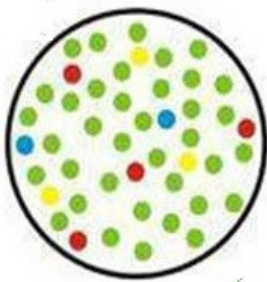


Guidelines for Conducting Multi-Class at Your Little Athletics Centre

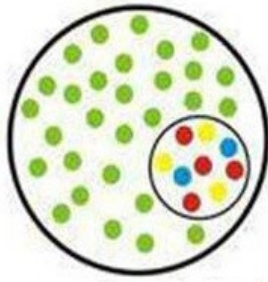


The below are some guidelines to Centre level competition. Centre competition is about participation! Therefore, you can modify the event to allow the athlete to participate e.g. lower hurdles, use of tennis balls instead of shot puts etc. If athletes wish to compete at Zone, Region, State or National level (competition pathway) they will need to adhere to the rules which can be found in the Rules of Competition (ROC) on our website lansw.com.au

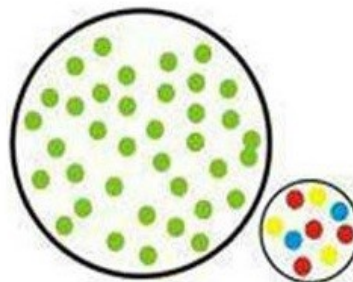
- Inclusion – Athletes with an impairment mixed in with athletes without an impairment.
- Integration – Athletes with an impairment have their own group but run **parallel** to all other groups. Many centres use this method and it works really well.



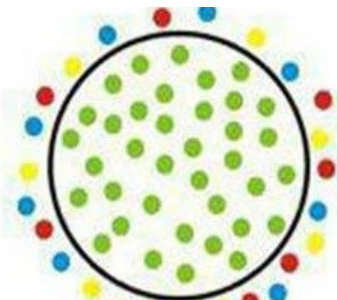
Inclusion ✓



Integration ✓



Segregation ✗



Exclusion ✗

- **Session length:** Keep events to a minimum. Allow 1-1.5hrs or 3 - 4 events per session.
- **Start times:** Try starting 10 -15mins after all other groups to help those who are noise sensitive or easily distracted.
- **Wait times:** try to keep to a minimum. Think outside the box! If you don't have enough shot put circles, then create a line and have the athletes throw from the line at the same time.
- **Events:** athletes with an impairment can do all events within the competition rules but choose wisely. You may want to choose events that are repetitive for those athletes who are unable to retain memory from one week to another.
- **Awards:** Instead of awarding children with points try awarding them for Personal Bests and attendance.



- **Equipment:**
 - use an electronic gun/starting system. If not, then supply ear muffs to noise sensitive athletes.
 - if undertaking High Jump use a practice bar (elastic).
 - have modified equipment on hand e.g. some cerebral palsy athletes are unable to hold a shot put so try using a tennis ball.
 - If athletes are unable to use the equipment on hand try to modify it keeping safety in mind.
- **Group Managers:** assign 1-2 managers.
- **Groups:** Keep to a minimum. If you have more than 10 registered athletes consider splitting the group into 2 and having a 'junior' & 'senior' group
- **Parent Helpers:** allow parents onto the field to help with their children. Running beside the athlete should be allowed to assist the athlete with direction at a Centre level

**see our Inclusion Fact Sheets for further information on each impairment which can be found on our website lansw.com.au

