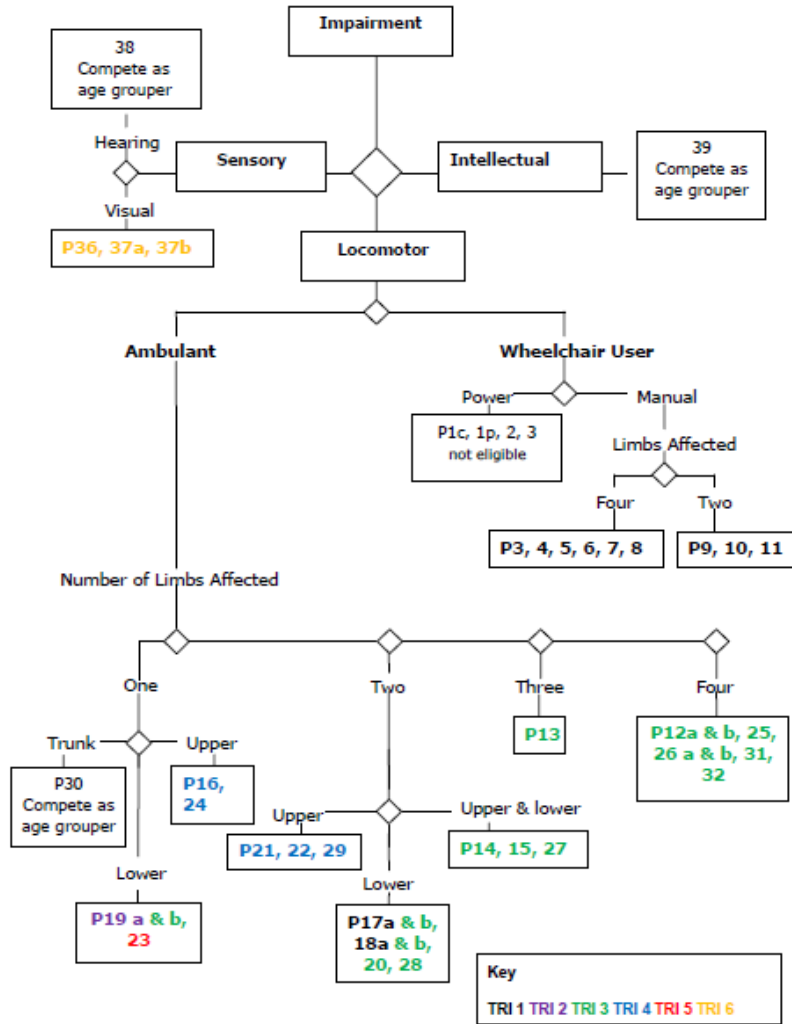


PARATRIATHLON CLASS/PROFILE FLOW CHART



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International Triathlon Union



A Quick Guide to Classification



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Classification in Paratriathlon

In many sports competitors are classified or grouped to ensure fair competition; golfers have handicaps, boxers and weight lifters are classified into weight categories & triathletes compete in age groups.

To make sure that competition is fair and the best competitor wins, classification is also needed in para- sports. To provide equitable competition amongst athletes with disabilities, classification must ensure that the competition does not favour the athlete with the least degree of disability, but that the winner is the best prepared or the most skilful person participating.

In Paratriathlon classification enables people to compete as fairly as possible; sporting ability is judged by the results of the competition.

Eligibility

To be eligible the athlete must lose more than 15% of the baseline score.

It is difficult to measure subjective and variable impairments, e.g. pain, absence or dysfunction of organs, progressive conditions.

'To say someone is not eligible or not classifiable is not to say they are not disabled. The severity of the disability is not in doubt, but some disabilities do not fit into a classification system'. M Riding, Chair, IPC Classification Committee, 2000.

Being ineligible for classification does not mean that an individual cannot participate in triathlon. The athlete may be able to compete in an age group. The rules of competition permit only classified paratriathletes to receive Paratriathlon medals.

PROFILE 22: Both arms slightly impaired or missing below the elbow, but able to grip handlebars with or without prosthesis. Base line scores will be used to determine if athlete is eligible for International Triathlon Union competitions. **Able to cycle.**

PROFILE 23: One leg slightly impaired or absent below the knee, (50% or less of lower leg remaining), can usually run if fit enough. Amputation through the forefoot is not eligible. **Able to cycle.**

PROFILE 24: One arm slightly impaired, unable to grip handlebars with one hand. Base line scores will be used to determine if athlete is eligible for International Triathlon Union competitions. **Able to cycle.**

PROFILE 25: Very short stature due to extreme shortness of limbs. (i.e. achondroplasia) Height of four foot three inches or below (129.5 cm) **Able to cycle.**

PROFILE 26: Mild impairment in all four limbs. **Able to cycle.**

26a: Impairment of coordination 26b: Impairment of power or range

PROFILE 27: Opposite arm and leg severely impaired or absent. **Needs tricycle.**

PROFILE 28: Both hips impaired causing difficulty walking, usually a waddling gait. The hip impairment must be sufficient to cause poor or no pelvic control. **Able to cycle.**

PROFILE 29: Both shoulders impaired. **Able to cycle.**

PROFILE 30: Deformity or weakness of trunk. **Age classes.**

PROFILE 31: Able to walk, but both legs severely impaired. Arms moderately to slightly impaired. Trunk control varies, it is often fair to moderate. **Needs tricycle or handcycle.**

PROFILE 32: Able to walk moderately well, but both arms severely impaired. Legs moderately to slightly impaired. Trunk control varies, it is often fair to moderate. **Needs to use tricycle.**

PROFILE 36: Totally blind. (B1) **Uses tandem.**

PROFILE 37: Visually impaired. See Appendix two.

37a: Partially sighted (B2) **Uses tandem.**

37b: Partially sighted (B3) **Uses tandem.**

PROFILE 12: All 4 limbs severely impaired, but able to walk. Fair to moderate trunk control. 12a: Severe difficulty controlling all four limbs when performing an activity. **Needs tricycle.**

12b: Severe deformity or weakness in all four limbs. **May be able to cycle in Class TRI 4.**

PROFILE 13: Able to walk, but has poor use of three limbs and usually uses a stick in the good hand. Trunk control varies, it is often fair to moderate. **Needs tricycle.**

PROFILE 14: Able to walk, but one side of the body is of little use; usually can balance unaided only on the good leg. The imbalance of the body makes it difficult to balance on a bike. **May need a tricycle.**

PROFILE 15: Able to walk, but one side of the body is minimally impaired. Although there is imbalance, **able to cycle.**

PROFILE 16: One upper limb absent or with little or no use. **Able to cycle.**

PROFILE 17: Able to walk, but both lower limbs are severely impaired, acting more like props. May need crutches or sticks to walk. 17a: Very little or no functional use of pelvis. **May use tricycle or handcyle.** 17b: Good control of pelvis. **Able to use cycle.**

PROFILE 18: Able to walk, but one limb severely impaired, used like a prop, the other leg better but not normal. 18a: Very little or no function in pelvis. **May use tricycle or handcyle.** 18b: Good control of pelvis. **Able to cycle.**

PROFILE 19: Able to walk, one leg severely impaired, used like a prop, other leg normal. **Able to cycle.** 19a: An amputee who cycles with a prosthesis. Stump 4ins. (10cm.) or less. 19b: Paresis.

PROFILE 20: Able to walk and run but both legs impaired slightly e.g. a slight to moderate diplegic. (50% or less of the lower leg remaining) **Able to cycle.** 20a: a bilateral amputee. 20b: a minimal diplegic.

PROFILE 21: Both arms severely impaired or may be absent. **To cycle if able.**

Paratriathlon classification

The International Triathlon Union has recently adopted the Profile System, devised by Dr. Christine Meaden. It has been used in the UK for 20 years & has been used worldwide and at Paralympic Equestrian since 2000. The system is validated and has inter & intra rater reliability.

The Profile System uses impairment (significant deviation or loss of body function or structure, WHO 2000) rather than diagnosis, disability or functional ability to group competitors fairly for competition.

The impairment is measured using one of 3 scales; power, range of movement or co-ordination. Which one to use depends on the diagnosis and which scale gives the most sensitive measure of the impairment. So for a neurological impairment co-ordination is the best to use but for a musculo-skeletal impairment eg brachial plexus or spinal cord injury power would be more sensitive and for amputation range of movement would be used. All 3 scales are rated 0-5 so can be compared if necessary. The result is a block of 6 numbers which gives a score that is compared to the baseline score for a certain impairment, known as a Profile. The max score is 80 for upper limbs, 40 for the neck, 70 for lower limbs and 60 for the trunk.

The assessment can take up to 45 minutes to complete as the athlete is asked a number of questions and asked to perform a series of movements.

Observation in competition confirms the findings of the assessment. If inconsistencies are seen during observation the competitor will be recalled for further assessment.

Paratriathlon classifiers are generally healthcare professionals with a knowledge of the sport.

Paratriathlon classes

Six Paratriathlon TRI classes have been developed by the ITU Paratriathlon Committee for competition. Each TRI class contains several similar (but not identical) profiles, based on the principal that different impairments will have similar functional ability, acknowledging that some will do better in one element than another but overall they should be competitive.

TRI 1 - Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use handcycle on bike course and racing wheelchair on run.

Profiles 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 17a, 18a

TRI 2 - Severe leg impairment including above knee amputees. Athlete must ride bike and run with above knee prosthesis (or similar prosthesis) or run using crutches.

Profiles 19a

TRI 3 - Les Autres: This category includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, double leg amputee runners or paralysis in multiple limbs. These athletes will ride a bike and run. Athletes may use braces or prosthesis if required.

Profiles 12, 13, 14, 15, 17b, 18b, 19b, 20, 25, 26, 27, 28, 31, 32

TRI 4 - Arm impairment including paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Athletes may use prosthesis, brace or sling on the bike and/or run.

Profiles 16, 21, 22, 24, 29

TRI 5 - Moderate leg impairment including below knee amputees. Athlete rides bike and runs with prosthesis.

Profile 23

TRI 6 - Visual Impairment, legally Blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athlete is tethered during the swim. Athlete uses a tandem bike and may be tethered during the run. Profiles 36, 37a, 37b

A Trainer's Guide to Profiles of Impairment

PROFILE 1: Almost no use in four limbs. Need to use an electric wheelchair, or be pushed in a manual wheelchair. Usually has very poor trunk control. **Needs tricycle.**

PROFILE 2: Almost no use in four limbs, but can bend elbows and just about push a manual wheelchair. May need to use an electric wheelchair for long distances. Has poor trunk control. **Needs tricycle or handcycle.**

PROFILE 3: Wheelchair user with very poor balance and inability to grip and release objects. Has poor trunk control. **Needs tricycle or handcycle.**

PROFILE 4: Almost no use in all 4 limbs, but good trunk control. Usually able to push a wheelchair in some way. **Needs tricycle.**

PROFILE 5: Wheelchair user with difficulty controlling the limbs when trying to perform any activity. Often has moderate trunk control. **Needs tricycle or handcycle.**

PROFILE 6: Wheelchair user with poor trunk control and slightly weak hands, or lack of control in the arms. **Needs tricycle or handcycle.**

PROFILE 7: Wheelchair user with good use in only one arm; may need to use an electric wheelchair if unable to push a manual chair. Difficulty with trunk control. **Needs tricycle.**

PROFILE 8: Wheelchair user with some control of trunk and slightly weak hands or arms. Difficulty with trunk control. **Needs handcycle.**

PROFILE 9: Wheelchair user with good use in arms, but only upper trunk control. No lower trunk control (T1-T5). **Needs handcycle.**

PROFILE 10: Wheelchair user with good use of trunk and arms, but unable to use the hips to assist trunk movement. Difficulty with trunk control (T5-T10). **Needs handcycle.**

PROFILE 11: Wheelchair user with good control of trunk, arms, and some control of hips. Good pelvic tilt (T10-L3). May have both legs absent. **Needs handcycle.**