

## **Para-Athletes**

Somersault is pleased to offer a number of 'para recommended' events in its triathlons series and run series. In partnership with The Tandem Project (formally known as Won With One) since 2009, Somersault works with athletes with disabilities to discuss which events would best accommodate the athletes' needs.

Events in the Somersault Series which include para categories of participation can be found by searching "Participation Categories" on each individual event site.

Doctor assessments of disability are not required and we use a simplified system to encourage the participation of all.

If you are an athlete with a disability and would like to discuss your participation in Somersault Para Events or any other Somersault Events, contact [christine@somersault.ca](mailto:christine@somersault.ca).

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In cooperation with The Tandem Project (formally known as Won with One), the Somersault Event Series is pleased to offer the following Paratriathlon Categories:

Early Bird Sprint Triathlon

National Capital Sprint Triathlon

The Canadian – Olympic Triathlon

## **PARATRIATHLON**

**PT1** - Wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment;

**PT2** - Severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices;

**PT3** - Moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;

**PT4** - Mild Impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices;

**PT5** - Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception but unable to recognize the shape of a hand at any distance or in any direction (B1) and partially sighted athletes with a visual acuity of less than 6/60 vision or visual field less than 20 degrees with best corrective vision (B2-B3). One guide is mandatory throughout the race. Must ride a tandem during the bike segment.

**PT OPEN** - Participation in the PC Open Division is available to athletes with a verified physical, visual, or neurological impairment that substantially limits one or more major life activities. Any athlete with a disability who does meet the current classification standards can compete in this category.

In cooperation with The Tandem Project (formally known as Won with One), the Somersault Event Series is pleased to offer the following Para Run Categories:

Colonel By Classic 8Km Run

Jack n Jill 5Km

## **PARA RUN CATEGORIES:**

**Wheelchair athletes** - This category includes all athletes who compete from a wheelchair, including athletes with spinal cord injuries, amputations, cerebral palsy, or other conditions.

**Mobility impaired athletes** – This includes para-athletes who compete from a standing position, including athletes with cerebral palsy, amputations, achondroplasia (dwarfism), or other conditions.

**Visually impaired athletes** – This includes blind athletes, partially-sighted athletes, and deaf-blind athletes.

**Intellectually Challenged athletes** - This includes athletes who have an intellectual disability. E.g. Down Syndrome, Autism, or other conditions.