



Wheelchair Slalom Handbook

Second Edition 2019



WheelPower

British Wheelchair Sport

Whizz-kidz

move a life forward



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Download these templates at wheelpower.org.uk/slalom



1. Introduction to Wheelchair Slalom

Wheelchair Slalom (referred to as slalom) is a **fun, fast paced and exciting sport** with the overall aim of navigating through a course in the quickest possible time.

Wheelchair Slalom has previously been an international event at the **Paralympic Games** with its inclusion in the event programme from **Tokyo 1964** to **Seoul 1988**.

Due to the many obstacles, slalom requires both speed and chair control. Apart from being great fun, slalom helps develop and improve **core wheelchair movement skills** which are essential for everyday life. Slalom will not only help you to stay fit and healthy but also to negotiate living spaces in everyday life.

Slalom is accessible to both **manual wheelchair** and **powerchair** users with nationally recognised competition courses as well as the opportunity to create your own to challenge yourself and your peers.





2. Wheelchair Slalom as a Skill Challenge or Timed Competition

You can take part in wheelchair slalom as a **skill challenge** or as a **timed competition**.

Skill challenge:

This session is not timed and the aim is to improve wheelchair skills. Therefore a challenging course should be set with the emphasis on participants remaining in control at all times.

Timed competition:

This session has the aim of completing the course as quickly as possible. A challenging course should also be set but may include fewer obstacles to ensure participants are not waiting for significant time for their turn. A time penalty is added if cones or lines are touched.

Wheelchair slalom can be delivered as a short or long session. Slalom can also be used as a warm up or introductory activity. Alternatively it can be the main focus of a session with skills and drills to support the participants development. It is recommended that a mixture of skill challenges and timed competition options are delivered to support participants to develop their wheelchair skills.



3. Equipment required to run Wheelchair Slalom

The following equipment is needed to run a wheelchair slalom session:

Essential:

1. Upright cones
2. Stopwatch
3. Whistle
4. Clipboard
5. Tape Measure

Optional:

1. Flags for officials
2. Floor tape

4. Designing a Wheelchair Slalom Course

There are infinite options for a wheelchair slalom course. Courses can be designed with different levels of difficulty. On the right are a number of obstacles that you can use to create your course or you can also create your own. If creating your own obstacle you need to ensure that the movements are safe and achievable.

Fig	Obstacle	Layout	Movement
1	Start and finish gates	Two yellow cones one metre apart and straight line taped between	Participants must go through the gate to start or finish the course
2	Slalom	Series of yellow cones in line with each other (minimum one metre apart)	Participants must zig-zag through the cones
3	Circled cone	Single blue cone	Participants must go all the way round the cone
4	Reverse gate	Two red cones one metre apart	Participants must reverse through gate
5	Figure of eight	Two green cones placed in a line (minimum one metre apart)	Participants must go round cones in figure of eight motion
6	180 reverse square	Box marked by 4 red cones	Participants enter square forwards and leave square in reverse
7	360 square	Box marked by 4 yellow cones	Participants enter square forwards, complete 360 degree turn within square, then exit

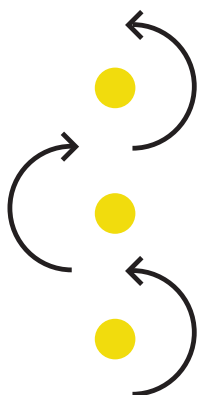
Start and finish gate

1.



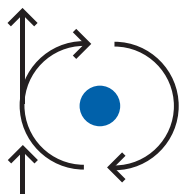
Slalom

2.



Circled cone

3.



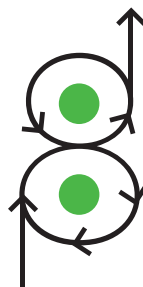
Reverse gate

4.



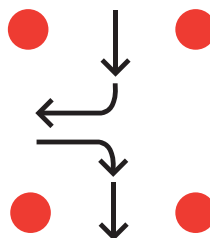
Figure of eight

5.



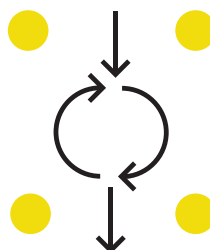
180 reverse square

6.



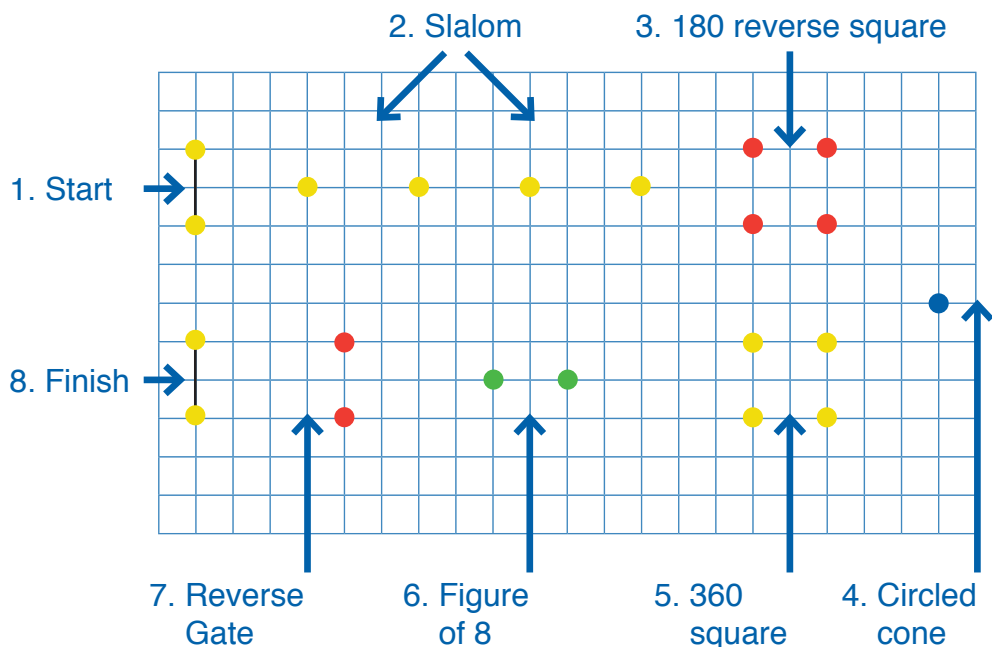
360 square

7.





5. Example of a Wheelchair Slalom Course



6. Running a Wheelchair Slalom Session

To help prepare for the session:

1. Establish or set the time available for activity
2. Create a session plan
3. Check access to the equipment required
4. Check the space is suitable for the activity
5. Design/select a course based on the space available (use the course template in Appendix 1 to draw on the space available to ensure your course fits)
6. Read through the rules and regulations for a timed competition wheelchair slalom



Activity	Action(s)
Before start of session	<ul style="list-style-type: none">• Check you have the required equipment• Check the space to be used is safe• Set-up skill drills or slalom course (see setting up course section)
At start of session	<ul style="list-style-type: none">• Provide a brief overview of the session
Warm up	<ul style="list-style-type: none">• Lead an activity to increase heart rate at moderate intensity (see Appendix 3 for examples)• Lead stretches of the major muscle groups used in slalom (arms/shoulders/neck/trunk)
Skill drills (obstacles)	<ul style="list-style-type: none">• If obstacle is new, provide or ask a participant to provide a demonstration• Divide participants across obstacles on the course and allocate time for practise• Rotate participants around obstacles• Pair up participants so one can act as coach/guide whilst the other is completing the obstacle



Activity	Action(s)
Wheelchair slalom skill challenge	<ul style="list-style-type: none"> • Participants to link all of the obstacles together to complete the entire course • More than one participant should be completing the course at the same time • Make some of the obstacles more challenging for participants during activity • Pair up participants so one can act as coach/guide whilst the other is completing the obstacle
Wheelchair slalom as timed competition	<ul style="list-style-type: none"> • Provide participants time to practise the course • During practise more than one participant can be on the course at the same time • Explain and allocate officials roles • Participants complete their timed runs individually • Rotate the official roles around participants
Cool down	<ul style="list-style-type: none"> • Lead an activity to reduce heart rate • Lead stretches of the major muscle groups used in slalom (arms/shoulders/neck/trunk)
Finishing the session	<ul style="list-style-type: none"> • Provide small recap of session
Post session	<ul style="list-style-type: none"> • The coordinator will record the times and course that each participant has completed and update the WheelPower website with listings. Case studies and quotes may also be written

7. Wheelchair Slalom Safety Considerations

When planning and running your wheelchair slalom session you should consider:

- Allowing adequate run off areas for obstacles, especially the finish gate to ensure participants do not hit walls or other equipment.
- The number of people on the course to avoid collisions if participants are concentrating on the obstacle that they are completing.
- Manual wheelchairs without anti-tip fitted. Need to reduce activities that may result in tipping back in chairs (for example explosive starts).

Participants undertaking obstacles at too high speed/ being out of control. Get participants to practise obstacles at slow speed to begin with and build up speed slowly





8. Setting up a wheelchair slalom course

At the start of the wheelchair slalom session you need to **layout the planned course**. There are two options for laying out the course. The wheelchair slalom coordinator can layout the whole course or the course can be laid out with the support of participants. If leading participants to layout the course you should divide the obstacles between them and provide clear instructions for each one. Each of the obstacles should be laid out in sequence to ensure that the distance between them is correct.

The distance between cones for the obstacles needs to be **consistent to the distance provided in the table** or to the modified distance that the slalom coordinator sets. To ensure the consistency of this a tape measure should be used.

To mark out the positions of the cones for obstacles you may wish to use suitable floor tape (one that does not leave a mark or damage the varnish) so participants can reset the obstacle if any cones are moved. For timed competition it is recommended that you **mark the places of the cones to ensure the course is the same for all participants**.

9. Wheelchair Slalom as a Skill Challenge

Running the wheelchair slalom session as a skill challenge has the overall aim to improve participants control and fine movements skills.

As the emphasis of the session is on control rather than speed you should include more technical obstacles within the course to challenge participants. You may also want to include more obstacles closer together to reinforce the focus on control.



10. Wheelchair Slalom as a Timed Competition

The overall aim of wheelchair slalom as a **timed competition** is to complete the designated course in the quickest time possible. Any mistakes made during the completion of the course **result in a time penalty**.

Rules and Regulations of wheelchair slalom as a timed competition:

1. Participants must start with front casters behind the start line (feet can be over the line)
2. Participants start the course on the command of the starter
3. The course/obstacles are completed in the order shown on the course design
4. If a participant touches or knocks over a cone, they receive a time penalty (see to the right)
5. If a participant touches or knocks over a cone they continue to complete the obstacle as a time penalty will already be incurred
6. The Penalty Official will indicate to the participant during the timed attempt when any penalties are incurred by the call of '3' or '5'
7. Any obstacles not completed results in the time not being recorded
8. The stopwatch is stopped by the starter once the participants rear wheels have crossed the finish line
9. Officials decisions are final

Time Penalties:

1. 3 seconds will be added to the participants overall time for the following infringements:
 - a. Touching a slalom course marker
 - b. Going the wrong direction on a particular type of obstacle (obstacles must be completed correctly to ensure the time is recorded)
2. 5 second penalty if the participant knocks over a cone

Competition Classification:

Class	Type of Wheelchair	Classification
M	Manual	Self-propelled manual chair users
P	Power	Powerchair users
A	Assisted	Supported by the guide
S	Sports	Self-propelled sports chair users



Powerchair Settings:

Participants **must set their Powerchairs to the speed that they wish to complete the course** at before the start of their timed run. Participants cannot change the speed during the timed run.

If a participant is unable to control their chair at the set speed the slalom coordinator should ask them to turn down the speed for their own and others safety.

11. Wheelchair Slalom Officials

There are a **number of roles** within wheelchair slalom. All participants should be encouraged to take on/share different roles within the sessions. Some of the roles **can be combined** if there are not sufficient numbers.





Role	Responsible for
Wheelchair Slalom Co-ordinator	<ul style="list-style-type: none">• Overall organisation and delivery of session• Assigning participants roles• Ensuring participants share and rotate the roles
Starter/ Timekeeper	<ul style="list-style-type: none">• Starting the timed competition• Checking all officials are ready before starting the timed run• Starting and stopping the stopwatch• Recording the overall time and any incurred penalties
Penalty Official	<ul style="list-style-type: none">• Indicates and records if any penalties have been incurred• Says either '3' or '5' at the incident time depending on the type of penalty
Course Guide (Optional)	<ul style="list-style-type: none">• Provide details of the obstacles and direction of travel



12. Organising Competitions against other Clubs/Groups

Organising wheelchair slalom timed competitions against other clubs/groups provides an opportunity for participants to test their skills. When organising a competition you should agree the timed competition course and format.

There are two different formats of competition that can be organised:

Live Wheelchair Slalom Competition:

Participants from the clubs/groups meet at a location and officiate each other's timed runs on the agreed course. You may wish to organise home and away competitions.

Virtual Wheelchair Slalom Competition:

Participants from the clubs/groups complete timed runs on the agreed course at their regular venue. All times are collated and shared between clubs/groups to create a virtual leaderboard. A representative from each club/group should be selected to coordinate with each other to collate the results from both clubs/groups.

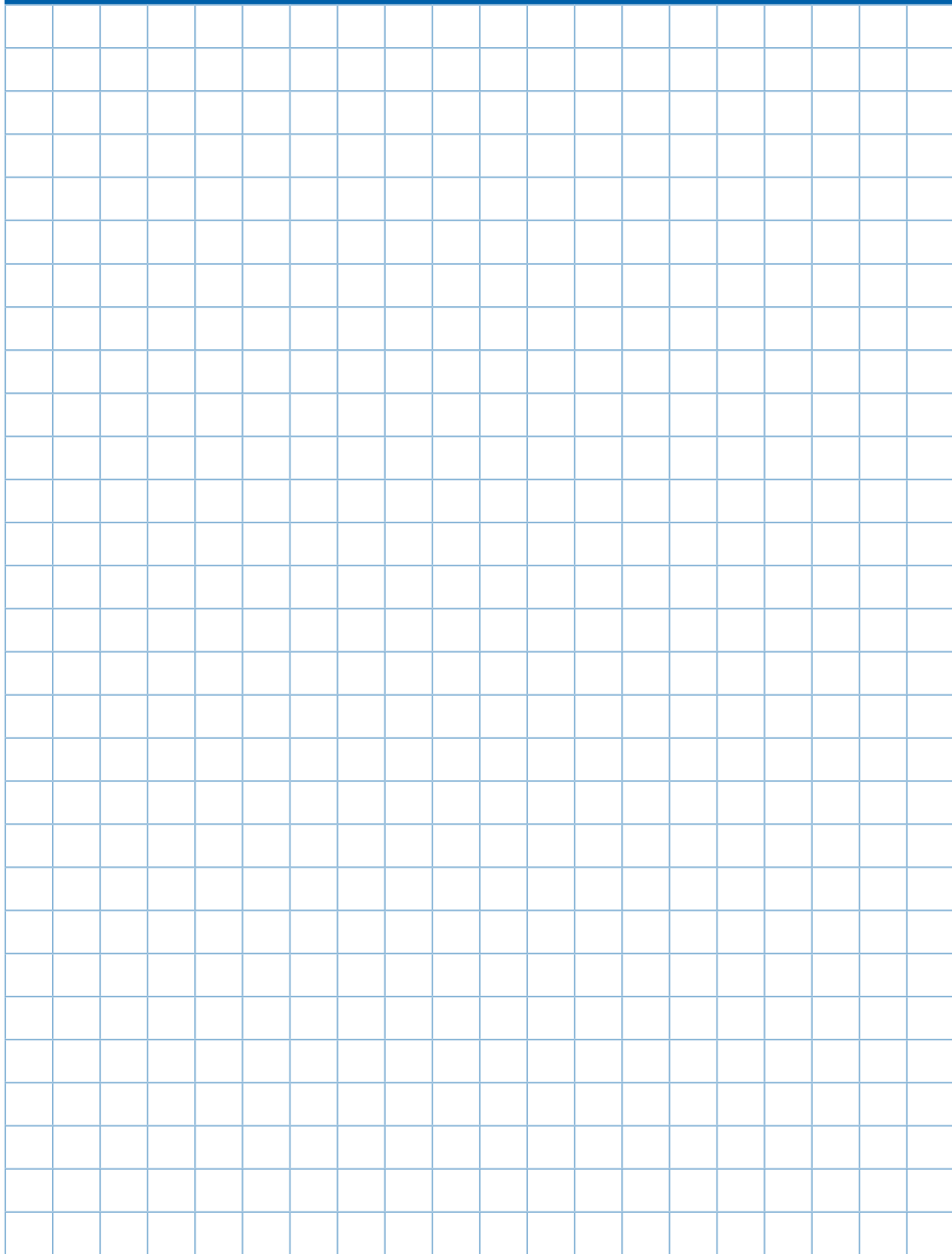
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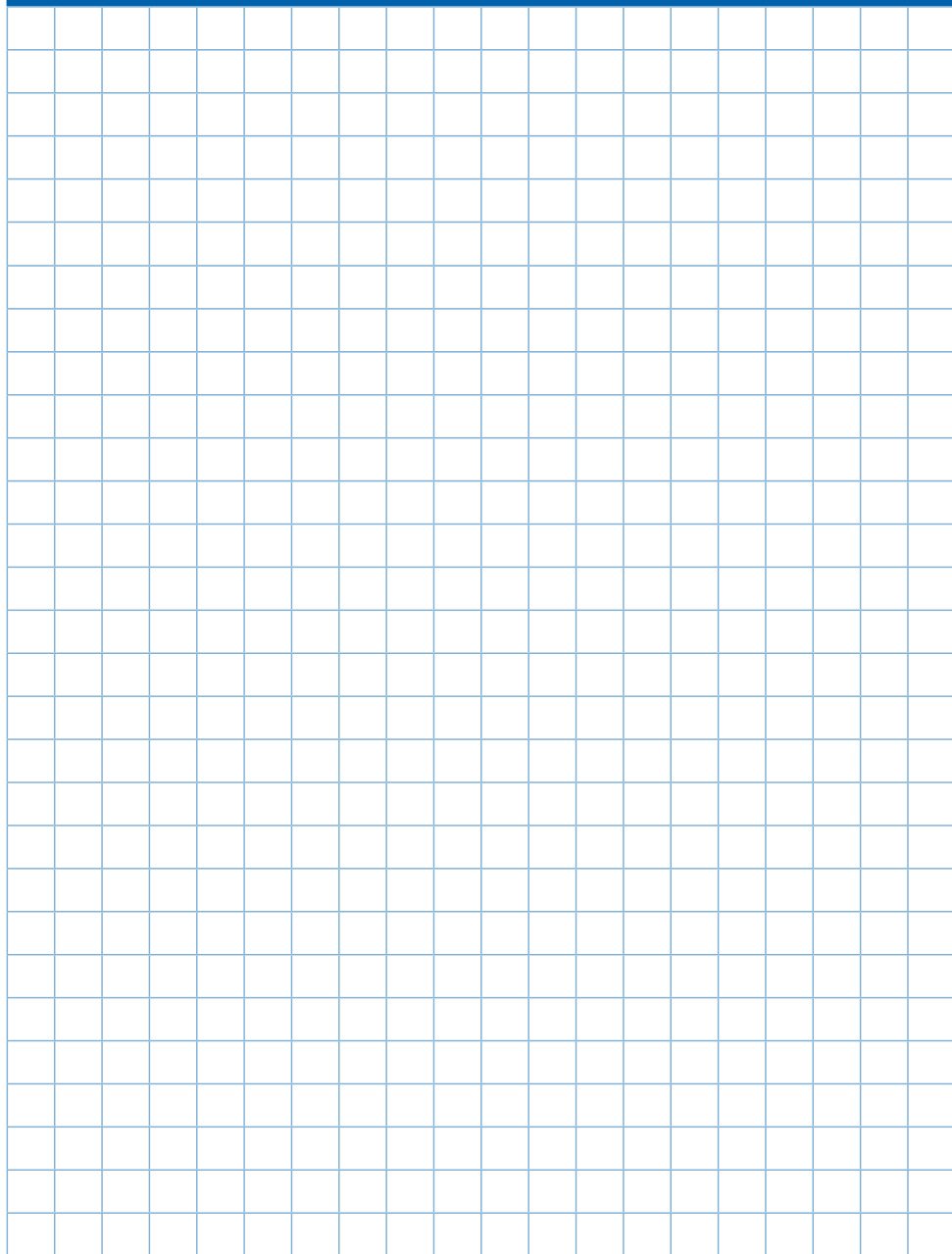


Appendix 1: Wheelchair Slalom Course Template





Wheelchair Slalom Course Template





Appendix 2: Wheelchair Slalom Timesheet Form

Name	Class	Attempt			Best Time
		1	2	3	



Appendix 3: Wheelchair Slalom

Warm ups/Cool downs

Name:

Shadowing

**Equipment
Required:**

Cones

Instructions:

- Split participants into pairs
- Participants number each other '1' and '2'
- 1's aim is to get away from 2 in the coned area
- 2's aim is to stay as close as possible to 1
- Participants start on a whistle and activities last for a certain period of time
- Switch over after each participant has had a few goes

Progression:

- Participants switch roles if tagged
- Increase/decrease activity area size

Safety:

- Ensure that participants keep their head up so they do not collide with each other
- Activity should only last a short amount of time due to high physical exertion required - incorporate rest periods into the activity



Diagram

X

X



X

X





Appendix 3: Wheelchair Slalom

Warm ups/Cool downs

Name:

Fan Drill

**Equipment
Required:**

Cones

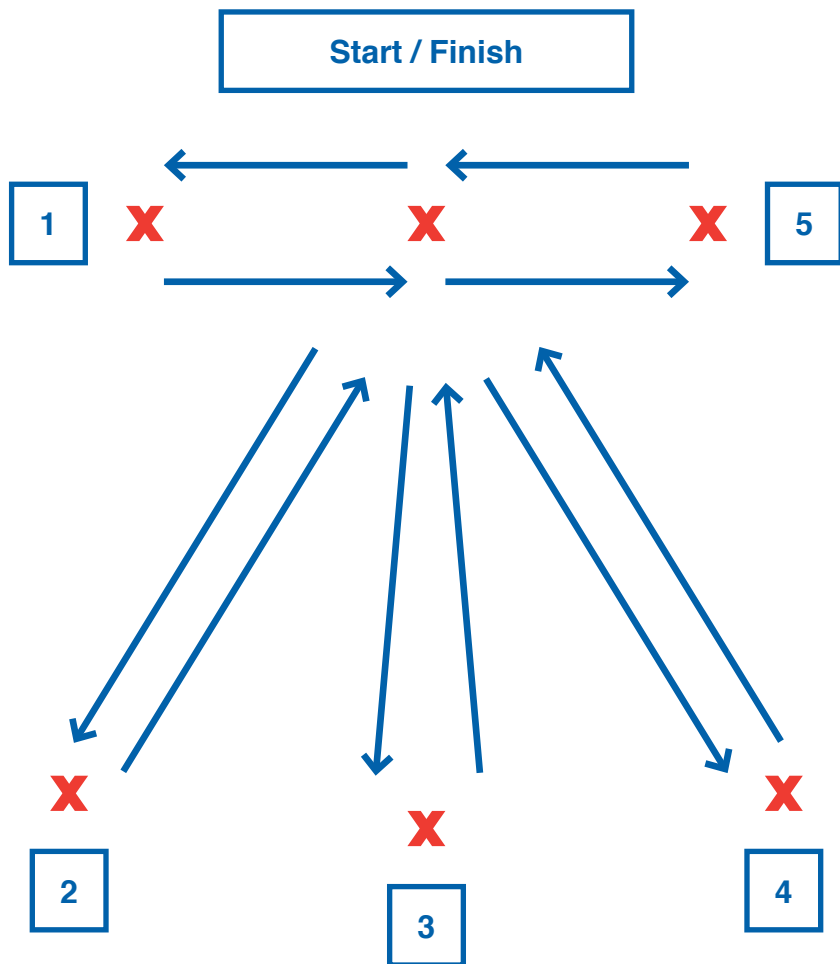
Instructions:

- Participants start at the middle cone and go around cone 1 and back to the start
- Participants go around all of the cones in order, always going back around the start cone
- Participants must go around the cone

Progression:

- Increase/decrease distance of the cones
- Change the order in which the participants have to go round the cones
- Add extra cones in

Diagram



Appendix 3: Wheelchair Slalom

Warm ups/Cool downs

Name:

Follow the leader

**Equipment
Required:**

Cones & Whistle

Instructions:

- Participants form a line behind each other
- The person at the front of the line can move anywhere within the playing area (as long as they do not go through the line) and people behind them have to follow keeping in a line

Progression:

- Add command that the person from the back of the line has to move to the front
- Add command that the person from the front of the line has to go to the back
- Add command that participants need to weave through the whole line from front to back and visa-versa. Participants cannot go to the front/back until the person behind/front has made it to the front/back

Safety:

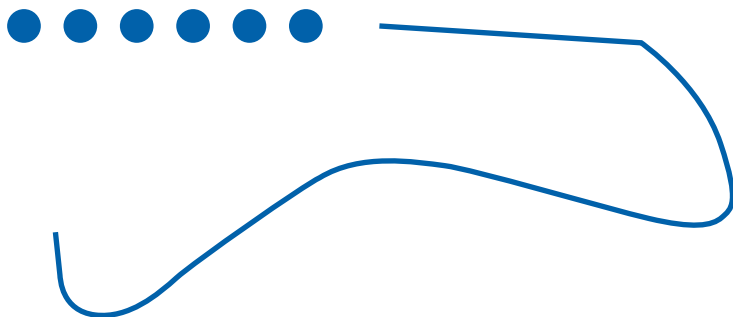
- Ensure the speed of line does not get too excessive
- Highlight to change speed especially deceleration gradually
- Remind participants that it is a non-contact activity



Diagram

X

X



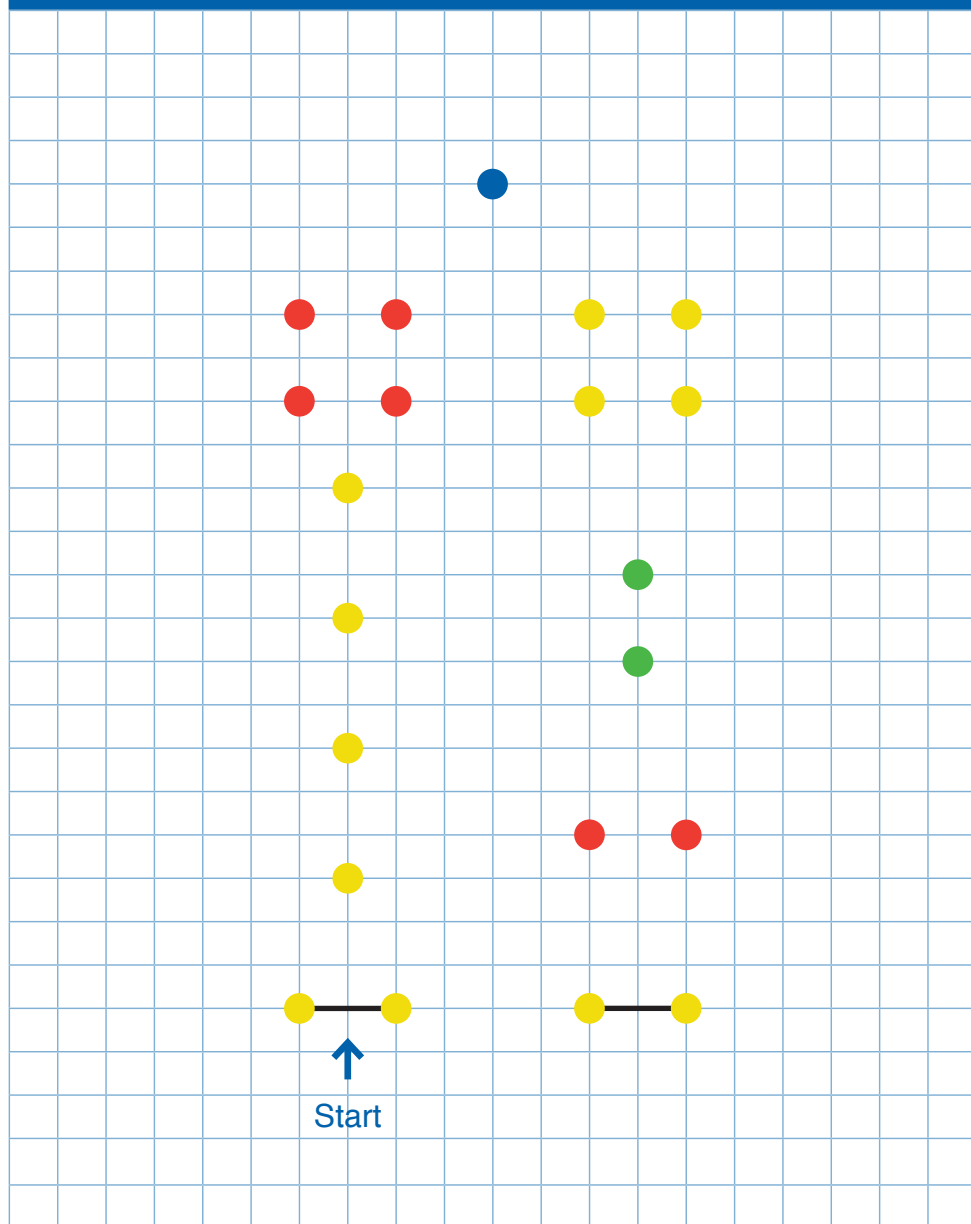
X

X





Appendix 4: Wheelchair Slalom Competition Course 1

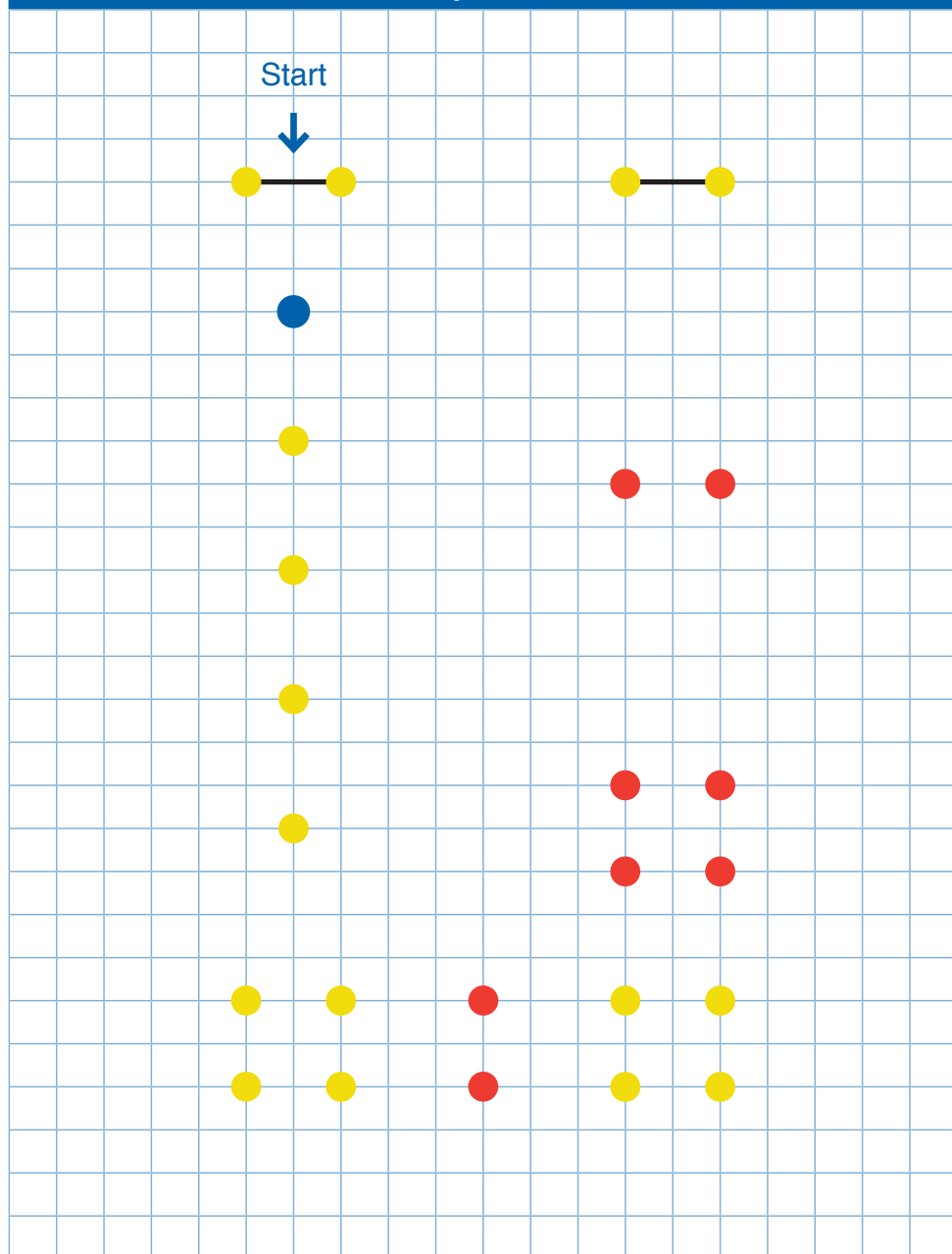


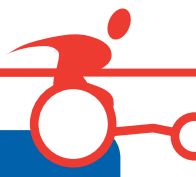
Wheelchair Slalom Competition Course 2

Start

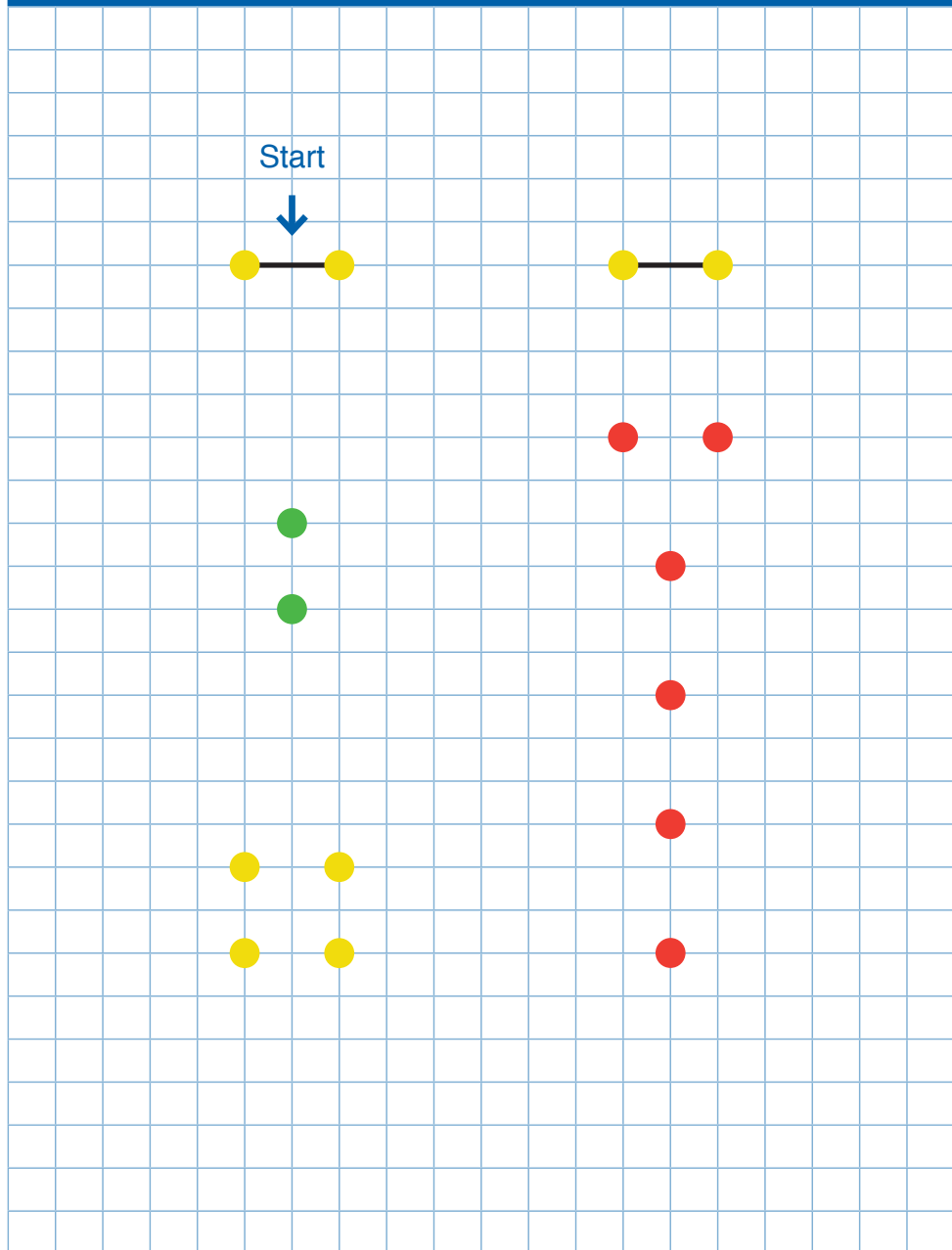


Wheelchair Slalom Competition Course 3





Wheelchair Slalom Competition Course 4









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