



Queen Margaret University  
EDINBURGH

# LET'S GO PARALYMPIC!

Would you like to see RaceRunning at the Paralympic Games? You can help us get RaceRunning there!

The International Paralympic Committee (IPC) is interested in RaceRunning as an athletics event in future Paralympic Games. However, before RaceRunning can be included, the IPC wants to see scientific data about the sport and the athletes.

The Cerebral Palsy International Sport and Recreation Association (CPISRA) is working with researchers at two universities in Scotland to collect scientific data for the IPC.

The 20th RaceRunning Camp & Cup in Denmark provides a unique opportunity to collect data from RaceRunning athletes from around the world.

The IPC would like to know more about RaceRunning before they make a decision about including RaceRunning in the Paralympics.

You can help us by participating in RaceRunning research at the Camp this year!

In this leaflet we want to tell you about the research we are undertaking and how you can help.

## Why RaceRunning?

Firstly, we are interested in the reasons why you are competing in RaceRunning. We can think of many reasons why RaceRunning is a great sport (!), but we would like to hear from you why you participate. What do you value most about RaceRunning? What would you tell others who are thinking about taking up the sport?

To be able to tell the IPC about the group of athletes we work with, we would also ask you some questions about yourself and your involvement in RaceRunning. For example: What is your age? When did you start RaceRunning? How often do you train?

## Training for the Paralympics

Training for the Paralympics would mean training hard. The IPC wants to be sure that it is safe for RaceRunning athletes to train hard. One of the simplest ways to see how an athlete's body responds to exercise is measuring changes in **heart rate**. Heart rate can be measured with a heart rate monitor on a belt around the athlete's chest.

At the RaceRunning Camp, we would like to collect heart rate data from as many athletes as possible. We would like to measure your heart rate before, during and after your normal RaceRunning training with your coach. We would also place a small **GPS** device on your bike to measure how far and how fast you run during the training.

### *Measurements involve:*



Comparing heart rate between rest and exercise



Assessment by physiotherapist



Analysis of running patterns using video and sensors

## Classification

For competition to be fair and exciting, it is important that athletes are correctly classified. The IPC wants classification to be based on scientific evidence. This means that we have to find out how (for example) the stiffness of leg muscles impacts on success in RaceRunning.

The IPC would like us to consult as many people as possible who are connected to RaceRunning about **what determines success** in RaceRunning. The simple answer to that is "going fast", but what exactly makes you start well, maintain your speed, and control your position in the lane on the straight and around the bend? Which are the abilities and skills that a RaceRunner needs? We want to hear your thoughts about this!

If you agree to participate in the classification research, then a **physiotherapist or trainee physiotherapist may assess you** at the Camp. This is very similar to the assessment you may have had for RaceRunning classification. It will include more tests than the classification assessment. After analysing the data, we will then be able to select the best tests for RaceRunning classification in the future.

We may also **film** you RaceRunning, so that we can look at your movements. We would like to place small **sensors** on your body that will be kept in place with straps. These sensors contain similar technology as a Wii controller. The sensors give us information about the movements of your trunk and legs. By gathering data from a large number of RaceRunning athletes, we will be able to work out an optimal classification system.

### Why are you asking me to participate in research?

Because you (and only you!) can help us:

- 1) tell the IPC why RaceRunning is great!
- 2) show that RaceRunning is good for your health
- 3) create a fair classification for RaceRunning

## Do I have to participate in the research?

It is completely up to you whether or not you want to participate. You will not be treated differently if you decide not to take part in the research. If you say 'yes', you can still withdraw from the study at any time if you change your mind.

## How will my data be used?

Your data will be used for the scientific analyses described above. We intend to present the results to the RaceRunning community, the International Paralympic Committee, and academics interested in disability sport. You will be anonymous in any presentation or report about the study. If we would like to use data from which you can be identified (for example a video), then we will ask you separately if we can use it.

## What are the benefits of taking part?

There are no direct benefits to you from taking part. However, we hope that the research will open the door to inclusion in the Paralympic Games for RaceRunning as an athletics event. So you may find yourself training for the Paralympics in the future, and who knows - you may become a Paralympian!

## Are there any risks?

We are not asking you to do anything that you would not normally do at the Camp & Cup. However, because the research involves physical exercise, there are some risks. For example, you may injure yourself when RaceRunning. We have conducted a detailed risk assessment and made sure that risks are minimal.

## Where can I find out more about the research?

If you have any questions about the research at the Camp, feel free to contact us:

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