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Cycling Canada

PARA-CYCLING Event Integration

Let's go!

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Canada

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Para-cycling Event Integration Document

Integrating athletes with a disability into an event at the provincial or club level requires a little forethought and planning. This document complements the Para-cycling LTAD and will concentrate on issues regarding cycling for athletes with impairment.

Para-cycling athletes deserve access to appropriate training, competition/ events, venues, media and club structure. At this time there is a small number of clubs across Canada that actively integrates and promotes programs for their Para-cycling members. These clubs are mostly found in Alberta and Quebec however Ontario, British Columbia and the Atlantic provinces are getting more involved in the program and clubs are following along in each Province.

The following impairments represent the UCI Para-cycling criteria for participation in a sanctioned race. Para-cycling classes are based on the athlete's functionality level.

Equivalency Table

LOCOMOTORS		
Name and type of affectation	Equipment used	Classification
Single Upper Limb Amputees	Bike	C5
Double Upper limb Amputees or Single Below Knee Amputees	Bike	C4
Double below knee amputees or Single above knee using a prosthetic	Bike	C3
Single above knee amputees	Bike	C2
Multiple upper and lower limb Amputees	Bike	C1

SPINAL CORD INJURIES		
Pre-2010 Class	Equipment used	Classification
Tetraplegic	Hand Bike (recumbent)	H1
High affectation Paraplegic	Hand Bike (recumbent)	H2
Low affectation Paraplegic	Hand bike (recumbent or Kneeling position)	H3 if using a Recumbent
		H4 if using a Kneeler

NEUROLOGICAL IMPAIRMENT		
Name and type of affectation	Equipment used	Classification
Involved in all four limbs – moderate to severely	Tricycle	T1
Severe spastic diaplegia, severe to moderate spasticity in lower limbs, moderate athetoid with difficulty getting on/off the bike	Tricycle	T2
Medium Affect to all 4 limbs and some Diplegics (primarily from waist down)	Bike	C1-C2-C3 (see UCI rule 16.5.008-009-010)
Low affect Diplegics, Hemiplegics, Monoplegic and Minimal Athetoids	Bike	C4-C5 (see UCI rule 16.5.011-012)

BLIND AND VISUAL IMPAIR		
Name and type of affectation	Equipment used	Classification
Blind and Visually Impaired	Tandem	B

* This is an overview of classification process. For detailed information, please refer to the UCI Rule book (http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=MzQwMzY&LangId=1)

* Impaired cognitive functions and hearing impairment are not included in Para-cycling

Racing Events Per Class

Able and Disable Categories Integration

Road and Track Para-cycling events are similar to Able-body cycling events: road race and individual time trial for Road and individual pursuit, time trial and sprint for Track.

CLASSES	ROAD EVENTS			TRACK EVENTS		
Hand Cycles (H1 to H4)	Individual Time trial	Road Race	Team Relay	No track events for this Category		
Tricycles (T1 and T2)	Individual Time trial	Road Race	-	No track events for this Category		
Bicycles (C1 to C5)	Individual Time trial	Road Race	-	Individual Pursuit	Kilo/500m	Team Sprint
Tandems (B)	Individual Time trial	Road Race	-	Individual Pursuit	Kilo/500m	Sprint

Integration Conditions

	C1 TO C5	B	T & H
ROAD	1. Respect the course's Para-cycling regulation (see CCA's Organizer Guide) 2. Conduct evaluation that are specific to each athlete: • Assure that the fitness level correspond to the equivalent category; • Consider race distances (both nationals and international) for Para-cyclists to integrate the Able-body categories; • Ensure that the athlete possess the technical abilities to race in a peloton.	1. Idem to C1-C5 2. Discretionary to the PSO and/or Para-cycling provincial delegate.	Not recommended in Able-body races They should have separate starts
TIME TRIAL	Every class can compete. Inclusion of Para-cycling implicates that the course meets the CCC's Para-cycling regulations (Organizer guide) and that Para-cycling comissaires are on-site. *Para-cycling integration may add about 90 minutes to a TT/Track schedule, depending on the number of racers attending.*		
TRACK EVENTS	C1-C5 and B to compete only. Idem to Road events' conditions.		

UCI Recommended Distances

RACING DIVISION	ROAD RACE	INDIVIDUAL ROAD TIME TRIAL	TRACK INDIVIDUAL PURSUIT
B Men	90-120 K	20-35 K	4000m
B Women	70-100 K	15-30 K	3000m
C1-C2 Men	40-60 K	10-25 K	3000m
C3 Men	50-70 K	10-25 K	3000m
C4 Men	60-90 K	15-30 K	4000m
C5 Men	70-100 K	15-30 K	4000m
C1-C2 Women	30-50 K	10-20 K	3000m
C3 Women	40-60 K	10-20 K	3000m
C4 Women	45-65 K	15-25 K	3000m
C5 Women	50-75 K	15-25 K	3000m
T1 Men	15-30 K	5-15 K	-
T2 Men	25-40 K	10-20 K	-
T1 Women	15-30 K	5-15 K	-
T2 Women	15-30 K	10-15 K	-
H1 Men	25-40 K	5-15 K	-
H2-H3 Men	40-70 K	10-25 K	-
H4 Men	50-80 K	15-30 K	-
H1 Women	25-40 K	5-15 K	-
H2-H3 Women	30-55 K	10-20 K	-
H4 Women	40-70 K	15-25 K	-

Para-cycling Program Provincial and Territorial Integration: Leaders & Actions

LEADERS	KEY OBJECTIVES	ACTIONS
Provincial and Territorial Associations Clubs	1. Promote and integrate Para-cyclists in regional/provincial races 2. Increase the number of sanctioned Para-cycling events 3. Integrate Para-cyclists to Provincial team program 4. Bring a Para-cycling provincial team to a Canadian Championships 5. Include Para-cycling information within coaching and commisaires certification program	- Partner with provincial organizations for Disability Sport - Work conjointly with NSO to develop commisaires in Para-cycling - Ensure your team selection documents are inclusive: Para-cycling time standards - Invite Para-cyclists to Able-body training camp projects - Integrate Para-cycling athletes in regional/provincial Time Trials - Hold a Provincial Para-cycling Championship - Consider sending riders to National Championships or P1 Events - Collaborate with NSO for classification evaluation
Para-cycling Technical Delegate: Commisaire, Coach, Provincial Technical Officer, Board Member, Club Representative, Volunteer, etc.	1. Be the provincial Para-cycling delegate at Para-cycling National Championship 2. Ensure good knowledge of Para-cycling regulations and technical requirements, in compliance with CCC's Para-cycling organizer's guide 3. Getting involved with the Para-cycling national program	- Familiarize with the UCI's Para-cycling rules and regulations - Make recommendations to the organizer, officials and athletes regarding the Para-cycling technical requirements - Ensure appropriate communication between provincial coaches, board members and related staff regarding the Para-cycling program - Maintain communication with NSO

Contacts

There are many organizations serving athletes with a physical impairment. Most provincial cycling associations have designated a contact person for Para-cycling. In addition National Disability-Sport Organizations can direct inquiries to affiliated organizations in the provinces/territories.

Provincial Cycling Associations

Cycling British Columbia
#201-210 West Broadway
Vancouver, BC V5Y 3W2
Direct: 604 737-3164
www.cyclingbc.net

Alberta Bicycle Association
Percy Page Centre,
11759 Groat Road,
Edmonton, AB T5M 3K6
780 427-6352 (B)
www.albertabicycle.ab.ca

Saskatchewan Cycling Association
2205 Victoria Avenue,
Regina, Saskatchewan S4P 0S4
306 780-9299 (B)
www.saskcycling.ca

Manitoba Cycling Association
200 Main Street, Suite 309,
Winnipeg, Manitoba R3C 4M2
204 925-5686 (B)
www.cycling.mb.ca

Ontario Cycling Association
307-3 Concord Gate Toronto,
Ontario M3C 3N7
416 426-7243 (B)
www.ontariocycling.org

Fédération Québécoise des sports cyclistes
4545 Pierre de Coubertin
Montréal, Québec H1V 3R2
514 252-3071 (B)
www.fqsc.net

Vélo New Brunswick
P.O. Box 3145 Fredericton,
New Brunswick E3A 5G9
506 877-7809 (B)
www.velo.nb.ca

Atlantic Cycling Center
200 Prom. Du Parc,
Dieppe, NB E1A 7Z3
Contact: Luc Arseneau

Bicycle Nova Scotia
5516 Spring Garden Rd, 4th Floor,
Halifax, Nova Scotia B3J 1G6
902 425-5454 x 316 (B)
www.bicycle.ns.ca

Bicycle Newfoundland and Labrador
P.O. Box 2127, Station C,
St. John's, Newfoundland A1B 4R3
709 738-8889 (B)
www.bnl.nf.ca

Cycling Association of Yukon
9B Diamond Way,
Whitehorse, Yukon Y1A 6G4
867 667-8212 (B)

Cycling PEI
P.O. Box 302
Charlottetown, PEI C1A 7K7
1800 247-6712
www.sportpei.pe.ca

National Disability-Sport Organizations

Canadian Blind Sport Association
5055 Joyce St, Suite 325,
Vancouver, BC, V5R 6B2
Tel: (604) 419-0480,
Fax: (604) 419-0481
www.canadianblindsports.ca

Canadian Cerebral Palsy Sports Association
1376 Bank Street, Suite 325,
Ottawa, ON, K1H 7Y3
Tel: (613) 748-1430,
Fax: (613) 748-1355
www.ccpsa.ca

Canadian Wheelchair Sports Association
2255 St. Laurent Blvd., Suite 108,
Ottawa, ON, K1G 4K3
Tel: (613) 523-0004,
Fax: (613) 523-0149
www.cwsa.ca

Canadian Paralympic Committee
225 Metcalfe Street, Suite 310
Ottawa, ON K2P 1P9
Tel: 613-569-4333
Fax: 613-569-2777

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