

INTRODUCING



# Introduction to Para Triathlon

## Understanding the Basics for Coaching

# Course Agenda

- Objectives & Introduction
- Classification & Categories
- Equipment
- Considerations
- Upcoming Modules & CAWD
- Follow Up

# Objectives

- Connect Coaches Across Country
  - Share Knowledge
  - Provide Basics and Logistics
- Challenges Faced By Each Province
- Upcoming Courses



# Introduction



# Opportunities in Para Triathlon

Provincial Grant Opportunities

Awareness of Sport and Physical Activity

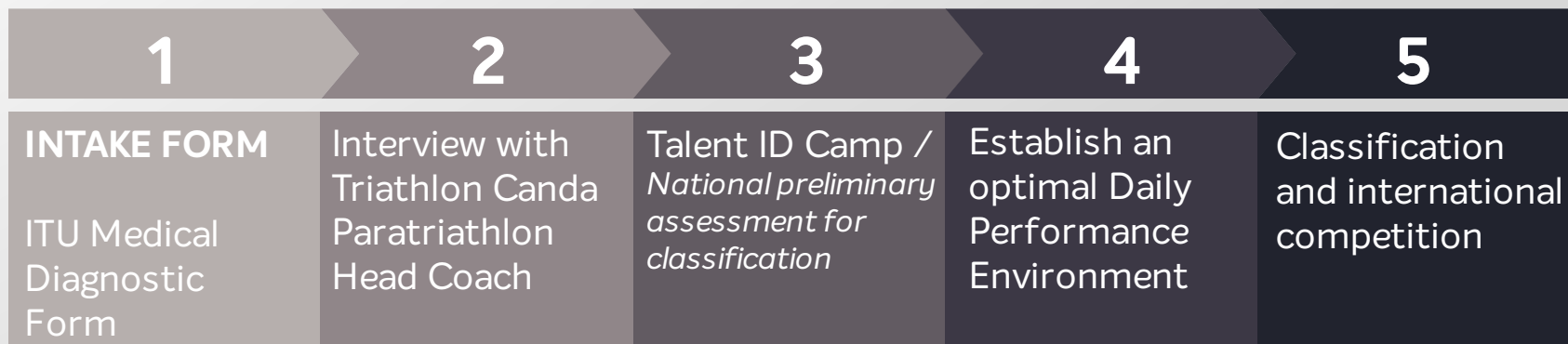
Coach Education

# The Pathway

## | Community Sport



## | High Performance Sport



# Categories & Classification

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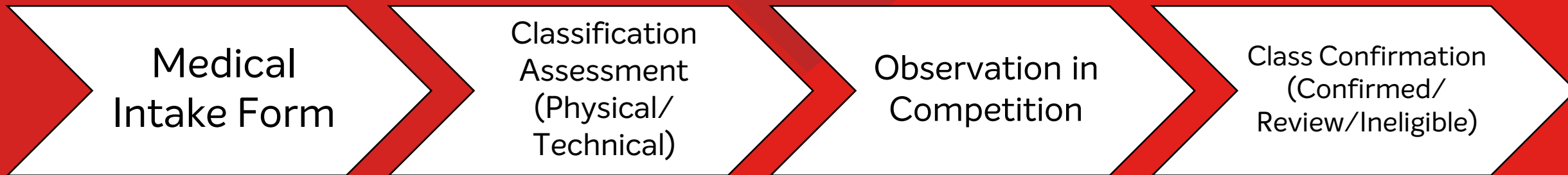
# What is Classification?

*An assessment to determine which category a Para athlete will compete in.*

## Is Classification Needed?

Classification is currently only needed for International Competition

## 4 Steps of Assessment





# PTWC 1 & 2

- For Athletes that are Wheelchair Users
  - Limitations in Upper or Lower Limbs
- 2 Subcategories Based on Injury to Spinal Cord
  - PTWC 1 & PTWC 2



# PTWC 1 & 2

PTWC 1	PTWC 2
Most Impaired Wheelchair Users	Least impaired wheelchair users
<ul style="list-style-type: none"> <li>Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment</li> <li>Includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia or athetosis.</li> </ul>	

Categories May Compete Together Using Staggered Start

## Interval Start System

	PTWC 1 Men	PTWC 2 Men	PTWC 1 Women	PTWC 2 Women
Triathlon Start Time	0:00	+3:08	0:00	+4:04

# PTS 2-5

- Athletes with Lower and/or Upper Limb Limitations
  - Lower Class means More Limitations
- Amputee Athletes Use Approved Prosthesis or Other Supportive Devices in Both Run and Bike
- 4 Subcategories



# PTS 2-5

PTS 2	PTS 3	PTS 4	PTS 5
Severe Impairments	Significant Impairments	Moderate Impairments	Mild Impairments
*Includes Athletes with Comparable Activity Limitation and Impairment of, but Not Limited to <ul style="list-style-type: none"><li>• Limb Deficiency</li><li>• Hypertonia</li><li>• Ataxia and/or Athetosis</li><li>• Impaired Muscle Power and/or Range of Movement</li></ul>			



# PTVI 1/2/3

- Athletes with Visual Impairment
- One Guide is Mandatory Throughout the Race
  - Must be Same Nationality and Gender
- 3 Subcategories



# PTVI 1/2/3

PTVI 1	PTVI 2	PTVI 3
Athletes Who Have Complete Blindness No Light Perception in Either Eye to Some (Wear Blackout Goggles)	Athletes Who Have Partial Sight More Severe	Athletes Who Have Partial Sight Less Severe

Categories May Compete Together Using Staggered Start

## Interval Start System

	PTVI 1 Men	PTVI 2/3 Men	PTVI 1 Women	PTVI 2/3 Women
Triathlon Start Time	0:00	+3:21	0:00	+3:48

# Equipment

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# Equipment

## Different Equipment for Different Categories and Abilities

- PTWC
  - Swim without Equipment
  - Bike with Handcycle
  - Run using Racing Wheelchair



# Equipment





# Equipment

Different Equipment for Different Categories and Abilities

- PTS2-PTS5
  - Physical & Bike Adaptations are Acceptable



# Equipment

## Different Equipment for Different Categories and Abilities

- PTVI
  - Guide is Visual Guide Throughout Race
  - Swim & Run Using Tether
  - Bike Using a Tandem Bike



# Levels of Competition

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# Levels of Competition

## Paralympic Pathway

- Three Ways to Qualify for Paralympic Games
  - Para Continental Championships
  - Para World Cups
  - WPS Events
  - Best 3 scores count for Paralympic ranking



# Current Paralympic Medal Events

Medal Events (2021)	
PTWC Men	PTWC Women
–	PTS2 Women
–	–
PTS4 Men*	–
PTS5 Men	PTS5 Women**
PTVI Men	PTVI Women
*PTS2 and PTS3 Men Can Qualify ** PTS3 and PTS4 Women Can Qualify	



# Levels of Competition

## Provincially

- National Championships
- Besides Nationals, There are Very Few Dedicated Para Triathlon Races
- To Compete Para Triathletes Enter Their Age Category at Local Triathlons
- Work With Athletes to Determine if Race Course is Suitable
- Work With Race Directors in Series Such as Subaru or Multisport

# Tokyo Paratriathlon



# What to Know Before Training

- Leader in Safe Sport
- Athlete First
- Acknowledge & Ask Questions
- Solution Based Approach
  - Minor Adaptations
- Creative, Openminded, Supportive, Respectful

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# Next Steps & Questions

- Share this recording with other coaches
- Check out the Triathlon Canada Website Para Triathlon section
- NCCP Modules – Coaching Athletes with a Disability
- Para Triathlon NCCP Module in Development
- Ask Questions!
  - Carolyn Murray – [paratriathlon@triathloncanada.com](mailto:paratriathlon@triathloncanada.com)
  - Sasha Boulton – [sashaboulton1@gmail.com](mailto:sashaboulton1@gmail.com)

# Resources

**[Triathlon Canada Website](#)**

**Classification & Categories – [More Information and Webinars Click Here](#)**

**Support Organizations – [Website Resource Link](#)**

**Para Athlete Classification Intake Questionnaire – [Click Here](#)**