



Limbformation

# ATHLETICS TOPTIPS

FOR  
CHILDREN + YOUNG PEOPLE



## What is athletics?



The most common types of athletics are track and field, road running, cross-country running, and racewalking

Athletics is a fun and exciting sport that involves running, jumping, and throwing, encompassing fundamental skills integral to a wide spectrum of other sports.

## How you can get involved

1. At home



2. At School



4. Community



3. Athletics Clubs



5.



Contact your local athletics club via the links below:



England

<https://www.englandathletics.org/find-a-club/>

Wales



<https://www.welshathletics.org/en/club>

Scotland

<http://scottishathletics.org.uk/clubs/club-finder/>

Northern Ireland

<https://athleticsni.org/Clubs>



Contact LimbPower about our Fundamental Skills Workshops, Multisport Events and Athletics Days and ask about our opportunities.

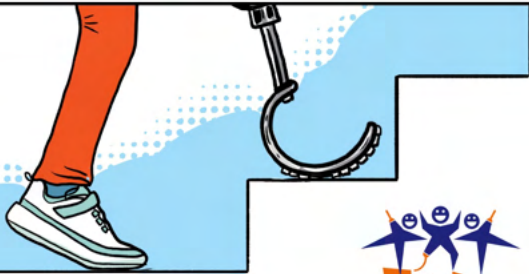
E: [info@limbpower.com](mailto:info@limbpower.com)

T: 07789 075709

W: [www.limbpower.com](http://www.limbpower.com)



You sometimes need courage to take the first step



Limb different children & young people can access free activity limbs including running blades via the NHS limb fitting centres in England, Scotland and Wales.



**f**  
**funetics**  
run + jump + throw

Fun athletics sessions for children aged 4-11 to learn, develop and practice running, jumping and throwing.  
<https://funetics.co.uk>



LimbPower's impairment specific regional Fundamental Skills Workshops for children aged 4-18. Regional workshops to support running, jumping, throwing, hopping, skipping, catching and kicking  
[www.limbpower.com](http://www.limbpower.com)

**NHS access to activity limbs**

Children's Activity Prosthetic Limbs are available from the NHS. Access in England finishes on a young person's 18th birthday. Please contact LimbPower for information on post 18 funding.  
[www.limbpower.com](http://www.limbpower.com) [info@limbpower.com](mailto:info@limbpower.com)

**Some Available Adaptations:**

**Low to medium activity**

Recreational sports  
Field events  
Jogging

Higher function, more dynamic everyday prosthetic limb enabling activity.

**Medium activity**

Running  
Para-Triathlon  
Jogging  
Recreational sports  
Racquet sports

Athletes with an amputation/ limb difference require an activity prosthetic limb

Athletes with upper limb difference may not require a prosthetic limb

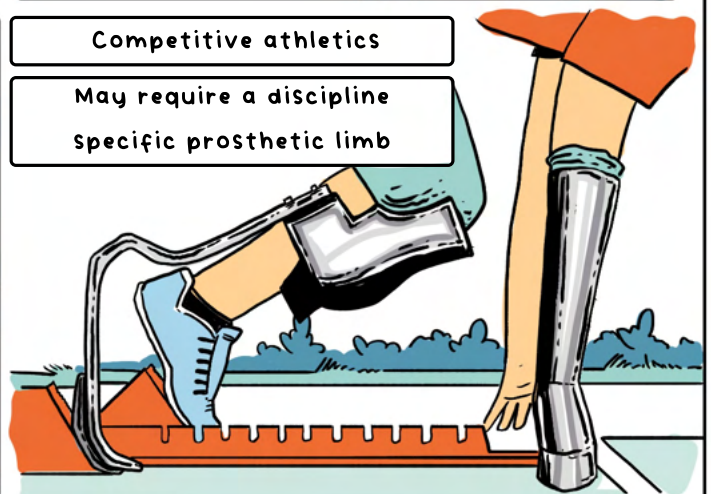
**High activity**

Running  
Moderately intensive recreational sport  
High impact sports

May require a running prosthetic limb

**Competitive athletics**

May require a discipline specific prosthetic limb



Some upper limb amputees will use a prosthetic arm for stability when starting a race in the blocks.

## Event specific prosthetics and adaptations

Some athletes throw without a prosthetic, this should only be done under supervision.

For field events some above knee amputees may need a knee with a lock for stability.

Some athletes throw from a day chair, or from custom made throwing frames, secured to the ground by straps.

Things to discuss with your coach

1. Where can I change my socket in private?
2. Discuss with the coach the difference between socket pain and activity pain.
3. Talk to your prosthetist to check that you and your prosthetic limb are suitable for athletics.

An activity limb with a foot plate which can allow a trainer/activity sole to be worn may be useful, depending on the field event.

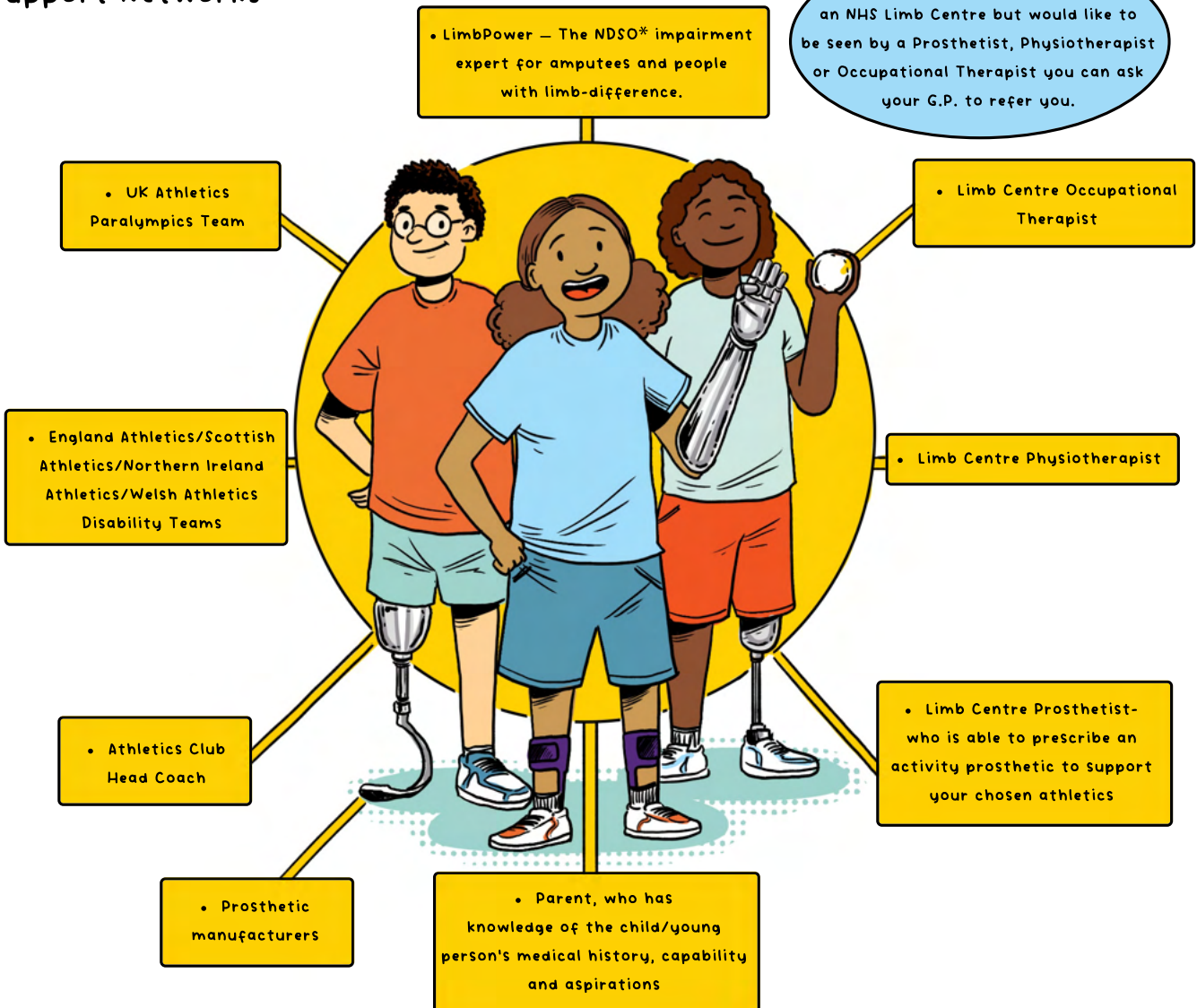
Some athletes use blocks, for a bit of stability.

Different distances require different types of blades.

Some amputees take part in wheelchair racing

## Support Networks

If you don't currently use an NHS Limb Centre but would like to be seen by a Prosthetist, Physiotherapist or Occupational Therapist you can ask your G.P. to refer you.



\*National Disability Sports Organisation

Integrated mainstream & para-specific opportunities exist across all disciplines from local to national championships. Speak to your coach or national Para Athletics Manager about these.

Why do you want to do athletics?

Did you know you can take part in the PB Awards? A progressive Awards Pathway which recognises and rewards every athlete's personal best and provides the stepping stones for future success.

Have you got an activity prosthetic?

What can you do with your everyday prosthetic?

Which event/event group are you interested in?

Para-Athletes 11+ years training in a club can apply for a UKA Classification [classification@britishathletics.org.uk](mailto:classification@britishathletics.org.uk), this will allow all results to go onto the national rankings [www.thepowerof10.info](http://www.thepowerof10.info)

For more information and questions download these resources; [https://www.limbpower.com/application/files/8414/5452/3927/Pupils\\_with\\_Amputations\\_inclusion\\_cards.pdf](https://www.limbpower.com/application/files/8414/5452/3927/Pupils_with_Amputations_inclusion_cards.pdf) & <https://www.limbpower.com/resources/impairment-specific-coaching-awareness-top-tips>

## Help your children to be healthy, active, confident and happy! Benefits of joining your local athletics club

Be part of a community with access to impairment specific information

Trying something new

Staying active and fit while having fun

Join a fun, friendly and supportive club

Developing transferable skills to all sports

Discover a lifelong passion

Achieve more than you thought possible

Meeting new people and making friends

### Competitions

Integrated mainstream & para-specific opportunities exist across all disciplines from local to national championships. Speak to your coach or national Para Athletics Manager about these.

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**Have-A-Go Events**  
LimbPower run an annual Have-a-Go event and Fundamental Skills workshops as does the charity WheelPower for wheelchair users.