

### **Para Obstacle / Adaptive Athlete Race Director Guideline**

- 1) Schedule Adaptive Athletes wave(s) early in the day to allow time for Athletes to finish before sunset.
- 2) Have a safe and secure storage area for prosthetic limbs and equipment.
- 3) Have a sign language Interpreter to help with the information on start line alongside the announcer. Information should be printed and provided for hearing impaired athletes at registration.
- 4) Have matting on the ground to assist wheelchair users
- 5) Accessible toilets to be situated near to registration tent
- 6) Gender appropriate attendants for changing tents. Their role is to assist Adaptive Athletes with dressing and equipment.
- 7) The Dignity of Adaptive Athlete must be respected at all times.
- 8) Forms and signs need large print for visually impaired and dyslexic athletes.
- 9) There should be no smoke flares to protect athletes with respiratory issues. If smoke is used, race directors should accommodate starts for affected athletes.
- 10) Sudden or loud noises such as pyrotechnics and starting guns be minimized or announced to alert athletes with autism, PTSD or other trauma-based issues.