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# Paratriathlon as a Disability Sport in Indonesia

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**Abstract**-Sports is one of the efforts in maintaining the health and fitness of the body. By exercising actively and regularly the body will be healthy and fitness will always be maintained. Exercise is the right for every human being to live a healthy life, no exception for people with disabilities. In accordance with the Law. No. 8 of 2016 article 5, mentioned that people with disabilities in Indonesia have the right to be healthy and exercise, so there is no difference or prohibition for people with disabilities to do sports activities. One of the sports that can be done for people with disabilities is paratriathlon. In Indonesia, paratriathlon sports were first competed at the ASEAN Paragames in the Philippines in 2020. Paratriathlon itself is a sport that combines 3 sports segments in 1 session where each segment consists of swimming, bike racing and running.

**Keywords**-Paratriathlon, Disability, Paralympic

## 1. INTRODUCTION

At first disability sports in Indonesia were intended for rehabilitation and recreation sports. The IPC (International Paralympic Committee) is an international non-profit organization that regulates the overall progress of the Paralympic [1][2]. IPC was established on 22 September 1989 in Düsseldorf, West Germany where it had the aim of enable Paralympic athletes to achieve sporting excellence and inspire and excite the world". Furthermore, the IPC wants to promote the Paralympic values and to create sport opportunities for all persons with a disability, from beginner to elite level [1].

In Indonesia, the organization for disability sports, the Disability Sports Development Foundation (YPOC), was established on October 31, 1993 [3]. On 18 November 2005 in the General Assembly meeting of the IPC it was decided that movements and sports activities of persons with disabilities should use the word 'paralympic', as all

sports shaded by the IPC are sports of achievement (no longer rehabilitation sports or recreational sports). In line with the decision, IPC member states are obliged to include the word 'paralympic' in their organization's name. on August 30, 2010 became the National Paralympic Committee (NPC) Indonesia as a organization that responsible for collecting, fostering, training and forming quality and internationally qualified and professional sports athletes and coordinating every sports activity disability at both regional, national and international levels [3].

## 2. PARATRIATHLON

Paratriathlon has been developed by the World Triathlon for approximately 20 years. Paratriathlon has been contested at the first Paralympic Games in Rio de Janeiro, Brazil [1] in 2016 Paratriathlon is a race that combines three sports segments namely swimming with a distance of 750 m, bicycle (handcycle / tandem) with a distance of 20 km, and running (wheelchair) with a distance of 5 km [1][4]. Specifically for people with disabilities. Paratriathlon competitions are divided into 9 categories based on their disability classification in 6 medal events.

## 3. SPORT CLASSES

Paratriathlon is classified as 9 classes in 6 medal events [4]:

### 3.1. PTWC 1

PTWC 1 is widely used by wheelchair users with severe disabilities. in running sessions athletes should use a hand bike, including athletes with activity limitations comparable to distractions, but

not limited to: muscle strength, limb deficiency, hypertonia, ataxia or athetosis.

### **3.2. PTWC 2**

Wheelchair users with little distraction. In the bicycle session the athlete uses a handcycle on the bike track and uses the wheelchair in the running session. Includes athletes who can be categorized on activity limitations and disorders, but are not limited to: muscle strength, limb deficiency, hypertonia, ataxia or athetosis.

### **3.3. PTS 2**

Athletes with severe disorders. The use of prosthesis or other recognized tools can be used on amputee athletes. It also includes athletes who can be categorized as limited in activity and disorder but not restricted to ataxia, hypertonia, limb deficiency, impaired muscle strength or range of motion.

### **3.4. PTS 3**

Athletes with significant disorders. In bicycle and running sessions, the use of prosthesis or other recognized support devices can be used in athletes with amputee conditions. Including athletes who fall into the category of permanent movement activity disorders, but not limited to hypertonia, limb deficiency, impaired muscle strength and movement function and ataxia or athetosis.

### **3.5. PTS 4**

Athletes with moderate disorders. Athletes in this category have coordination that is affected by a low level on one side of one arm, or the absence of limbs. In swimming sessions, all have problems with reduced strength. In bike sessions, athletes have good strength but a lack of control in cycling. In the running session everything is based on imbalance and insmetometry. This includes athletes who are categorized as impaired in motion activity but not limited to hypertonia, ataxia or athetosis, limb deficiency and impaired muscle power or range movement.

### **3.6. PTS 5**

Athletes with mild impairment. Athletes in this category have conditions that are affected by low degree in on leg, in addition to moderate levels in both arms and on the legs, which is higher in one leg and ankle. These athletes have a good distribution of strength, coordination and balance. This includes athletes who are categorized as impaired in motion activity but not limited to hypertonia, ataxia or athetosis, limb deficiency and impaired muscle power or range movement.

### **3.7. PTVI 1**

In this category, athletes were declared unable to see and there was no light perception from either eye. These athletes are required to use a guide during the race. In the session the bike used is a tandem bike where the athlete's position is behind the guide. The drivers allowed are of the same gender and of the same nationality.

### **3.8. PTVI 2**

In this category it is classified on the severe vision of some athletes.

### **3.9. PTVI 3**

In this category it is said that athletes if the vision is not too severe and must use a guide during the race. The medal division in the triathlon consists of:

1. PTWC 1 and 2 contested together
2. PTS 2
3. PTS 3
4. PTS 4
5. PTS 5
6. PTVI 1,2 and 3 contested together

## **4. EQUIPMENT**

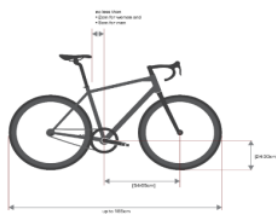
### **4.1. Swimming**

According to the rules of the ITU swimming equipment is allowed that is swim cap, trisuit,

swimskin, wetsuit, goggles. Equipment prohibited in swimming are [4][5][6]: Propeller aids, buoys, t-shirts, unrestified swimsuits, snorkels, headphones cover the ears, except ear protection plugs.

**4.2. Bikes**

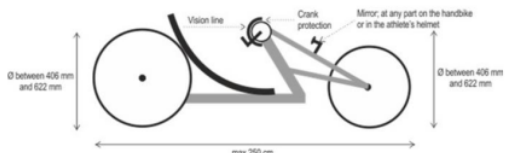
In paratriathlon races, the term "bicycle" used includes a type of tandem bike, or hand bike. All used bikes are driven with the athlete's strength. Arms or legs can be used to ride a bicycle, but not at the same time. [4][5][6].



**Figure 1.** bicycle

Paratriathletes with one upper limb impairment may use a splitter in the braking system and it is not considered as a bike adaptation. Bike specifications for paratriathlon competitions are outlined in the World Triathlon Competition Rules

Para triathlon PTWC1 and PTWC2 Cycling: In this category, athletes use arm-powered hand bikes (AP) used in the supine position. This bike has three wheels and is uci (Union's Cycling International) [4][5][6].



**Figure 2.** Handbike

Under the rules of the race, all handbikes must have a mirror in front of the bike so that the athlete can see clearly the conditions behind it. In addition, handbike also has criteria in wheel size, namely 406mm to 622mm. While the length and height of the handbike is not more than 250 cm for a length and height of 75cm. [4][5] [6].

**4.3. Run**

**Illegal Equipment:**

At running sessions all athletes are prohibited from using all communication devices including, headphones, headsets, technical earplugs and others. [4][5][6].

Para triathlon PTWC1 and PTWC2 Running. All athletes start run portion from racing wheelchair. Athletes with a lower limb deficiency are permitted to use a prosthesis on that limb only to ensure both legs are balanced and to allow for symmetrical movement during competition. [4][5][6].

**Para triathlon PTVI1, PTVI2 and PTVI3**

Each athlete must have a guide of the same gender and nationality. Both athlete and guide will hold a license from the same National Federation. Each athlete must be tethered during the run to his/her guide. The tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete. The athlete may use an elbow lead during the run [4][5] [6].

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