

MULTI-CLASS TRACK EVENTS

Hearing Impairment

- At a higher level of competition, a light box can be used to start a race. The box flashes 3 different colours to indicate 'on your marks', 'set' and 'go'.
- At a Little Athletics level, these light boxes may not be easy or necessary to obtain. Instead, an official standing near to starter could give hand signals to start the race. For example, left hand up 'on your marks', both hands up 'set' and both hands down quickly 'go'.
- Another alternative is to have a parent or official standing behind the athlete and simply tap them on the shoulder when the gun goes.

Intellectual Impairment

- As per LAVic rules, any athlete may complete a standing start.

Visual Impairment

- Athletes with complete blindness or a reasonable level of visual impairment, run with a guide (parent, guardian, or Centre official).
- At a National level, a tether is held by both the athlete and guide.
- At a Centre level the athlete and guide can simply hold hands or use a piece of rope as a tether.
- When starting races, ensure the visually impaired athlete is close to the starter so they hear instructions and the sound of the gun clearly.

Physical Impairment - Amputees, Cerebral Palsy & other limb deficiencies

- If an athlete is not physically able or comfortable completing the same distances as the rest of the age group, it may be modified. For example, complete the first lap of the 800m event only and record a result for 400m.
- As per LAVic rules, any athlete may complete a standing start.
- Athletes with physical impairments may have trouble staying inside the lines in laned events. Provide leniency for this.
- If an athlete feels uncomfortable, allow a guide or parent to complete the race beside them.

Physical Impairment - Wheelchair Racing

- At Little Athletics, athletes do not need to compete in the 3 wheeled racing chairs, they may compete in their standard day chair.
- Wheelchair racing is conducted the same way as able-bodied events with respect to start lines, lanes and cross over points.

- In Little Athletics athletes racing in wheelchairs may compete with able bodied athletes but all should be instructed to be extra careful of other athletes around them. Wheelchair athletes will generally be slower than the others at the start of the race but will speed up throughout.

MULTI-CLASS ATHLETES - HURDLES

Hurdle events can be difficult for some Multi-Class athletes, please check prior to scheduling the events and confirm if any modifications need to be made with heights and spacings.

