

## **How does the Virtual Inter-Branch Pentathlon work?**

The Virtual Inter-Branch Pentathlon will be led by branches, using this guide, to deliver a series of five athletic challenges to their members and participants over a five-week period in September. Branches will be able to see their own leaderboards for their members in each of the five individual events, as well as identify the 'all-rounder' who excels across all events and scores the highest combined points total across the five disciplines.

On a national level, branches will also be invited to submit their athletes' results to Scottish Disability Sport for inclusion in the National Inter-Branch Pentathlon Leaderboard. Whilst the branch-level competition will be for individuals, the national event will collate team results to identify the Virtual Inter-Branch Pentathlon Champions. There may be more than one title with different criteria e.g. cumulative score and top 2 in each section (TBC). A trophy will be awarded to the winning branch in each competition.

**Each branch will have teams split into teams of 4 in each classification.**

## **Athlete Groupings**

- 1. Power Chair / Electric Wheelchair User**
- 2. Manual Wheelchair User**
- 3. Ambulant - Moderate Impairment**
- 4. Ambulant - Minimal Impairment**

When you complete the registration form please assign each athlete to one of the above groupings. Full descriptions of groups are highlighted in Appendix B.

## **Who can take part?**

Anyone can take part. Athletes and participants of all ages are welcome. You can compete in just one event or all five. All entered participants will have their score count towards the overall branch score. All five events have adaptations to allow all athletes to participate.

## **When will the Virtual Inter-Branch Pentathlon take place?**

The Virtual Heptathlon will take place in a five-week period starting on Monday 7 September 2020. Each activity will take place on consecutive weeks with athletes having one week to complete the relevant activity. You can perform the activities anywhere you can find the space.

**Week 1: 75m Shuttle Sprint: Monday 7 September – Sunday 13 September**

**Week 2: Target Throw - Monday 14 September – Sunday 20 September**

**Week 3: Standing Long Jump - Monday 21 September – Sunday 27 September**

**Week 4: 400m - Monday 28 September – Sunday 4 October**

**Week 5: Speed Bounce - Monday 4 October – Sunday 11 October**

**All final athlete results to be submitted to their branch by Thursday 15 October**

**All branch results to be sent to SDS by Friday October 23**

## My Branch has signed up. What next?

### Before the Virtual Pentathlon Starts

- Appoint a designated person within your branch to co-ordinate the administration.
- Promote the event to your members (e-mails, social media, website etc).
- Encourage your athletes to sign-up by completing the simple entry form on SDS website. Entry is free for all branch members although branches are free to collect donations for branch funds or a designated charity should they wish.
- Familiarise yourself with the event, the classification system and the entry form. The Events Team in Scottish Disability Sport will be on hand to answer any queries you may have, and will arrange a virtual walkthrough of the system on a zoom call with branches (Date TBC).

*Please note: The health and wellbeing of our participants are our priority therefore it is essential that all participants in this event should adhere to the current recommended Scottish Government Covid-19 Guidelines. More information on this, alongside the latest sportscotland, Scottish Disability Sport and Scottish Athletics guidance can be found [here](#).*

### During the Virtual Pentathlon

The Virtual Pentathlon will take place over five weeks with athletes completing a different challenge each week. Each challenge is explained fully in Appendix A with full adaptations to include everyone. A video will be posted weekly on the SDS social media channels. Don't forget to share your branch's photos and videos with us throughout the challenge.

### After the Virtual Pentathlon

- Collate results from your athletes (or their parents/guardians) using the spreadsheet sent by SDS. You could do this weekly, to keep a running leaderboard, or at the end of the five weeks. Athletes can take as many attempts at each of the five events as they want within the timeframe of the Challenge, but should submit only one performance to the branch for each of the five events as their final result.
- When submitting the athlete's scores to SDS please double-check the athlete is using the correct athlete number which will be assigned to them by SDS. If they don't get the correct number then the athlete will not be able to score points for the branch in the inter-branch challenge. Branches can check their athletes' numbers by contacting SDS however, a list of athlete numbers will be distributed to branches.
- Results should be sent to SDS ([events@scottishdisabilitysport.com](mailto:events@scottishdisabilitysport.com)) by branches and scores will be calculated automatically using the pre-set formula (similar to Sportshall event). Again, you could do this weekly or after all five challenges have been completed. The system will automatically generate a leaderboard for your members. Branches will not need to do any other administration once the event starts other than sending results to SDS using the form SDS supply.
- Results will be published on the OpenTrack website. You should share the branch leaderboard with your members, and you can recognise individual winners as you wish.
- SDS and the **scottishathletics** Events Team will be able to access the results you upload to OpenTrack for team scoring. You do not need to submit another copy of the results for the team scores to be calculated. All scores uploaded by the branch will be considered for team scoring, with the top four individuals in each gender, in each classification making up the club's 'A' team, the next four the 'B' team and so on until every athlete taking part is in a team. This means athletes may change team on the National leaderboard week by week, so they will need to perform well in all four elements to remain in the club's 'A' team.

## Appendix A: Activity Descriptions & Adaptations

### Week 1: 75m Shuttle Sprint: Monday 7 September – Sunday 13 September

- Stopwatch
- Tape Measure

The shuttle run should be completed over a 5m course, measured out on a flat, dry grass or road surface in the garden, on the driveway or elsewhere close to the home. Athletes should run 15 back-to-back repetitions of the 5m course to give one 75m time. Athletes should touch the 5m and start marks with one hand after each repetition. Times can be recorded using any standard stopwatch, including a smartphone app.

#### Adaptations: 75m Shuttle Sprint

Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment. If shuttle runs are not possible for safety or practical reasons, a 100m course may be used to record a 100m time. A further route is required in this instance to produce a comparable time. The 100m course should be on a road surface (quiet road, cycle path or similar), not on a track.

### Week 2: Target Throw - Monday 14 September – Sunday 20 September

#### Target Throw

- Tape Measure
- A Target (such as a washing basket, dog bed or large bucket)
- A tennis ball, sponge ball, bean bag or a pair(s) of balled up socks (any size or colour!)

Using the same 5m distance as the shuttle run, the target should be placed 5m away from the athlete. The athlete has 20 attempts to throw their chosen item into the target from the 5m marker. Each successful throw earns 5 points. You can throw the same item 20 times, throw 20 different items, or anything in between to total 20 attempts.

#### Adaptations: Target Throw

Athletes with a physical disability can propel the object with their hands or feet. A guide can be used for an athlete with a visual impairment.

### Week 3: Standing Long Jump - Monday 21 September – Sunday 27 September

#### Standing Long Jump

- Tape Measure

Standing long jump can be measured with a tape measure on any (reasonable) ground surface – on a trampoline is cheating! Athletes should jump forwards from a standing position and land as far from their take-off point as they can. Athletes must start and land with two feet together. Should they fall back on landing, they should take their attempt again.

#### Adaptations: Standing Long Jump

Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment. A frame may be used to steady a CP or amputee athlete if required for balance.

Athletes on wheels should perform a long push: one push of your wheels / feet from the start point. The end point would be where the back wheel is when the athlete comes to a stop. To score comparatively, the distance achieved with a push should be **divided by 8** (eg. 6m becomes 0.75m; 8m becomes 1m; 12m becomes 1.50m, etc.)

**Week 4: 400m - Monday 28 September – Sunday 4 October**

**400m Run**

- A 200m route (to be run twice – out and back) or 400m loop route

The 400m run involves the farthest travel from the home. Athletes should have assistance from an adult in measuring out a 200m route (out and back) or 400m route (loop starting and ending at the same point) using a GPS device or other method of measurement. It is recommended that athletes walk the route with an adult before running their timed attempt, and all athletes must be supervised by a responsible adult whilst completing their run. Full rules for the 840m time trial can be found within the Virtual SUPERteams Challenge Rules, available from the **Scottish Disability Sport website**.

**Adaptations: 400m Run**

Athletes with a disability can use the equipment they usually would for athletics (wheelchair, race-running frame etc). A guide can be used for an athlete with a visual impairment.

**Week 5: Speed Bounce - Monday 4 October – Sunday 11 October**

**Speed Bounce**

- Any non-fixed item approximately 30cm long and 15cm high to jump over

Speed Bounce is a two-footed jump in which an athlete takes off and lands on both feet. The athlete should cross the middle object as many times as possible in thirty seconds. If the athlete clips or brush the middle object then the jumps are still counted.

**Adaptations: Speed Bounce**

Athletes with restricted mobility should utilise a smaller object to jump over. A side-step would also be an acceptable adaptation for athletes with restricted balance or movement. You could also use a person or object to steady yourself whilst performing the activity.

Wheelchair athletes must see how many times in 30 seconds they can alternately touch cones or lines with their front tyres placed 10cm either side of the wheels. Each touch counts as one. Visually impaired groups may benefit from an object with strong contrasts of colour to ascertain where the height of the object is.

**Appendix B: Classification Groups for Virtual Pentathlon**

Group	Description	Brief description of some athletes and impairments in this group	Additional Information
1	Power Chair User	Athlete with cerebral palsy - electric wheelchair user - quadriplegic - severe to moderate involvement in all four limbs	
2	Manual Wheelchair user	Athlete with cerebral palsy Athlete with a spinal cord injury Quadraplegic and paraplegic athletes	All athletes in this group CANNOT run unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair
3	Ambulant - moderate impairment	Athlete with cerebral palsy - Ataxic/Athetoid - affected in three or four limbs Athlete with cerebral palsy - Diplegic - functionally affected in both legs Athlete with a double above knee amputation Dwarf Athletes Blind and visually impaired athletes running with a guide	All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who may need the support of a guide runner
4	Ambulant - minimal impairment	Athlete who is deaf or with a hearing impairment Athlete with a single or double arm amputation or physical impairment allowing similar movement Athlete with cerebral palsy - Hemiplegic - functionally affected on one side Athlete with single above knee amputation or physical impairment allowing similar movement Athlete with single or double below knee amputation or physical impairment allowing similar movement Athlete with a learning disability - IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 - 18 years	All athletes in this group can run unaided