**SCHOOLS’ VIRTUAL RUNNING OR PUSHING EVENT 2021**

**A new virtual timed distance race for ALL SEND pupils**

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| **Age Group** | **Minimum age is 8** |
| **Individual OR Shared Distance teams** | *To encourage full participation we hope schools can involve all pupils to share the distance in a team if they are unable to cover it as one individual.* Teams can be mixed or separate gender and disability. It is preferable that age groups are separate where possible.  |
| **Date** | **Any date(s) between 22nd March – 15th April 2021.**  |
| **Venue** | In some circumstances you might want to encourage students to ask a carer or parent to time their race at home or in a park during the school holidays and bring the results to you at school (or they can be given the form to return to us directly) |
| **Target Group** | All young people with a disability from **mainstream or special schools**. Physical, learning disability, visual or hearing impairment, co-ordination difficulties etc - please see attached classification sheet). For example, those with visual impairments can run with a guide; pupils can use a frame to assist them to run; powerchair users can also be included.Being part of a shared distance team should ensure everyone can take part for whatever distance they can manage.  |
| **Distance** | **One mile markers on school premises or parks*** Some schools marked out a “daily mile” route round the school
* 23 times round the outer tennis court lines
* 17 times round the outer netball court lines is just under a mile
* The outer path on Aylestone Park, Leicester
* Use a Garmin-type distance marker

**Two mile markers** can be double the above guidance – but the netball court lines would need **35** times round the courts. |
| **Format** | * The event will focus on fun and participation even though this is an “endurance” event
* The aim is to include EVERY pupil on your SEND register.
* **Those who would find one mile too difficult can be encouraged to be part of the shared distance team – ANY length of distance can be covered by any member of the shared team.**
* You may want to set off each athlete separately so they can be timed individually and follow distancing requirements if necessary. If you use other pupils to record the time then it is easier for each one to time a specific person. You do not need to record the individual times of those in a shared team – just the TOTAL time taken to cover the distance.
* The distance is either over one mile OR over two miles.
* Relay teams can share the chosen distance between two, three or four people – the team members do not have to share this equally.
* There will be participation certificates for all runners and pushers.
 |
| **Results** | * All the results will be circulated to participants via Email

There cannot be any medals as the conditions will vary so much for each race. |
| **Entry Fees** | There are no entry fees for this virtual event |
| **Closing Date for Results** | STRICTLY MONDAY 19TH APRIL 2021 - completed entry forms to **cheriedsilva41@gmail.com**All will be acknowledged and confirmed |
| **Additional Information** | This competition is organised by the Leicestershire Disability Athletics Development Group. **For further details or enquiries please contact Dan Hewins on 07764 990 201 /** **dan.leicestersspan@gmail.com** **or Cherie D’Silva cheriedsilva41@gmail.com** |

***Results Form – Individuals***

**Virtual Running and Pushing Event, 22nd March – 15th April 2021 at a Venue of Your Choice**

|  |  |
| --- | --- |
| **School/College/Group Name:**  | **Postcode:**  |
| **Name of Person completing the form:**  | **Contact phone number (mobile or direct line if possible please):**  |
| **Contact e-mail address (essential:** | **Lead member of staff attending event:**  |
| **Surface for the race: (e.g. hard tarmac, muddy field, twisting pathway)** | **Weather Conditions: (e.g. raining, sunshine, cold, snow, windy)****DATE HELD:**  |

Please list the students and their details below. There is no limit on numbers and you can expand the form by adding a row to fit as many individual entries as you wish – **please use separate form for team relay entries**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Full Name of Athlete** | **Year Group** | **Age on event day** | **Male / Female** | **Specify** **ONE mile or TWO miles**  | **Disability code letter & number** | **Time taken in minutes and secs** | **Further Information about disability/impairment (e.g. if this affected result)**  | **Frame Users (add F)****Motorised Chair (add M)****Assisted by Carer (add P)** |
|  | Ann Example | 9 | 14 | F | TWO | 3a | 18:21 | **visually impaired, ran with guide** | N/A |
| **1** |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |

**CLOSING DATE FOR RESULTS – Monday 19th April 2021**

**PLEASE ASK FOR ANOTHER FORM OR MAKE A COPY OF THE BLANK FORM IF YOU HAVE MORE THAN 10 ATHLETES**

***Results Form – Shared Distance Teams***

**Virtual Running and Pushing Event, 22nd March – 15th April 2021 at a Venue of Your Choice**

|  |  |
| --- | --- |
| **School/College/Group Name** | **Postcode:** |
| **Name of Person completing the form:**  | **Contact phone number (mobile or direct line if possible please):**  |
| **Contact e-mail address (essential):**  | **Lead member of staff organising event:**  |
| **Surface for the race: (e.g. hard tarmac, muddy field, twisting pathway, marked distance, tennis court)** | **Weather Conditions: (raining, sunshine, cold, snow, windy)****DATE(S) HELD:** |

Please complete the form below for each of the teams of students. There is a maximum of 4 students per team but no restriction on the number of teams

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **(Teams of 2, 3 or 4 are acceptable)** | **Full Name of Athletes in each Team**  | **Year Group** | **Age on event day** | **Male / Female** | **Disability code letter & number** | **Specify** **ONE mile or TWO miles**  | **TOTAL Time taken in minutes and secs** | **Further Information about disability/impairment (e.g. if this affected result)**  | **Frame Users (add F)****Motorised Chair (add M)****Assisted by Carer (add P)** |
|  |  | 8  | 13 | F | 4f / 4b | ONE | 20:21 | LD, visual impaired  | N/A |
| **TEAM ONE** |  |  |  |  |  |  |  |  |  |
| **TEAM ONE** |  |  |  |  |  |  |  |  |
| **TEAM ONE** |  |  |  |  |  |  |  |  |
| **TEAM ONE** |  |  |  |  |  |  |  |  |
| **TOTAL TIME** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **TEAM TWO** |  |  |  |  |  |  |  |  |  |
| **TEAM TWO** |  |  |  |  |  |  |  |  |
| **TEAM TWO** |  |  |  |  |  |  |  |  |
| **TEAM TWO** |  |  |  |  |  |  |  |  |
| **TEAM TWO** |  |  |  |  |  |  |  |  |
| **TOTAL TIME** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

**PLEASE ASK FOR ANOTHER FORM OR MAKE A COPY OF THE BLANK FORM IF YOU HAVE MORE THAN TWO TEAMS**

**Classification Categories for Disability Athletics events (from England Athletics/UKA)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Category** | **Classification Code for application – to help us eg state 2a or 4d**Brief description of some athletes and impairments in this group | **Additional Information for you** |
| **1****Physical disability** | **Power Chair User OR****Manual chair user pushed by a carer** | 1. Athlete with cerebral palsy – electric wheelchair user quadriplegic – severe to moderate involvement in all 4 limbs
2. Athlete with quadriplegia (if using a power chair)

P = Assisted push form manual chair users | Activities will be adapted wherever possible to involve athletes in ALL eventsIndicate on category that athlete’s manual chair is assisted by carer eg 1a (PA) |
| **2****Physical disability** | **Self-Propelled Manual Wheelchair Pusher** | 1. Athlete with cerebral palsy
2. Athlete with a spinal cord injury – Quadriplegic (if using manual wheelchair) and paraplegic athletes
 | All athletes in this group CANNOT compete without the use of a wheelchair.They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair. |
| **3****Physical disability****OR****Significantly visually impaired** | **Ambulant –** **Physical impairment is the dominant disability** | 1. Blind and moderately visually impaired athletes running **with a guide**
2. Athlete with cerebral palsy – Diplegic – functionally affected in both legs
3. Athlete with cerebral palsy – Ataxic/Athetoid – affected in three or four limbs
4. Dwarf Athletes
5. Athlete with a single or double above knee amputation or physical impairment allowing similar movement
 | All athletes in this group CAN compete unaided EXCEPT for blind and visually impaired athletes who may need the support of a guide runner.All athletes who use a frame or crutches to compete. (Even if they use a wheelchair for day-to-day activities) |
| **4****Minimal physical disability****Sensory disability****Learning disability** | **Ambulant – With minimal physical impairment.****ALL athletes with a Learning Disability** | 1. Athlete who is deaf or with a hearing impairment
2. Athlete with minimal visual impairment **(no guide required/allowed)**
3. Athlete with cerebral palsy – hemiplegic – functionally affected on one side
4. Athlete with very mild cerebral palsy
5. Athlete with single or double below knee amputation or physical impairment allowing similar movement
6. Athlete with a learning disability: IQ of 75 or less, limited social adaptation in day to day abilities.
 | **All athletes in this group can compete unaided.**All athletes with a Learning Disability as their primary disability should be in this group.All athletes with a condition affecting their behaviour should be in this group.Athletes with learning difficulties such as dyslexia unfortunately do not qualify through the classification used. |