

Athletes with a Disability – AWAD

Information for Local Organizing Committees (LOC)

Registration and Accreditation

If there are any specific course modifications (eg. transition route from Swim to Bike) or a specific briefing session for Athletes with a Disability include a specific handout detailing this information for Athletes with a Disability.

Ensure there are credentials at registration for one handler for each registered Athlete with a Disability (note: up to 2 handlers for wheelchair athletes, category PC1-Handcycle). Tickets for opening and closing (medal) ceremonies are also to be included for handlers.

AWAD Competition Categories

The categories for Athletes with a Disability are listed below. There are no age group divisions for Athletes with a Disability.

PC1 – Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use hand cycle on bike course and racing wheel chair on run.

PC2 – Below Knee Amputee: Rides bicycle and runs with prosthesis or crutches.

PC3 – Above Knee Amputee: Rides bicycle and runs with prosthesis or crutches.

PC4 – Upper Extremity: Single Arm Amputee (above or below elbow), Upper Extremity Paralysis resulting in significant use of the arm. May use prosthesis, brace or sling on the bike and/or run.

PC5 – Blind: Legally Blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athlete is tethered during the swim, uses a tandem bicycle and may be tethered during the run.

PC6 – Les Autre: Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Double Leg Amputee Runners, Double Arm Amputees. These athletes will ride a bicycle and run. They may use braces or prosthesis if required.

Competition Rules

LOCs should familiarize themselves with Section P of the ITU Competition Rules.

Transition Area

A distinct area within the transition area is required for Athletes with a Disability. The required space per physically challenged athlete should be approximately two metres per athlete. This space will facilitate placement of both wheelchairs and handcycles for PC1 athletes as well as chairs for all AWAD categories. One chair should be provided for each Athlete with a Disability within their designated transition space.

Swim to Bike Transition

Consideration needs to be given as to how athletes will move from the swim exit to the bike transition areas. Adaptation may be necessary to eliminate stairs or steep ramps not accessible by wheelchairs. In the case where a steep ramp is used to travel over a roadway; traffic may be required to stop for periods of time to allow physically challenged athletes the ability to get from the swim exit to the bike transition.

Timing

If an AWAD transition area is required to be moved outside of the general transition area, every consideration must be given to try to accommodate complete timing for Athletes with a Disability (eg. Swim, bike, run and transition splits).

Course Considerations

Swim

Athletes with a Disability will start with a deep water start.

In the case of a multiple loop swim, the entire swim portion of the event will be in the water. At no point other than the final exit from the swim will Athletes with a Disability be required to exit the water (and then re-enter the water).

Wetsuits are permitted regardless of temperature using the athlete's discretion.

Bike

Minimal accommodation is required for the bike course. Consideration may be required with extremely steep grades with respect to handcycles. In general age-group courses are appropriate. (For example Lausanne, Switzerland was challenging but fair)

Run

The run course must be fully wheelchair accessible. All steps must be eliminated. If there are any curbs on the run course, ramps are required to be placed over curbs to overcome the obstacle. Trail type run courses are not suitable. If a portion of the run course is a trail run an alternate run course for AWAD may be necessary.

Approximate Course Times for Logistics – Olympic Distance 1500m, 40km, 10km

First Swimmer	Last Swimmer	First Bike	Last Bike	First Runner	Last Runner
20 min	45 min	1 h 30 min	2 h 30 min	2 h 15 min	4 h 0 min

(Times are accumulative; therefore runner times are finish times)

As a guideline, athletes should be able to complete an Olympic distance course in less than 4 hours. However given the course difficulty, weather conditions and the athlete; a course may need to be kept open longer than four hours.

Medals

There are six categories in each of the male and female divisions. This will result in the potential of 12 Gold Medals, 12 Silver Medals and 12 Bronze Medals. Medals will be awarded up to third place in each category for each of male and female divisions. The ITU in conjunction with the LOC need to ensure enough medals are available for presentation ceremonies.