



RaceRunning Pathways

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Auteur: Glenn Lebau, Frame Running Australia



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GENERAL INFORMATION

Introduction to RaceRunning



You can't walk but you can run!

RaceRunning is an innovative sport for people with a physical disability who have impaired balance, who are not able to functionally run, regardless of age.

A RaceRunner trike is a custom built three-wheeled frame where the runner is fully supported by a saddle and leans against a chest support, propelling themselves forward by the feet (one or both), while using the hands and/or arms to steer.

Participating in RaceRunning provides each individual the freedom to move and run in a supported and balanced way without a walker, wheelchair or similar device. RaceRunning is a liberating sport and is available for those aged 3 – 103 who have impaired balance, be that cerebral palsy, brain injury, high leg amputations, arthritis, Parkinsons and many other balance impairments.

History of RaceRunning

The RaceRunner was invented in Denmark in 1991 by Connie Hansen and Mansoor Siddiqi. There are currently 30 countries internationally with registered RaceRunning participants. Australia is currently in the third wave of countries developing RaceRunning.

International presence of the sport

The Cerebral Palsy International Sports and Recreation Association (CPISRA) manages the sport internationally. They have developed a classification system only for CP athletes with certain profiles. In addition to being included in the CPISRA Games, RaceRunning has also featured on the program for IPC and IWAS Youth Games. As of 2018, RaceRunning is a recognised Para-Athletics event; however, is not currently on the Paralympic program.



FTEM Framework

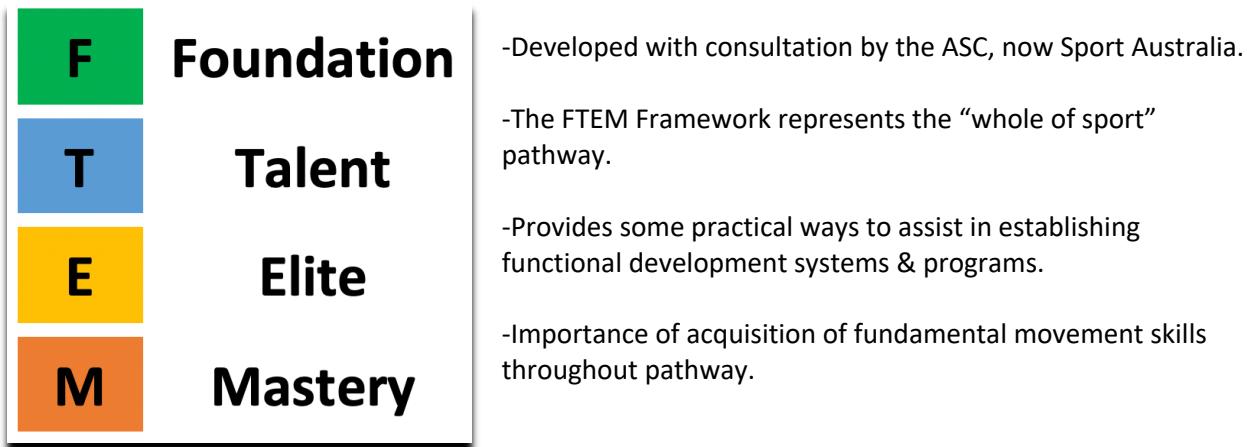
Based on over 30 years of practical learning gained from within the Australian sporting system and a substantial review of existing frameworks, models, and concepts, the Australian Institute of Sport (AIS) developed the FTEM Framework (Foundation Talent Elite Mastery).

The framework offers an evidence based and practical approach for facilitating the three key outcomes of sport: active lifestyle; life-long recreational sport participation; and high performance [source: Weissensteiner, 2016 (in press); Gulbin et al., 2013; Gulbin & Weissensteiner, 2013].

Developed through a dedicated action research approach, the FTEM Framework overcomes limitations of previous athlete development models by providing a holistic and multidimensional approach to athletic development. It is non-linear and flexible, accommodating multiple re-entry and exit points and is devoid of fixed age boundaries, allowing broad flexibility and adaptability to all sports.

The FTEM framework is utilised extensively across the Australian sporting sector and has been adopted by numerous National Sporting Organisations, directly informing the review and refinement of their athlete pathways. The ‘best practice’ principles have also provided guidance to support Sport Australia’s (formerly Australian Sports Commission (ASC)) school-based and parental engagement initiatives, notably the Federal Government ‘Sporting Schools’ initiative and an online parental resource, Top Ten Tips for Parents, which was launched in June 2015.

Within the recent International Olympic Committee’s consensus statement on youth athletic development, FTEM was recognised as an exemplar athlete development framework [source: Bergeron et al., 2015].



F1

FOUNDATION F1

LEARNING AND BASIC ACQUISITION OF BASIC MOVEMENT

- Early exposure to a variety of movement experiences.
- Focus on early learning, execution and acquisition of basic locomotor skills.
- Object control skills - breaking and rolling.

Key Drivers: parents, siblings, family, friends, playmates

F2

FOUNDATION F2

EXTENTION AND REFINEMENT OF MOVEMENT

- Advancing and refining F1 movement experiences through formal and informal play.
- Games, in both sport and non-sport specific ways.
- Greater movement challenges.
- More professional levels of instruction and feedback such as experiences delivered by teachers, coaches or other specialists.

Key Drivers: parents, teachers, coaches, friends

F3

FOUNDATION F3

SPORT SPECIFIC COMMITMENT AND/OR COMPETITION

- Increase in the commitment to training, sport specific skill development.
- Competition, club engagement, School sport experiences.
- Movement skills become more specialised.
- Healthy lifestyle.

Key Drivers: clubs, coaches, teachers, private providers

T1
TALENT T1
DEMONSTRATION OF POTENTIAL

- Exhibit talents in the physical, physiological, psychological and skills domain.
- Indicate potential in high performance sport.
- Start of the HP pathway.
- Outperform 90% of peers.
- Formal or informal talent identification processes including self-identification.
- Initial assessment of potential only.

Key Drivers: TID practitioners, NSOs/SSOs, clubs, schools

T2
TALENT T2
TALENT VERIFICATION

- Evidence based observations.
- Subjective judgements and intuition of coaches.
- Observational trial period within training and competitive environment.
- Demonstrates sport specific skill acquisition, commitment, motivation, “coachability”.

Key Drivers: coaches, TID practitioners, NSOs/SSOs, clubs, schools

T3
TALENT T3
PRACTICING AND ACHIEVING

- Committed to sport specific practice and investment.
- High training volumes.
- Striving for continual performance improvements.
- Largest representation of future elite athletes.
- Funding and athlete support priorities often centred on this group.
- Coaching, competition, equipment support is critical to reduce dropout and underachievement.

Key Drivers: NSOs, SSOs, clubs, athlete, coaches

T4
TALENT T4
BREAKTHROUGH AND REWARD

- Professional support for continued development is the key.
- SISAS scholarship.
- Elite training squads' exposure to enhance developmental progress.
- Performing at a key event a critical milestone.

Key Drivers: athletes, high performance agencies, NSOs, clubs, coaches

E1

**ELITE E1
REPRESENTATION**

- For Para Athletics sport, selection and representation at the highest senior international level.

Key Drivers: athlete, coaches, NSOs, high performance agencies

E2

**ELITE E2
SUCCESS**

- For Para Athletics sport, athletes defined as achieving podium success at World Championships.

Key Drivers: athlete, coaches, NSOs, high performance agencies

M1

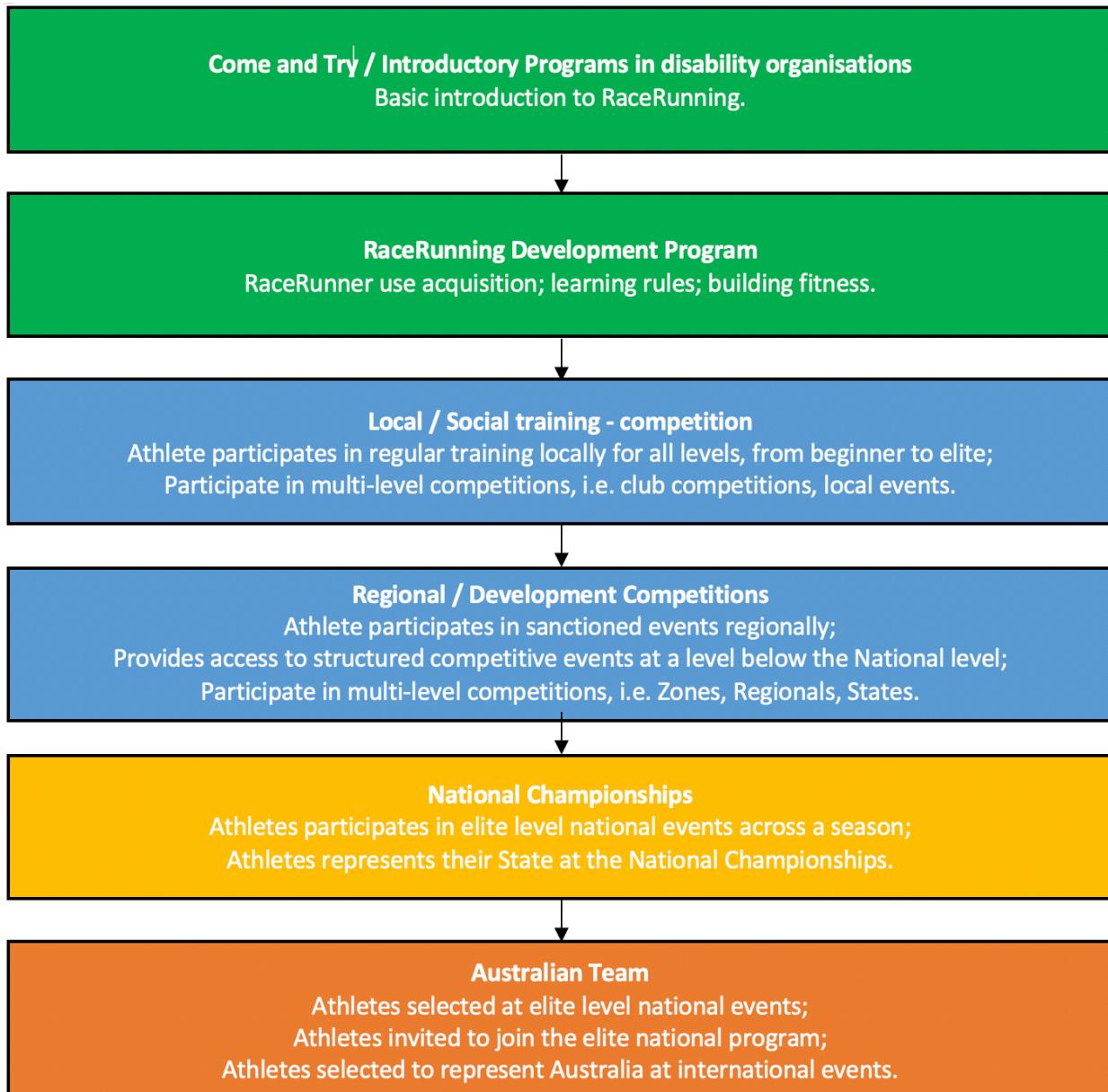
**MASTERY M1
MASTERY**

- Multiple medals and success at consecutive World Championships.

Key Drivers: athlete, coaches, NSOs, high performance agencies

ATHLETES

The pathway for athlete is defined as below:

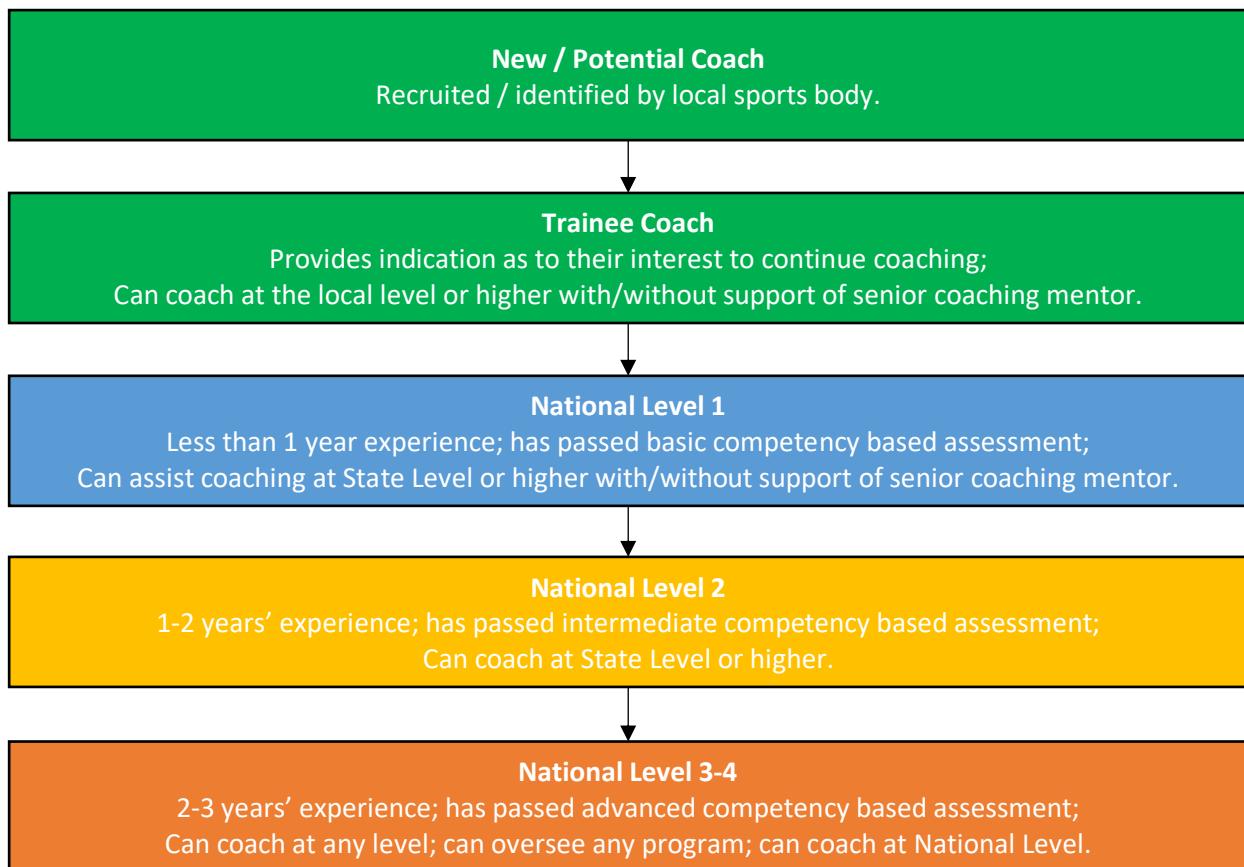


COACHES

Sports coaches assist athletes in developing to their full potential. They are responsible for training athletes in a sport by analysing their performances, instructing in relevant skills and by providing encouragement. But they are also responsible for the guidance of the athlete in life and their chosen event.

As RaceRunning is a new sport, there will be new coaches involved (from a passionate dad to an elite professional). They will all play a key role for the sustainability of the sport. The community and family spirit needs to remain as strong as it is currently. Everyone should be welcomed and challenged to their best abilities.

To become a RaceRunning accredited coach, the Athletics framework should be followed (example here <https://www.athletics.com.au/coach-framework/> with specific modules dedicated for Racerunning.



An official RaceRunning coaches manual is also available.

CLASSIFICATION

Like any para sport, RaceRunning incorporated classification, based on eligible impairments such as visual, co-ordination and movement impairments. RaceRunning has three classifications, RR1 to RR3 in order of most to least impairment. At the 2018 and 2019 World Para Athletics Championships, RR2 and RR3 were combined and athletes competed against each other.

RR1 – Typically athletes with severe co-ordination difficulties in terms of functional RaceRunning movement and body control.

RR2 – Typically athletes with limited range of motion or co-ordination along with limited stride effectiveness.

RR3 – Typically athletes with moderate to good steering and trunk function, fewer co-ordination difficulties, and effective starts with good acceleration.

In November 2017, World Para-Athletics announced that they recognised RaceRunning as a Para-Athletics event. As part of the CPISRA/WPA transition plan, research has been carried out to ensure that any RaceRunning classification system adopted was robust and compliant with IPC classification code. The research has almost been completed and the new system will become part of the WPA classification system from Wednesday, 1 January 2020.

One the main benefits of this WPA classification system is the fact that any athletics classifier will be able to classify new RaceRunning athletes.

Current Classifications:

RR1	Severe involvement of lower limb (legs) and trunk, (significant spasticity) gross patterns of movement only, difficulty in isolating individual joint movements, ineffective leg propulsion, foot drag, severe asymmetry, poor co-ordination, poor trunk control and upper limb involvement, limited hand function requiring hand placement aids, startle reflex.
RR2	Moderate involvement of lower limb (legs) and trunk (less spasticity), asymmetry but more effective pushing pattern than RR1, may also need gloves to keep hands on handlebars, min or no foot drag, poor co-ordination but can alternate leg movement but limited stride effectiveness, moderate trunk control.
RR3	Mild to moderate involvement of one or both UL, fair to good trunk control, moderate involvement of LL (legs), symmetrical or slight asymmetrical movement of LL (legs), with alternate leg movement and good push off, no startle reflex i.e. effective start, good acceleration with adequate steering and braking, will not require hand strapping, reduced range of movement at hip and knee joints may limit stride length.

CPISRA also has a RR4 classification for RaceRunning available for those with mobility challenges who do not classify within RR1, RR2 or RR3. However, RR4 is not a CPISRA international classification, although, national bodies may include RR4 events in their domestic and open competitions.

COMPETITIONS

Current Situation

RaceRunning can be enjoyed recreationally or as a competitive sport on an athletics track with events from 40m to 5000m.

RaceRunning is an athletic track event. Hence, the competition pathway should follow the national body for athletics, which is Athletics Australia.

The diagram below is a summary of the competitions pathway.

