

Paratriathlon Training Camp
Orlando, FL July 13 - 15, 2012
Athlete Information

Name:	DOB:	HT:	WT:
		M/F:	
Classification:	Handler:	Misc:	

BACKGROUND:

Please provide us with the following information regarding your impairment in order for us to be better prepared to meet your needs and create a better learning experience.

Q1. Using the attached Graphical Representation and Profiles List, please describe your impairment using a Profile number and marking the appropriate graphical representation (*from ITU Paratriathlon Classification Rules and Regulations 2012 Edition*). Please do your best and any questions we can answer at the camp. If you feel you fall under more than one profile, please include all that apply.

Profile: _____

Q2. How long have you had this impairment: Birth: _____ Age: _____ /
Reason: _____
Additional comments:

Q3. Type of prosthesis using; please check which apply:

a) Upper Limb:

Cosmetic _____ Body-powered (cable controlled): _____:

Externally powered (myoelectric, switch-controlled prostheses): _____

Hybrid : Cable to elbow or terminal device and battery powered:

_____ Excursion to elbow and battery-powered terminal device:

_____ Excursion to terminal device and battery-powered elbow:

b) Lower Limb:

Type of Knee:

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Type of Foot:

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Q4. Training experience:

- Do you use a heart rate monitor – why or why not
- Do you have a coach or are you self-trained
- What format do you use for training:
 - o How you feel
 - o Formal periodization
 - o Linear periodization
 - o How many recovery days per week:
 - o How many recovery days post race

Q5. Biomechanical training

- How much time do you dedicate to skills training (drills) : per week :_____ month:_____
- How much time do you dedicate to strength conditioning
 - o Do you follow a specific plan (i.e. functional to your impairment)
 - o Do you go to the gym and “hit the weights”
- How much time to you dedicate to stretching, yoga, pilates, etc.: week: _____ month:_____
- Additional information you would like us to know about your training. If this is not enough you can attach an additional page.

Q6. Racing Experience:

- Sport background (ie: swim, cycle, run, duathlon):_____
- Distance specialty:

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- Years of racing that sport: _____ Years of racing triathlon: _____
- Types of triathlon races: Sprints: _____ Olympic: _____ 1/2IM: _____ IM: _____
- Races this past 12 months: _____
- Places in category/class/overall: (attach race resume if need more space)

Q7. What do you see as you need most work in?

Q8. What are your expectations from this clinic?

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PARATRIATHLON CATEGORIES

The six paratriathlon categories are as follows:

TRI 1 - Wheelchair user: Includes Paraplegic, Quadriplegic, Polio, Double Leg Amputee and

Disabilities that prevent the safe use of a conventional bicycle. Must use "hand cycle" on bike

Course and "racing wheelchair" on the run;

Profiles 4, 5, 6, 7, 8, 9, 10, 11, 17a, 18a, 19

TRI 2 - Severe leg impairment, including above knee amputees. Must ride bicycle and run with

Above knee prosthesis or run using crutches;

Profiles 19

TRI 3 - Les Autres: Includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy,

double leg amputee or paralysis in multiple limbs. Must ride a bicycle or tricycle and run. May use

braces or prosthesis;

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

TRI 4 - Arm impairment: Includes paralysis, above elbow amputees and below elbow amputees,

or impairment in both upper limbs. Must ride a bike. May use prosthesis, brace or sling on the bike

and/or run;

Profiles 16, 21, 22, 24, 29

TRI 5 - Moderate leg impairment: Includes below-knee amputees. Must ride a bicycle and may

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run with prosthesis;

Profile 23

TRI 6 - Visual Impairment: Includes avidual acuity of less than 6/60 vision or visual field less than

40 degrees with best corrective vision. One guide of the same gender is mandatory throughout

the race.

Profiles 36, 37a, 37b

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Locomotor Dysfunction: Profiles 1-32

Sensory Dysfunction: Profiles 36-37

Able Bodied: Profile 48

PROFILE 1: FOUR LIMBS REDUCED IN FUNCTION. Severe spasticity, athetosis or paresis present in all limbs and trunk. Needs an electric wheelchair or personal assistant during daily life. Not eligible for paratriathlon if an electric wheelchair user.

PROFILE 2: FOUR LIMBS REDUCED IN FUNCTION. Severe deformity, paresis or incoordination present in all limbs and trunk. Triceps non-functional against resistance, e.g. complete C5/6 lesion. Poor trunk control. Not eligible for paratriathlon if an electric wheelchair user.

PROFILE 3: FOUR LIMBS REDUCED IN FUNCTION. Moderate deformity, paresis or incoordination present in all limbs and trunk. The finger flexors, extensors and intrinsic muscles may be severely impaired, e.g. complete C6/7 lesion. Poor balance and inability to grip and release objects. Not eligible for paratriathlon if an electric wheelchair user.

PROFILE 4: FOUR LIMBS REDUCED IN FUNCTION. Severe deformity, paresis, or absence of all limbs. Trunk less affected and sensation minimally affected.

PROFILE 5: FOUR LIMBS REDUCED IN FUNCTION. Moderate spasticity or athetosis present in all limbs and perhaps trunk. Can propel chair with difficulty, either with arms or legs. Moderate trunk control.

PROFILE 6: FOUR LIMBS REDUCED IN FUNCTION. Minimal impairment in upper limbs, severe paresis or spasticity in lower limbs and trunk, e.g. complete C8/T1 lesion, or moderate wheelchair quadriplegic. Poor trunk control and slightly weak hands or lack of control in the arms.

PROFILE 7: THREE LIMBS REDUCED IN FUNCTION. Severe deformity, paresis, spasticity, athetosis or absence of three limbs. Some trunk involvement. One limb may be only minimally affected, but use of a wheelchair is essential. Difficulty with trunk control.

PROFILE 8: FOUR LIMBS REDUCED IN FUNCTION. Minimal paresis or spasticity in upper limbs, and moderate to severe spasticity or paresis of lower limbs. Intrinsic

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muscles of hands may be severely affected. Trunk normal.

PROFILE 9: LOWER LIMBS AND TRUNK REDUCED IN FUNCTION. Severe spasticity, athetosis, or deformity present in lower limbs and trunk. Unable to balance in sitting unsupported. (T1 – T5). No lower trunk control.

PROFILE 10: LOWER LIMBS REDUCED IN FUNCTION. Severe spasticity, athetosis, deformity, or paresis present in both lower limbs. Moderate trunk involvement (T5 – T10). Good use of trunk and arms, but unable to use hip to assist trunk movement. If they are unable to move outside their base of support, they can be Profile 9.

PROFILE 11: LOWER LIMBS REDUCED IN FUNCTION. Moderate paresis, spasticity, athetosis or deformity present in both lower limbs and trunk. It may be possible to stand or walk but uses a wheelchair for activities of daily living. Good pelvic tilt (T10 – L3). Must have some power in hip flexors and extensors.

PROFILE 12: FOUR LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or deformity in all limbs and trunk. Able to walk in an unorthodox way. Balance and co-ordination grossly affected.
12a: spasticity or athetosis in all limbs and trunk.
12b: paresis or deformity in all limbs and trunk.

PROFILE 13: THREE LIMBS REDUCED IN FUNCTION. Moderate to severe paresis, spasticity, athetosis or deformity in three limbs. Trunk is affected. Balance in standing severely affected.

PROFILE 14: IPSILATERAL LIMBS REDUCED IN FUNCTION. Moderate to severe paresis, spasticity, athetosis or deformity in two limbs on the same side of the body. Trunk is usually involved. Difficulty to balance on a bike

PROFILE 15: IPSILATERAL LIMBS REDUCED IN FUNCTION. Slight to moderate paresis, spasticity, athetosis or deformity in two limbs on the same side of the body. Able to walk with one side of the body being minimally impaired. Able to cycle.

PROFILE 16: ONE UPPER LIMB REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or total absence of one upper limb. Able to cycle.

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PROFILE 17: TWO LOWER LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or deformity of both lower limbs, but able to walk with two crutches or sticks.

17a: no functional pelvic movement. Unable to move out of base of support.

17b: normal pelvic movement.

PROFILE 18: TWO LOWER LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or deformity of one lower limb. Moderate to slight impairment of other lower limb. Able to walk, but one limb severely impaired and used like a prop.

18a: no functional pelvic movement. Unable to move out of base of support.

18b: normal pelvic movement.

PROFILE 19: ONE LOWER LIMB REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or total absence of one lower limb. Able to walk and cycle.

PROFILE 20: TWO LOWER LIMBS REDUCED IN FUNCTION. Moderate to slight paresis, spasticity, athetosis or absence of part of both lower limbs. Able to cycle.

PROFILE 21: TWO UPPER LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis, deformity or absence of both upper limbs. Only to cycle if able to do so.

PROFILE 22: TWO UPPER LIMBS REDUCED IN FUNCTION. Moderate to slight paresis, spasticity, athetosis, deformity or absence of part of both upper limbs. Both arms slightly impaired or missing below the elbow. Able to grip handlebar with or without prosthesis.

PROFILE 23: ONE LOWER LIMB REDUCED IN FUNCTION. Moderate to slight paresis, spasticity, athetosis or total absence of one lower limb. One leg moderately 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.

PROFILE 24: ONE UPPER LIMB REDUCED IN FUNCTION. Moderate to slight paresis, spasticity, athetosis or total absence of one upper limb below the elbow. One arm slightly impaired, unable to grip handlebars with one hand.

PROFILE 25: FOUR LIMBS AND TRUNK REDUCED IN STATURE. Height of four foot three

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inches or below (129.5 cm) – Not Eligible in Paratriathlon.

PROFILE 26: FOUR LIMBS REDUCED IN FUNCTION. Moderate to slight paresis, spasticity, athetosis or deformity in all four limbs. Balance and gross co-ordination affected.

26a: moderate to slight spasticity or athetosis in all four limbs.

26b: moderate to slight paresis or deformity in all four limbs.

PROFILE 27: TWO CONTRALATERAL LIMBS REDUCED IN FUNCTION. Severe to moderate

paresis, spasticity, athetosis, deformity or absence of opposite arm and leg. Opposite arm and leg severely impaired or absent

PROFILE 28: TWO LOWER LIMBS REDUCED IN FUNCTION. Severe to moderate paresis or

degeneration in both hips. Lower spine affected. Both hips impaired causing difficulty walking, usually a waddling gait. The hip impairment must be sufficient to cause poor or no pelvic control.

PROFILE 29: TWO UPPER LIMBS REDUCED IN FUNCTION. Severe to moderate paresis in

both upper limbs. Both shoulders impaired.

PROFILE 30: TRUNK REDUCED IN FUNCTION. Severe to moderate paresis, or deformity in

trunk or neck.

PROFILE 31: FOUR LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or

deformity in both lower limbs. Slight paresis, spasticity, athetosis or deformity in both upper limbs. Trunk also involved. Usually unable to move out of base of support.

PROFILE 32: FOUR LIMBS REDUCED IN FUNCTION. Severe paresis, spasticity, athetosis or

deformity in both upper limbs. Slight to moderate paresis, paresis, athetosis, or deformity in both lower limbs. Trunk also involved.

PROFILE 36: TOTALLY BLIND. No light perception in either eye, up to light perception but

inability to recognise the shape of a hand at any distance or in any direction.

See

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PROFILE 37a: PARTIAL SIGHT. From the ability to recognise the shape of a hand up to a visual acuity of 2/60 or visual field of less than 5 degrees. See

PROFILE 37b: PARTIAL SIGHT. From visual acuity above 2/60 up to a visual acuity of 6/60 or visual field of less than 20 degrees.

PROFILE 48: ABLE BODIED ATHLETES

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