



ParaTriathlon Committee Agenda Items



Item Summary

- Nomination of Candy Cheatham as ParaTriathlon Board Liaison.
- Nomination of Peter D. Harsch as ParaTriathlon Committee Member.
- Propose that the attached ITU ParaTriathlon competition rule changes be adopted by USAT and implemented for the 2010 season. (See *attach.#2*)



Nomination of Candy Cheatham

Candy Cheatham needs no introduction. Her accomplishments and longevity at USAT and in the sport as a whole, speak for themselves.

For the past two years, the ParaTriathlon Committee has been ably represented on the USAT Board of Directors by Mike Greer, one of ParaTriathlon's great supporters. His guidance will be missed but we can't think of anyone better suited than Candy to help us during this critical time as we shepherd the sport into the Paralympics. She is a great choice as our new board liaison and we'd be honored to have her on our team.



Nomination of Peter D. Harsch

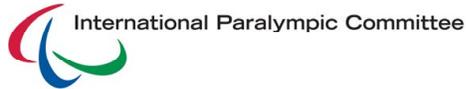
Peter D. Harsch of San Diego, Calif. is USA ParaTriathlon's National Team Director who guided Team USA to six gold medals at ITU Worlds in Gold Coast last year. He is a USAT Level I certified coach and a nine-time Ironman with two Kona IM World Championship finishes to his credit.

He is currently the head of prosthetics at a major comprehensive combat military center on the West Coast. He has been involved with the Challenged Athletes Foundation's Operation Rebound program and has helped many of our returning wounded veterans get into competitive sports. Peter will be a valuable addition to the USA ParaTriathlon committee.



Attachments/Addendum

- *Attachment #1:* Letter from CEO of International Paralympic Committee CEO Javier Gonzalez acknowledging receipt of ITU's "Letter of Intent to Apply". The first official step in the Paralympic application process.
- *Attachment #2:* Recently adopted ITU ParaTriathlon Rule changes. (In Red)
- *Attachment #3:* Letter from the ParaTriathlon Committee outlining the future of the sport leading up to Paralympic inclusion.



International Triathlon Union (ITU)
Ms. Marisol Casado
President
998 Harbourside Drive
Suite 221
North Vancouver V7P 3T2
Canada

Bonn, 25 November 2009
RE/IPC/1043

RIO 2016 Paralympic Games Sport Programme - Declaration of Intent

Dear Ms. Casado,

On behalf of the IPC Governing Board, we would like to thank you for submitting the *Declaration of Intent to Apply for Inclusion of New Sport to the Paralympic Sports Programme*, and to formally inform you that the expression of interest for inclusion of Triathlon to the Rio 2016 Paralympic Games Sports Programme has been accepted.

We will contact you in due course for further details on the next step of the application process.

We look forward to the participation of ITU in this process. In the meantime, should your federation have any questions, please contact me at your convenience.

Yours sincerely,

A handwritten signature in black ink, appearing to read "Xavier Gonzalez", written over a thin vertical line.

Xavier Gonzalez
Chief Executive Officer
International Paralympic Committee

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(Attach.#1)



ITU paratriathlon Rules Modifications

P.1 General:

- a) Paratriathletes, as defined under ITU rule P.2 will be governed by the International Triathlon Union (ITU) Competition Rules with the following specific modifications:
 - (i) Prior to attending ITU World Championships, or other specified competitions, paratriathletes are required to provide a doctor's letter outlining their degree of disability.
 - (ii) Paratriathletes are required to be classified by an ITU designated Classification Officer to ensure they are assigned to the proper category.
- b) For an athlete to be eligible to participate in paratriathlon categories TRI-1, TRI-2, TRI-3, TRI-4 or TRI-5, they must have a minimum disability of 15% impairment of any one (1) limb.
- c) For an athlete to be eligible for category TRI-6, they must have a maximum of 20/200 vision with best corrected vision.
- d) All Triathlon and Duathlon World Championship and Triathlon and Duathlon Continental Championship events, hosting an Age-Group competition, are obliged to organize a Paratriathlon competition.
- e) The ITU Competition Rules specify the conduct and behaviour of paratriathletes during ITU competitions. Where the ITU Competition Rules do not specify, the rules of International Paralympic Committee (IPC) Swimming, International Cycling Union (UCI) Paracycling and International Paralympic Committee (IPC) Athletics will apply in their specific segment.
- f) It is mandatory for all paratriathlon competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter bag at all times. This includes training, competition and classification.

P.2 Paratriathlon Competition Categories:

ITU Paratriathlon Competition Categories shall be established based on physical disabilities. Medical evidence shall be required as to disability and classification. The six (6) categories are as follows:

- a) TRI 1 - Handcycle: Including Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use a "handcycle" (as described in section P.11) on the bike course and "racing wheelchair" (as described in section P.13) on run.
- b) TRI 2 - Severe leg impairment including above knee amputees: Must ride a bi-cycle and run with approved prosthetics or crutches. Racing wheelchairs are not allowed.



- c) TRI 3 - Les Autres: Includes (but is not limited to) Multiple Sclerosis, Muscular Dystrophy, and Cerebral Palsy, double leg amputee runners or paralysis in multiple limbs. Must ride a bicycle and run with braces or approved prosthetics. Racing wheelchairs are not allowed.
- d) TRI 4 - Arm impairment: Including paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Must ride a bicycle. Approved upper-extremity prosthetics, braces or slings are allowed.
- e) TRI 5 - Moderate leg impairment: Including below-knee amputees. Must ride a bicycle and run with approved prosthetics. Racing wheelchairs are not allowed.
- f) TRI 6 - Visual Impairment, legally blind (20/200 vision with best corrected vision): A single handler of the same gender is mandatory throughout the race. Competitors are tethered during the swim **and the run** portions and must ride a tandem bicycle.

P.3 Classification:

- a) All paratriathlon competitors shall be classified by an ITU Paratriathlon Classifier prior to competition. Each competitor will be required to:
 - (i) Provide medical evidence/documentation describing their disability.
 - (ii) Be available to the classifier to be assessed prior to the competition.
 - (iii) Meet the minimum impairment criteria.
- b) Ineligible disabilities: paratriathletes with miscellaneous conditions such as, but not limited to: intolerance to temperature extremes, organ transplants, joint replacements (endo-prosthetics), kidney dialysis and hearing impairments are not eligible, as defined by these standards.

P.4 Paratriathletes' briefing:

- a) A compulsory meeting of paratriathlon competitors will be held before all ITU competitions and will be conducted by the Technical Delegate (TD) (paratriathlon coaches may also attend the briefing.)
 - (i) Competitors not attending the briefing because of circumstance beyond their control (force majeure), but who have informed the TD of their absence prior to the briefing, will be reallocated on the pre-start line up 10 positions back in relation to their position on the start list.
 - (ii) Competitors not attending the briefing without informing the TD of their absence, may be either removed from the start list or reallocated to the last position on the pre-start line up, at the TD's discretion.
- b) All guides and handlers must be registered at the briefing.



P.5 Paratriathlon Handlers:

- a) Securing qualified aides (“Handlers”) shall be the responsibility of the paratriathlete and all such handlers shall be identified to and receive credentials from the Referee **at the Paratriathlon Briefing.**
- b) “Handlers” are to be allotted as follows:
 - (i) **One (1) handler for categories TRI 2, TRI 3, TRI 4, and TRI 5;**
 - (ii) **Up to two (2) handlers for category TRI 1;**
 - (iii) **No handlers for category TRI 6 (Guides may act as handler for this category).**
- c) “Handlers” are specifically allowed to assist paratriathletes by:
 - (i) Helping with prosthetic devices or other assistive devices.
 - (ii) Lifting participants in and out of handcycles and wheelchairs.
 - (iii) Removing wetsuits or clothing.
 - (iv) Repairing flats punctures and helping other equipment.
- d) All handlers shall be subject to all ITU Competition Rules in addition to further regulations deemed appropriate or necessary by the Referee.
- e) Any action taken by a handler, which propels the competitor forward may, at the discretion of the Race Referee, be grounds for a time penalty or disqualification (DQ).

P. 6 Wetsuit Removal Area conduct

- a) **If a “wetsuit removal area” exists, competitors in categories TRI-1, TRI-2, TRI-3 and TRI-5 may remove their wetsuits before accessing wheelchairs or other ambulatory devices in this area. Handlers are then permitted to carry the wetsuit to their paratriathlete’s assigned space in the transition area.**
- b) **Handlers are allowed to assist their assigned paratriathlete in this area but may not propel them forward.**

P.7 Transition Area Conduct:

- a) No guide dogs will be allowed in the transition area at any time.
- b) **During the swim exit, the competitors will receive assistance from the “swim exit handlers” according to their swim cap colours, as follows:**



- (i) Red colour: Competitor needs to be lifted from the swim exit to the wetsuit removal area.
- (ii) Blue colour: Competitor needs to be supported to walk/run from the swim exit to the wetsuit removal area.
- (iii) White colour: Competitor does not need any assistance at the swim exit.
- c) Bicycles, handcycles or tricycles are not allowed as conveyance from the swim exit to the transition area.
- d) All equipment shall remain within each competitor's assigned space in the transition zone. The only exception to this rule is when a "wetsuit removal area" exists. (This area shall be set-up in coordination with the Technical Delegate.)
- e) With the exception of TRI-1 competitors, all other paratriathletes must observe the mount and dismount lines.
- f) For TRI-1 competitors, handcycles are allowed as a conveyance to and from the mount line within the transition area. Any modification of this rule will be addressed at the Paratriathlon Briefing.

P.8 Paratriathlon Swimming Conduct / Equipment:

- a) For safety reasons, during the paratriathlete presentation at race start, categories will be presented in the following order: TRI-6, TRI-5, TRI-4, TRI-3, TRI-2, TRI-1. (For safety reasons, TRI-1 competitors should always enter the water after all other classes are in place.)
- b) The swim start shall be an "in-water" start for all paratriathlon competitions.
- c) If the swim portion consists of multiple loops, paratriathletes will not be required to exit the water before completing additional loops.
- d) Artificial propulsive devices including (but not limited to) fins, paddles, or floating devices of any kind are not allowed. All prosthetic and/or orthoses are considered "propulsion devices". Use of any such devices will result in disqualification.
- e) Wetsuits are allowed at all temperatures. However, the provisions for cold water, as outlined in P.8.i, will apply to paratriathlon competitions.
- f) The maximum time allotted to complete the swim course in a Sprint Distance Paratriathlon competition is forty-five (45) minutes. If any competitor has not completed the swim course within this time limit *and* is more than 100 metres short of the finish, they shall be immediately removed from the water.
- g) The swim portion may be cancelled if the "real water temperature" is lower than 16° C. ("Real water temperature" is calculated as follows):



- (i) When the air temperature is lower than the water temperature, the adjusted value (“real water temperature”) is the measured temperature decreased by 0.5° every 1.0° of difference between the air and water temperatures.

	Air temperature					
	16°C	15°C	14°C	13°C	12°C	11°C
Water temperature 20°C	18°	17.5°	17°	16.5°	16°	Cancel
Water temperature 19°C	17.5°	17°	16.5°	16°	Cancel	Cancel
Water temperature 18°C	17°	16.5°	16°	Cancel	Cancel	Cancel
Water temperature 17°C	16.5°	16°	Cancel	Cancel	Cancel	Cancel
Water temperature 16°C	16°	Cancel	Cancel	Cancel	Cancel	Cancel

P.9 Paratriathlon TRI 1 Swimming Conduct

- a) Competitors in the TRI-1 category shall have both legs bound together between the ankle and knee during the swim portion. The binding must remain in place until they are inside the “wetsuit removal area”.

P.10 Paratriathlon Cycling Conduct / Equipment:

- a) Paratriathlon competitions are non-drafting events.
- b) In paratriathlon competitions, the term “bicycle” used herein shall include bicycles, tricycles or handcycles.
- c) All bicycles, tricycles and handcycles shall be propelled by human force. Arms or legs can be used to propel the cycle, but not both. Any violation shall result in disqualification.
- d) Bicycle specifications for paratriathlon competitions are outlined in ITU Competition Rules section E.3.
- e) Protective shields, fairings or other devices, which have the effect of reducing resistance, are not allowed.
- f) Artificial handgrips and prosthetics are allowed *but* may not be fixed to the cycle. Rigid prosthetic adaptations that are mounted or fixed to any part of the cycle are not allowed.
- g) Except for handcycles (TRI-1), a rider’s position shall be supported solely by the pedals, the saddle and the handlebars.



- h) A rider in the TRI-2 category not wearing a prosthesis may use a support for the thigh only if there is no fixation of the thigh to the bicycle. (For example, the support may be a half tube attached to the cycle, with a closed base and maximum of 10 cm closed side at the base, but no “thigh fixing devices” are allowed.)
- i) There must be at least one working brake (generally on the drive wheel) capable of safely stopping the vehicle.
- j) All requests for impairment adaptations to any cycle must be submitted in writing for ITU approval. (with proper explanation and pictures) at least one (1) month before any event. If the adaptation is approved, a certificate will be sent to the applicant.
- k) The specifications of a tricycle are as follows:
 - (i) The tricycle is a vehicle with three (3) wheels of equal diameter. The front wheel, or wheels shall be steerable. The rear wheel(s) shall be driven through a system comprising pedals and a chain.
 - (ii) Recumbent tricycles are not allowed.
 - (iii) All tricycles shall conform to International Cycling Union (UCI) construction and measurements for a bicycle, including the bottom bracket, seat tube and saddle position (excluding the rear triangle).
 - (iv) Wheels of the tricycle may vary in diameter between 70 cm maximum and 55 cm minimum including the tyre, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between a 85 cm maximum and 60 cm minimum, measured at the centre of each tyre as it touches the ground.
 - (v) If a tricycle’s two-wheel rear axle does not have a differential, only one wheel must be driven, due to the different speeds of the wheels in turns.
 - (vi) A tricycle shall not measure more than 200 cm in length and 95 cm in width overall.
 - (vii) The tricycle’s top tube may slope down rearwards, to an inclination parallel with the down tube to facilitate easy mounting by the rider.
 - (viii) The two wheels of a tricycle may be offset a maximum of 10 cm either side of a centreline, which passes through the single wheel and the frame top tube.



(ix) A tricycle shall be fitted with a safety bar to prevent the front wheel of a following tricycle from entering the space between the rear wheels. The safety bar must be fixed to the tricycle so that there is no risk of the bar moving during competition. The distance from the ground to the centre of the safety bar should be the same as the distance between the ground and the middle of the hub when the tyres are inflated to the pressure used in competition.

- l) No guide dogs will be allowed on the bike course at any time.
- m) No bike course shall have a maximum gradient of over 12% at the steepest section.

P.11 Paratriathlon TRI 1 Cycling Conduct

- a) Paratriathletes must use a handcycle in a “recumbent position”.
- b) Specifications of a “recumbent position” handcycle are as follows:
 - (i) A handcycle shall be an “arm powered”, three wheeled vehicle with an open frame of tubular construction, which conforms to the general principles of International Cycling Union (UCI) construction for bicycles (except that the chassis frame tubes need not be straight.) For the seat or backrest construction, the maximum frame tube diameter may not exceed the maximum defined by the general principles of UCI.
 - (ii) The single wheel may be of a different diameter to the double wheels. The front wheel or wheels shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain. The handcycle shall be propelled solely through a chainset and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled by the hands, arms and upper body only.
 - (iii) So that the rider has clear vision, the horizontal of the eyeline must be above the crank housing (crank set) when the rider’s hands are on the handlebars facing forward at full extent, the tip of both shoulder blades are in contact with the backrest and the head is in contact with the headrest (when applicable).
 - (iv) From this seated “recumbent position” described above (P.11.b.iii), conforming measurements are calculated as follows; (#1) The distance from the ground to the centre of the rider’s eyes and (#2) the distance from the ground to the centre of the crank housing (crank set). Measurement #1 (from the eyes to the ground) must be equal or greater than measurement #2 (from the centre of the crank housing to the ground.)



- (v) All riders shall remain seated in this “recumbent position” with bodyweight supported through the seat and backrest . The seat angle of the handcycle may vary in angle between a 30° minimum and 45° maximum, measured between the horizontal and the back of the rider.
- (vi) All handcycles must have a mirror fixed either to the helmet of the rider or at some point on the front of the bike to ensure rear-view vision.
- (vii) Adjustments (except emergency repairs) to handcycle equipment may not be made during the race.
- (viii) Wheels of the handcycle may vary in diameter between a 406 mm minimum and a 622 mm maximum. Modified hub attachments may be used if necessary. The width of handcycle double wheels may vary between 55 cm minimum and 70 cm maximum, measured at the centre of each tyre where the tyres touch the ground.
- (ix) Disk wheels for handcycles are not permitted in mass start competitions.
- (x) A handcycle shall not measure more than 250 cm in length or 70 cm in width.
- (xi) The shifting device can either be within the extremities of the handlebars, or on the side of their body.
- (xii) The largest chain ring shall have a guard securely fitted to protect the rider. This protection shall be made of an sufficiently solid material and fully cover the chain ring over half of its circumference (180°) on the side facing the rider.
- (xiii) Maximum frame tube dimension shall be 80 mm, irrespective of tube material, or profile. Any fillets, or ribs, inserted at joints between tubes, shall be for strengthening purposes only. Non-functional, aerodynamic devices are not permitted for competition.
- (xiv) A quick release body harness is permitted.

P.12 Paratriathlon TRI-2 to TRI-6 Running Conduct / Equipment:

- a) Competitors may use prosthetics, canes or crutches to ambulate the course.
- b) The only acceptable footwear on the run course (aside from prosthetics) are running shoes.
- c) No guide dogs are allowed on the run course at any time.



P.13 Paratriathlon TRI-1 Running conduct/equipment

- a) TRI-1 competitors perform the run portion in a “racing wheelchair” and are governed by all ITU Competition Rules with regards to safety.
- b) The specifications of a “racing wheelchair” (hereafter referred to as “the chair”) are as follows:
 - (i) The chair shall have at least two large wheels and one small wheel.
 - (ii) No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.
 - (iii) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.
 - (iv) Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical qualification cards.
 - (v) No mechanical gears or levers shall be allowed, that may be used to propel the chair.
 - (vi) Only hand operated, mechanical steering devices will be allowed.
 - (vii) Competitors must be able to turn the front wheel(s) manually both to the left and the right.
 - (viii) The use of mirrors is not permitted.
 - (ix) No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.
 - (x) It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed while adjustments are made to the chair.
 - (xi) Competitors must ensure that no part of their lower limbs can fall to the ground during the event.
 - (xii) Competitors shall wear an approved bike helmet at all times while seated in the chair.
- c) A paratriathlete attempting to overtake another competitor carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The paratriathlete being overtaken has the responsibility not to obstruct or impede the passing competitor once the front wheel(s) of the passing chair are in sight.



P.14 Paratriathlon TRI-6 Conduct

The following additional rules apply to all visually impaired (TRI-6) competitors and their guides:

- a) All competitors must use and furnish a guide of the same gender.
- b) Each competitor is allowed a maximum of one (1) guide for any one (1) competition.
- c) All competitors must be tethered during the swim. The tether may be used around the waist, leg or foot.
- d) All competitors and guides must use a tandem bicycle. The specifications of the tandem bicycle are as follows:
 - (i) The tandem is a vehicle for two riders, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the 'pilot'. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprising pedals and chains.
 - (ii) The tandem top tube and any additional strengthening tubes, may slope to suit the morphological sizes of the riders.
- e) Elite or professional triathletes who have entered in an ITU international event must respect a waiting period of twelve (12) months after their last international event before acting as a guide.
- f) All guides must be over 18 years of age on the day of the event.
- g) In the event of an injury or illness and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.
- d) All TRI-6 competitors must be tethered during the run. They may receive verbal instructions only from their guide.
- e) All TRI-6 competitors shall use approved "black out glasses" during the entire run portion (beginning at their assigned space in the transition area.)



- e) Paddleboards, kayaks, etc. (on the swim portion) or bicycles, motor bicycles, etc., (on the run portion) or any other mechanical means of transport by guides are not allowed.
- g) At no time may a guide "lead" or "pace" the competitor nor propel them forward by pulling or pushing.
- h) Whether or not a tether is being used, the competitor and guide shall not be more than 0.5 metres apart at all times.
- i) As the TRI-6 competitor crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required 0.5 metres maximum separation distance.
- j) Infringement of any these rules may, at the discretion of the Referee, be grounds for a time penalty or disqualification (DQ).

(Attach. #2)



Dear USAT Board of Directors, National Staff and Committee Chairs,

First of all, we on the ParaTriathlon Committee want to thank you all for your continued support of ParaTriathlon. Things are moving quickly on the Paralympic front. ITU just submitted the Letter of Intent to apply form (see attached) that is the first step in the inclusion process and gives us a seat at the IPC table. We are on our way and I'm told that official inclusion could come as soon as late summer of 2010.

So while we are very excited by this progress, we want to make sure you are all aware of the great challenges in administering ParaTriathlon in the Paralympic context. We may be left behind if we don't put in place the standards, processes and mechanisms necessary not only to succeed, but to continue to dominate the sport in the future.

Of course, USAT is more than capable of creating those components having succeeded at fielded strong Olympic teams, but we need to be willing to devote the requisite resources, personnel and time to the Paralympic effort. The entire ParaTriathlon Committee and all our great athletes are committed to this end. Though we can help navigate we'll need heavy lifters if we're to get this done right. Here are a few of the areas we feel need to be explored in 2010:

- Elite ParaTriathlete Development
- National Team Selection and Administration
- High Performance Plan
- Coaching and Training
- Classifier Recruitment and Education
- Corporate Sponsorship Opportunities/Funding

We believe that immediately after inclusion is granted, USAT will need to form a Paralympic Development Committee of interested, capable folks and hire a full-time ParaTri office liaison. People who have the skill and experience to take us to the next level. Feel free to let us know your thoughts on this. We so appreciate your continued support and encouragement and look forward to setting new goals and accomplishing great things together.

Best Regards,
Your ParaTriathlon Committee

*Brian Leske
Jon Beeson
Tabi King
JP Theberge*

(Attach.#3)