

**Information and Registration Package for**  
**Al-Ain 6<sup>th</sup> International Athletics Meeting, 15<sup>th</sup>-16<sup>th</sup> March, 2012, United Arab Emirates,**  
**including**  
**Testing for IPC Classification Research, 12<sup>th</sup>-17<sup>th</sup> March**

Dear Athletes / Coaches / NPC delegates

We write to invite you to the 6<sup>th</sup> Al-Ain International Athletics Meeting 2012, to be held in the Al-Ain, the Garden City of United Arab Emirates, on the 15<sup>th</sup> and 16<sup>th</sup> March 2012. As in 2011, there will be track and field competition for all classes in the table below.

<i>Discipline/s</i>	<i>Class</i>	<i>Discipline/s</i>	<i>Classes</i>
<i>Track and field</i>	<i>T/F 11, 12, 13</i>	<i>Track and field</i>	<i>T42/43/44/45/46</i>
<i>Track and field</i>	<i>T/F 20</i>	<i>Field</i>	<i>F51/52/53/54/55/56/57/58</i>
<i>Track and field</i>	<i>T/F32, 33, 34, 35, 36, 37, 38</i>	<i>*Track</i>	<i>T51/52/53/54</i>
<i>Field</i>	<i>F40</i>		

**\*Wheelchair racers in these classes requested for testing – see below**

Once again, there will also be **testing for the IPC Athletics Classification project**. The aim of the project is to improve classification in the future. **At this event testing will focus on T51-T54**, and athletes in these classes are **strongly encouraged to take part** in the testing. There is no cost for participation and, in fact, athletes taking part in the testing **will receive a US\$150 subsidy**. All tests will be completed on a single day. Effort required is similar to pre-competition warm-up. The research is endorsed by the International Paralympic Committee and IPC Athletics. Full details are in the **Research Participants – Information Sheet**. Essentials are:

<b>How long?</b>	2-3 hours on one day (this estimate includes a lot of recovery time).	<b>How do I enter?</b>	Just indicate on the Entry form (exactly as for entering an event)
<b>Which days?*</b>	12 <sup>th</sup> – 17 <sup>th</sup> March 2012	<b>What is the cost?</b>	Nil – Athletes will receive US\$150
<b>Where?</b>	Al-Ain Club for the Disabled (competition venue), UAE		

\*Please indicate your preferred testing date on the Entry Form.

Note: An athlete's class **CANNOT AND WILL NOT change as a result of this research**. Results are confidential and individual results will not be made available to anyone except the athlete concerned. You will be doing your part to ensure a strong sport into the future.

In addition to this cover letter, other documents needed for Registration include:

- Individual Athlete Entry Form – covers both the athletics meet and the research;
- Research Participants - Information Sheet and consent form
- Participant Declaration Form

To enter, just complete the Al-Ain International Athletics Meeting Individual entry form and return to Al-Ain Club For The Disabled via fax (nr: +97137810770) or e-mail: [alaindis@eim.ae](mailto:alaindis@eim.ae) by no later than **17<sup>th</sup> February 2012 at 2200hr**, UAE time. Entry forms also available at [www.alainmeeting.com](http://www.alainmeeting.com)

For Competition enquiries, contact Al Ain Club: tel nr: +97137820990; fax nr: +97137810770; e-mail: [alaindis@eim.ae](mailto:alaindis@eim.ae);  
 For Research enquiries, contact Dr. Sean Tweedy at tel nr: +61 7 3365 6638; e-mail: [seant@hms.uq.edu.au](mailto:seant@hms.uq.edu.au)





## Al Ain 6<sup>th</sup> International Athletics Meeting 2012

### Participant Declaration Form :

#### Agreement, Waiver, Release & Acknowledgement

On acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights claims for damage I have or may have against Zayed Higher Organization, Al-Ain Club For the Disabled, the sponsors and all organizers and successors that may arise as a result of my participation in Al Ain 6<sup>th</sup> International Athletics Meeting 2012 and training camps in Al-Ain City during the year 2012.

I attest and certify that I am physically fit and have sufficiently trained for the competition of this event and my physical condition has been verified by a licensed medical doctor in my country. I agree to abide by all rules and regulations of Al-Ain Club For the Disabled, IAAF and IPC. further, I hereby grant full permission to any and all of the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

#### Note :

Athletes participating in Al Ain 6<sup>th</sup> International Athletics Meeting 2012 could be subject to drug testing, according to IPC and WADA rules. The participation in the competition will be considered as an acceptance to drug testing and publication of the results to the concerned parties. Athletes found positive for banned substances will be disqualified from this event and may lose eligibility for future competitions.

Athletes who wish to have any training on the road outside the training sessions previewed by the LOC will do that on their own responsibility and there will be no escort for them.

( **NB:** Parents or legal guardian will sign for participants under 18 years . )

Athlete's Full Name : .....

Country/NPC : .....

Date :

Signature:

### What is the cost for participating?

There is no cost. In fact, the first 20 wheelchair racers (Classes T51-T54) taking part in the research will RECEIVE \$150US subsidy to cover costs.

### What about meals and accommodation?

Accommodation (and meals) can be arranged through the organizing committee of the Al-Ain International Athletics Meeting

### Where is the research held?

The research will be held at the same location as the Al Ain 6th International Athletics Meeting – the Al-Ain Club for the Disabled, United Arab Emirates.

### What arrangement is there for transport?

Transport to and from the testing venue (Al-Ain Club) will be provided by the organizing committee.

### Can my coach or assistant come?

Yes. Each athlete can bring a coach, relative or support staff to the testing.

### How do I enter?

Simply complete the areas indicated on the Entry form (indicate that you want to take part on the entry form exactly as for entering an event and enter your preferred testing date. You will also be required to sign the consent form which is attached below.)

### What is the schedule?

Participants will be required for a total of 2-3 hours on one day. This time includes quite a lot of recovery time to ensure athletes are fresh for each test and do not get tired. To take part in the testing, athletes nominate their preferred date/s on the Entry Form (12<sup>th</sup> – 17<sup>th</sup> March 2012). The overall schedule is:

12<sup>th</sup> 17<sup>th</sup> March 2012: Testing

15<sup>th</sup> – 16<sup>th</sup> March 2012: Al-Ain 6<sup>th</sup> International Athletics Meeting

### What is the aim of the research?

This research is part of data collection for the IPC Athletics Classification project. Classification is a critically important issue in Paralympic Athletics. It is meant to ensure that the athletes who succeed are those who have the best body shape, physiology and psychology, not simply those who are "less disabled" than their competitors. Currently classification does not include many objective tests. The aim of the project is to develop a battery of objective tests that will help to make classification more accurate and a more scientific basis.

### What tests will be done?

Isometric strength tests will be completed along with sport-specific wheelchair racing tests such as wheelchair acceleration and top speed on the track and on an ergometer. Tests require a maximum effort BUT they are not exhausting and each is followed by full physiological recovery. We will also need some background information from you – competitive history, training etc. Some of the tests will be videoed for analysis. They will only be used for educational purposes if you indicate on the consent form.

### How much time will the tests take?

Athletes will be required for either a morning testing session (8am-12pm) or an afternoon testing session (1pm-5pm). Athletes are not tested continuously for this time – it includes time for familiarization, recovery and transition between stations. Athletes can complete the testing on one of the testing days between 12<sup>th</sup> March and 17<sup>th</sup> March 2012.

### **How hard are the tests?**

Each of the tests requires a maximal effort, however the longest single maximal effort is 20 seconds and after each effort athletes receive enough time to fully recover (we monitor your heart rate and will not begin another test until it has returned resting levels);

### **How will the results be used?**

Your results will be pooled with the results from other athletes to help us better understand the relationship between impairment and athletic performance. In practical terms it will provide us with a much more accurate and valid way of classifying athletes, especially those who do not have a complete spinal cord injury or amputation.

### **Can my class be changed as a result of these tests?**

NO! The ethical clearance received for this project forbids the use of the results to directly influence an athlete's individual classification. Specifically, results from tests cannot be used to change official IPC records or to lodge a protest.

### **Will I receive a copy of my results and will they help improve my performance?**

You will be provided with your own results from tests, as well as the mean performance of other athletes in your class, so you will be able to compare your results with a group average. Results of sport-specific tests (e.g., wheelchair pushing, running or throwing) may be of some interest to athletes and coaches. Results from the strength tests may be interesting but not be particularly useful for performance enhancement because they are isometric rather than dynamic.

### **Are there any risks?**

The tests are all sport-related physical tests and the level of risk is approximately equivalent to the risks associated with a normal training session. Because some the activities will be new to you, there will be a slightly elevated risk of injury - losing your balance or over stretching etc. However all the tests are conducted by trained staff who know the tests well and will work with you to ensure that any injury risk is minimised.

### **Ethical clearance**

This project has been judged to meet international ethical standards by the Medical Research Ethics Committee of the University of Queensland, Australia (approval 2008000442). You are most welcome to discuss any aspect of your participation in this project with Sean Tweedy, Chief Investigator for this project (details below).

Dr Sean Tweedy      School of Human Movement Studies      +61 7 33 65 66 38      seant@hms.uq.edu.au  
University of Queensland  
Brisbane Q4072  
Australia

If you would like to speak to an officer of the University of Queensland not involved in the study, you may contact the University of Queensland Ethics Officer on +61 7 3365 3924.

**Note – can be completed in UAE**

**Project Title:** IPC Athletics Classification project – Al-Ain 6th International Athletics Meeting Data collection

**Chief Investigators:** Dr Sean Tweedy and Prof Dr Yves Vanlandewijck

**Contact person:** Dr Sean Tweedy  
School of Human Movement Studies  
University of Queensland  
Brisbane Q 4072 Australia  
Ph: +61 7 3365 6638

Complete this form to indicate that you have read and understood the participant information and wish to register for the research. Before signing below, you should be aware of:

### Your rights as a participant

- Your participation is voluntary and you may withdraw from testing or any part of testing at any time with no further obligation. Withdrawal will not affect your participation in the research. Signing this consent form does not change your right to withdraw from the testing at any time;
- Any information provided by you or about you will remain confidential.

### Your obligations as a participant

- I have an obligation to inform research staff if I require assistance with transfers to or from any of the testing equipment, or if I feel unsafe. I will also tell staff about any pain, discomfort, fatigue or other symptoms which I may suffer during or immediately after exercising.

I \_\_\_\_\_ (print name) from \_\_\_\_\_ (country

consent to take part in the research at the Al-Ain 6th International Athletics Meeting. By signing this form I am indicating that:

- I have read and understood the Participant Information Sheet and all my questions have been answered to my satisfaction.
- I understand the risks involved in participating
- I understand that there will be minimal direct benefit to me personally.
- I understand that I am free to withdraw at any time and withdrawal will not affect any aspect of my participation in Paralympic sport;
- I understand that all information about me will be kept confidential and will not affect my classification.
- I would like the video taken during the session to be used for research purposes only / for research and educational purposes only (delete one).

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness or Legal guardian (Print name): \_\_\_\_\_ Date: \_\_\_\_\_

Signature of witness / legal guardian<sup>1</sup>: \_\_\_\_\_

I have provided the above named participant with a copy of the Participant Information Sheet for this study. I have explained the key aspects of the study and have answered their questions.

Investigator: \_\_\_\_\_ Date: \_\_\_\_\_

<sup>1</sup> If participant is under the age of 18 years