



Limbformation

ATHLETICS TOPTIPS

FOR
ATHLETICS PROVIDERS



Meeting a child with limb difference

Adapt the session to suit their ability.



They may need more equipment, adaptations and time.



Work with the prosthetist as performance may be affected by prosthetic components and fit.



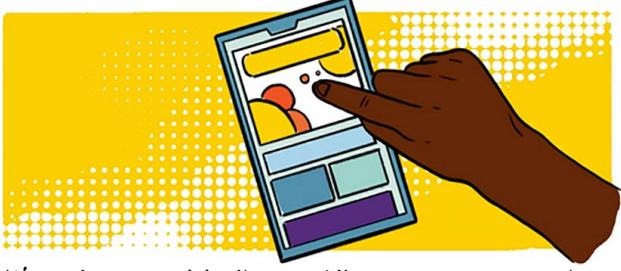
Types of limb difference

Amputation, congenital limb difference, congenital limb absence.



contact LimbPower for more information info@limbpower.com

Read and share the Athletics Top Tips for Children Resource



It's designed specifically for children and young people with limb difference.

Ask the child some questions, they are the expert on themselves

Why do you want to do athletics?

What can you do on your prosthesis?

Which event/event group are you interested in?

What do you want to be able to do?

Do you have a specific activity/sport limb?

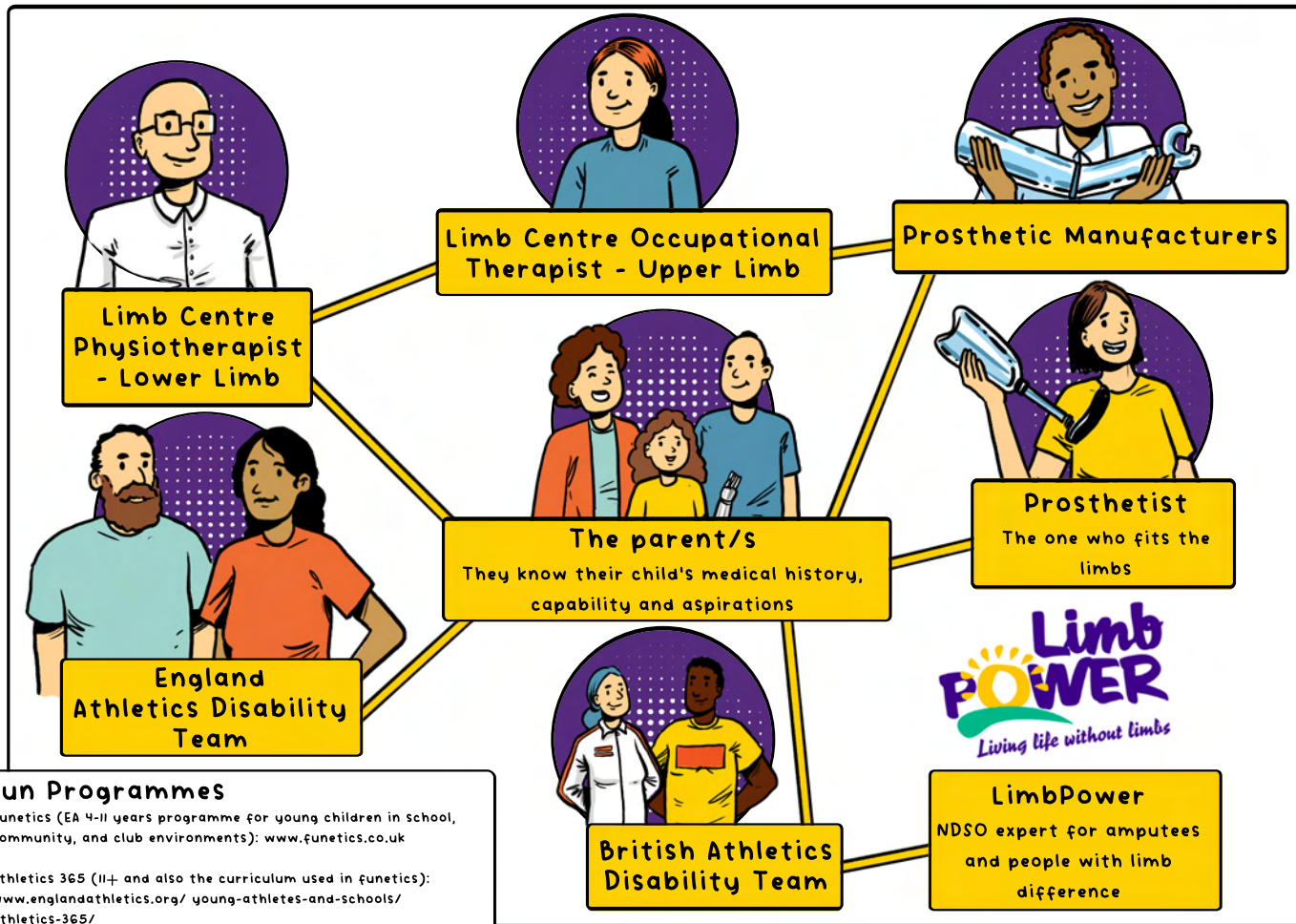
Limb different children can access free activity limbs and running blades via the NHS Limb Fitting Centres, in England, Scotland and Wales. Each home country has different criteria. Please contact LimbPower for information on post 18 funding.

All it takes is a little planning!

You can help a child enjoy the independence, fun, camaraderie and self-esteem of taking part in athletics. Organising a running, jumping or throws session

1. Find out if they can already run, jump or throw
2. Find out if they have an activity/sport limb
3. If you are coaching a child who could benefit from a prosthetic or orthotic tell them to self refer via their G.P.
4. Ensure they have access to the equipment and adaptations they need e.g. seated throws, chair and straps, blocks etc.
5. If the child is in pain or discomfort the socket might need adjusting, if the discomfort persists they may need extra stump socks (see support network).



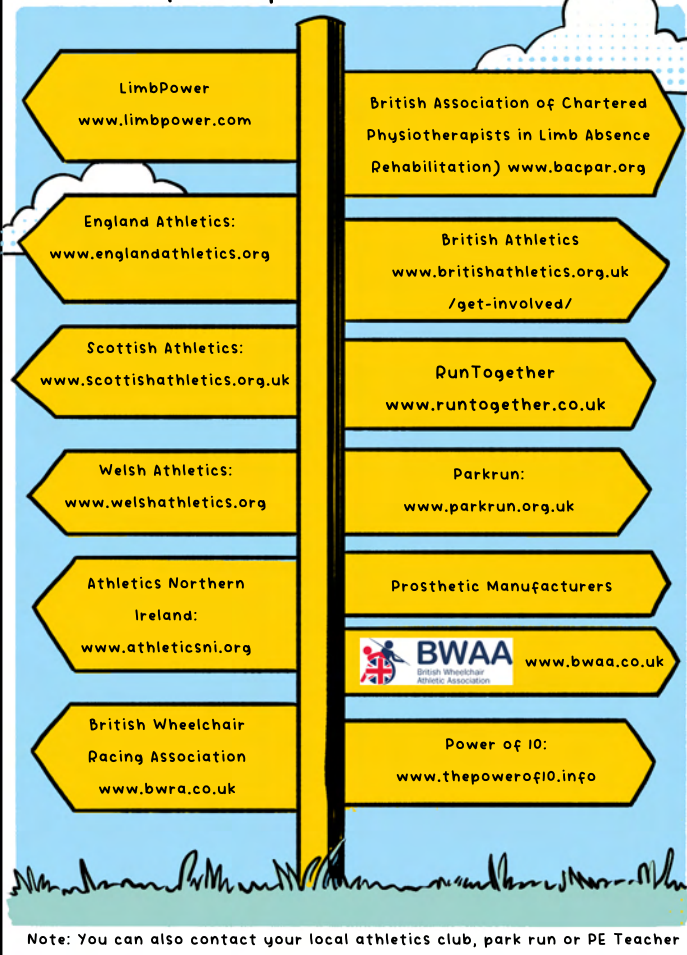


Fun Programmes

Funetics (EA 4-11 years programme for young children in school, community, and club environments): www.funetics.co.uk

Athletics 365 (11+ and also the curriculum used in funetics): www.englandathletics.org/young-athletes-and-schools/athletics-365/

Where to find expert advice



Visit: England Athletics

www.englandathletics.org

There are 1,500 athletics and 3,000 run together groups in England.



Find a club or Run Together Group

www.englandathletics.org/clubs-and-facilities/



All coaches should be able to accommodate a child with limb difference.

There are search categories for wheelchair racing and seated throws.

Visit: British Athletics

www.uka.org.uk/performance/paralympic-performance-pathway/

They host a range of activities across the country to help inspire and get new athletes into Para Athletics

National Classification

Paralympics Futures Academy

Para Athletics Competition



There are lots of adaptations

Running and jumping, there are 20 para-athletics classes.



Wheelchair racing - can be enjoyed as your primary event, or for cross-training. Here is a link to find out more from the British Wheelchair Athletics Association. BWAA is www.bwaa.co.uk.

In Wheelchair racing there are 7 classes.



Throws, there are 19 para-athletics throws classes including competing with and without a prosthesis on.



Seated throws options include the following disciplines shot, discus, javelin, club and Pentathlon. Within seated throws there are 11 classes.

Prosthetics: Activity/Sport Limbs for lower limb

Low to Medium running in the park/playground



Higher function, more dynamic everyday prosthetic suitable for activity

Medium activity Running for fitness and fun. Park run and fun running



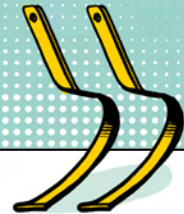
A more dynamic everyday prosthesis, or a sports/activity limb

High activity running, throwing and jumping



May require a discipline specific prosthetic limb

Competitive track running and jumping



Requires a discipline specific prosthetic limb

Equipment

Shoes and spikes

might need modification, including insoles to build extra height. Explore the different spikes on the market as some offer more stability than others.

Upper limb athletes can get trainers with Velcro. You can also get magnetic laces!



Sprint starts

There is no rule stating athletes must use blocks. If needed, athletes can use a single foot block for a standing start. For arm amputees a tripod or or similar rest is also permitted behind the start line.

High-jump

Above the Knee amputee high jumpers can take part without a prosthesis and hop / jump over the bar forwards.

Long-jump

Athletes may need a different set-up. Discussion stiffness with the athlete and their prosthetist. Unilateral amputee long jumpers may use a longer blade on their take-off foot. There are no rules for which foot an amputee must use.



All sports blades are set up longer than the sound side for unilateral amputees due to the blade compression.

Arm amputees may need an activity prosthesis for cross training e.g. weight training.

MASH

To compete in Athletics, athletes with bilateral lower limb deficiency that are ambulant and compete with prostheses need to be measured to determine their Maximum Allowable Standing Height (MASH). Athletes competing with prostheses must remain within their calculated MASH to be eligible to compete.

Useful resources

Running Guide for Amputees

www.limbpower.com/resources/publications/running-guide-amputees

Information and advice - Running Blades

www.limbpower.com/resources/publications/limbpower-running-blade-guide

Inclusive Coaching Guidance for Wheelchair Athletes

www.limbpower.com/resources/inclusive-coaching-guidance-wheelchair-athletes

Inclusive Coaching Guidance for Ambulant Athletes

www.limbpower.com/resources/inclusive-coaching-guidance-ambulant-athletes

Pupils With Amputations

www.limbpower.com/resources/pupils-amputati

Coaching Manual Wheelchair Users

www.limbpower.com/resources/coaching-manual

Coaching Amputees

www.limbpower.com/resources/impairment-specific-coaching-awareness-top-tips