RaceRunning Classification within World Para Athletics: A Consensus Statement

Martine Verheul, Marietta van der Linden, Nicola Tennant, Rianne Ravensbergen
The History & Future of RaceRunning

• 2009: **CPISRA classification** for RaceRunning first implemented: RR1, RR2, RR3 classes

• 2018: RaceRunning introduced at **WPA European Championships** (RR1, RR2/3)

• 2019: RaceRunning on the programme for **WPA World Championships** (RR2/3)

• 2020: Introduction **WPA Classification** for RaceRunning

• 2024: **Paralympic Games**?
RaceRunning Classification: A Delphi Study

✓ 3-round Delphi survey study

✓ Panel of 48 experts from 15 countries across 4 continents

✓ Current and former athletes, coaches, founders, classifiers (RaceRunning and other WPA/IPC events), sports administrators, health professionals and academics

✓ Consensus defined as >80% agreement amongst those who answered
The Current Classification

Does the CPISRA classification fulfil its aim to minimise the impact of eligible impairments on the outcome of competition?

- Yes: 64
- Partially: 28
- No: 8
Eligible Impairment Types, MIC & Classes

The panel agreed that:

- Eligible impairment types at elite level should initially be: hypertonía, ataxia, athetosis (81% consensus)

- Athletes should be unable to functionally run (91% consensus)

- Effort should be directed towards making the description of the classes more precise and standardised (95% consensus)

- The number of classes should be informed by research (91% consensus)
Are the current components of the physical assessments objective?

The Physical Assessment: Quality of the Tests

<table>
<thead>
<tr>
<th>Component</th>
<th>Yes (%)</th>
<th>Partially (%)</th>
<th>No (%)</th>
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<tbody>
<tr>
<td>Spasticity</td>
<td></td>
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<tr>
<td>Ability to isolate joint movements</td>
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The Physical Assessment: Quality of the Tests

Are the current components of the physical assessments resistant to RaceRunning training?

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Are the current components of the physical assessments sufficiently resistant to RaceRunning training?

- Spasticity
- Ability to isolate joint movements
- Static trunk control
- Dynamic trunk control
- Range of motion

Yes (%)

No (%)
The Physical Assessment

• Agreement that all assessments are at least partially objective

• Concern about resistance to RaceRunning training for all assessments except spasticity
The Physical Assessment

- Agreement that all assessments are *at least partially* objective
- Scope for improvement: more use of standardised tests
- Panel agreed on the inclusion of (part of):
  - Selective Control Assessment of the Lower Extremity (SCALE) (96% agreement)
  - Trunk Control Measurement Scale (TCMS) (88% agreement)
  - Scale for the Assessment and Rating of Ataxia (SARA) (84% agreement)
  - Australian Spasticity Assessment Scale (ASAS) (83% agreement)
  - Passive Range of Motion (85% agreement)
Are the current components of the technical assessments **objective**?

The Technical Assessment: Quality of the Tests

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<td>Asymmetry</td>
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Legend: Green = Yes, Yellow = Partially, Red = No
The Technical Assessment: Quality of the Tests

Are the current components of the technical assessments resistant to RaceRunning training?

- Foot drag
- Asymmetry
- Stride efficiency
- Propulsion power
- Startle reflex
- Ability to steer
- Ability to brake

The chart represents the percentage of each component that is:
- Yes (%)
- Partially (%)
- No (%)
The Technical Assessment: Quality of the Tests

Are the current components of the technical assessments sufficiently resistant to RaceRunning training?

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The Technical Assessment

- Agreement that all assessments are at least partially objective
- Concern about resistance to RaceRunning training for all assessments except the startle reflex
Conclusion RaceRunning Classification

- WPA Classification should be based on CPISRA classification

- Classification should use standardised tests of impairments that are associated with activity limitation in RaceRunning

- Classification test scores should be longitudinally monitored to gain insight into the effect of sport-specific training

- Number of classes should be determined by research
Hvor svært kan det være!
A massive thank you to the panel!