

CP SPORT

cerebral palsy sport

Frame Running Skills Cards



Find out more about
Frame Running at
cpsport.org/frame-running
(tap QR code)
or contact info@cpsport.org



Supported by



Introduction

► Who is Cerebral Palsy Sport?

CP Sport is the national disability sports organisation supporting people with cerebral palsy to be able to access and enjoy being physically active throughout their lives.

► What is Frame Running?

Frame Running (formerly known as RaceRunning) is an adapted sport for children, young people and adults who cannot functionally run and rely on sports aids for mobility and balance.

A Frame Runner is a three wheeled frame where the athlete is supported by a saddle and body plate. The athlete propels against the frame using their feet, and steers using the mobility within their hands and/or arms. People with cerebral palsy can take part in Frame Running as a recreational activity and Frame Running is a very effective way of improving overall fitness, strength, and physical and emotional well-being.

Frame Running is an athletics discipline, governed by England Athletics and delivered by athletics clubs.

► Find out more

If you want to find out more information about Frame Running please visit:

cpsport.org/frame-running



What to Wear 1



General

- ▶ Dress for the weather, but follow these simple rules:
- ▶ The TWO most important considerations:
SAFETY & COMFORT!
- ▶ **A Helmet** MUST be worn
- ▶ **Padded/cycle shorts** (maybe two pairs!)
- ▶ **Leggings** that don't have creases that might rub
- ▶ **T-shirt and a jacket/track suit** that does not have folds over the chest that might press against the chest plate
- ▶ **Trainers** with **socks** for comfort
- ▶ **Some padding** added on the chest plate (for example, a thin cushion) might help when starting.
- ▶ **Be seen** by wearing something bright.



When it's Wet

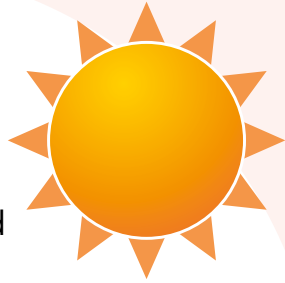
- ▶ Dress suitably for rain AND when the track is wet, spray will seem like rain!
- ▶ Remember wet weather is often cold as well.
- ▶ If the surface is wet, it is also slippery! It may be more difficult to stop so allow more space for doing so.
- ▶ It may be too slippery for easy turning – help might be needed to do so safely.
- ▶ It takes practice to run around a bend – it takes more practice to do so when it's wet.
- ▶ Rain or spray from the front wheel is also a problem – runners with glasses will need to wipe regularly due to the spray.
- ▶ Even if glasses are not worn, faces will need wiping.
- ▶ If your runner has particular problems with spray, consider fitting a mud guard to prevent it.
- ▶ If the runner has spiked running shoes this will help but they should be worn on a suitable surface such as a running track
- ▶ Do not forget a drink! Staying hydrated is also important on wet days. Water is ideal.



What to Wear 2



When it's Hot



- ▶ Make sure the athlete is suitably dressed for the heat to help them keep cool. Baggy clothing is not a good idea as it can get creased and cause rubbing.
- ▶ Remember that hot weather is often sunny too. Sun-cream will be needed on exposed body parts (don't forget the ears!).
- ▶ Helmets with breathing slots are much better for hot weather as they help keep the head cool.
- ▶ Remember that if there are slots in helmets, the sun can sneak in.
- ▶ Sunglasses will also be a very good idea in bright sun-light.
- ▶ Make sure everyone, but especially the runners, stay hydrated. Water is ideal.
- ▶ What is done in the session might have to be adapted – the distance run, the recovery time and the speed may well need to change.

When it's Cold



- ▶ Running on a frozen surface is NOT recommended because of the risk of sliding!!
- ▶ Cold can affect Frame Runners more than others – Aim to keep them warm and only out in the cold for short periods.
- ▶ Correct clothing is vital – plenty of thin layers is preferable to two thick ones, but remember that whilst working the athlete may need to remove layers if they get too hot. If the bottom layer is 'wicking', this will reduce moisture next to the skin and help maintain heat. A thick scarf can be worn under the helmet, gloves, or better still ski mittens! And a wind protector for the neck is a good idea. Can you fit two pairs of socks into the shoes?
- ▶ Try to keep active with a good warm up before doing activities
- ▶ If it's windy, is there a sheltered place to put on running shoes, get onto the frame etc?
- ▶ Do not forget a drink. Staying hydrated is also important on cold days! Water is ideal.
- ▶ What is done in the session might have to be adapted – the distance run, the recovery time may well need to be shorter so runners don't get too cold and the speed may well need to change.



Technique: Speed

What we're aiming for:

- ▶ Forward leaning posture with high hips
- ▶ Chest plate provides considerable support
- ▶ Shoulders not moving
- ▶ Heel up and under buttock
- ▶ Knees up, toe up
- ▶ Leg action parallel to direction of run – not at an angle
- ▶ Foot placement under centre of mass
- ▶ Land on front half of foot (ball of foot) and drive down and back



Technique: Endurance

What we're aiming for:

- ▶ Upper body and head in neutral position
- ▶ Both hands on handlebars
- ▶ Tall posture with high hips (little weight on chest plate)
- ▶ Leg action parallel to direction of run – not at an angle
- ▶ Rhythm guides optimal speed and efficiency
- ▶ Gliding can be included
- ▶ Foot lands naturally underneath the centre of mass, moving down and backwards



Getting On the Running Frame

Before You Start

- ▶ Check the Frame is a suitable size for the athlete.
- ▶ Check the Frame is fully assembled and safe.
- ▶ Does the Frame have any additions that are needed? (extra hand grips, strap on chest-plate etc).
- ▶ Make sure the athlete is dressed appropriately - padded shorts, helmet, gloves if its cold, waterproofs if wet, jacket if cold, suitable shoes.
- ▶ Position the Frame in a flat area with plenty of space for all helpers to move about.
- ▶ Check the back brakes are on - make sure they work!
- ▶ Decide how many people are needed for a safe transfer.
- ▶ Does everyone involved in the transfer know their role?
- ▶ Check if the seat needs dropping before you start.
- ▶ If the seat needs to be dropped, do you know how to then raise and secure it? - if not find out!



Getting On

- ▶ Position the wheelchair (if used) between the back wheels.
- ▶ Ask the athlete to stand and help them if needed to do so.
- ▶ Assist them to move forward if needed so that they are over the seat (they will need to spread their legs a little and may need help in this).
- ▶ Raise the seat if needed and clip into place.
- ▶ Let the athlete sit.
- ▶ Check the athlete is correctly and comfortably seated.
- ▶ If needed, strap the athlete to the chest plate.
- ▶ Assist in positioning hands on the handlebar if needed.
- ▶ Do the hands need strapping to the handlebar? If so assist in strapping them.
- ▶ Release the brake/s and let the athlete take a few steps - check everything is safe and ready to start.



Getting Off the Running Frame

Before You Start

Before you start, read through this list – if you do not know how to do any of these things, find out BEFORE you start!

- ▶ Position the Frame in a flat area with plenty of space for all helpers to move about.
- ▶ Check the back brakes are on.
- ▶ Decide how many people are needed for a safe transfer.
- ▶ Does everyone involved in the transfer know their role?
- ▶ Check if the seat needs dropping before the dismount.
- ▶ If the seat needs to be dropped, do you know how to do this?
- ▶ Remember the user may need to be supported when the seat is dropped.



Getting Off

- ▶ Position the wheelchair (if used) between the back wheels.
- ▶ Ask the athlete to stand and help them if needed to do so.
- ▶ Drop the seat.
- ▶ Assist them to move backward if needed so that they are over their wheelchair, or simply self supporting.
- ▶ Release the back wheel breaks.
- ▶ Move the Running Frame forwards and out of the way.



Safety First

Key Safety Points

- ▶ Frame Running athletes **MUST wear a helmet**
- ▶ Running Frames **MUST have a brake** (if the athlete can use it!)
- ▶ Frame Runners **MUST be strapped in** when they start
- ▶ Most Frame Runners use padded (cycling) shorts to prevent abrasion and compression injury (perhaps even two pairs)
- ▶ The frame may need padding to prevent injury - foam pipe lagging held with tape is ideal
- ▶ The frames are quite unstable so for most athletes use on a flat surface only
- ▶ Only some frames suitable for off road use!



Before You Start



Ten questions

Before you begin coaching Frame Running ask yourself these questions:

1. Do YOU know what you are doing?
If not find out BEFORE YOU BEGIN!
2. Do you know and understand the FrameRunners needs? (Ask them!)
3. Is the Running Frame set up correctly?
4. Is the Frame Runner safe?
5. Is the area safe for Frame Running?
6. Is the Frame Runner comfortable?
7. Is the Frame Runner properly set up and equipped?
8. Is the Frame Runner confident?
9. Is the Frame Runner able to do what you are going to ask them to do?
10. Is there enough support to help the FrameRunner if needed?

What to take with you

Wherever you go to try out the Running Frame, you will need to take a number of things with you!

- ▶ Food / snacks
- ▶ Drink / bottle
- ▶ Medication (eg inhalers)
- ▶ Helmet
- ▶ Other personal equipment (eg hand strapping)
- ▶ Running Frame including wheels, seat and chest plate
- ▶ Toolkit (including pump)
- ▶ Spares - personal and for the Running Frame
- ▶ Clothing for today's weather
- ▶ Sunscreen and sunglasses
- ▶ Towel (in case of rain)
- ▶ Hand sanitiser and loo roll (not all venues are fully equipped!)
- ▶ Cash for parking
- ▶ Tissues
- ▶ Wipes
- ▶ Small first aid kit

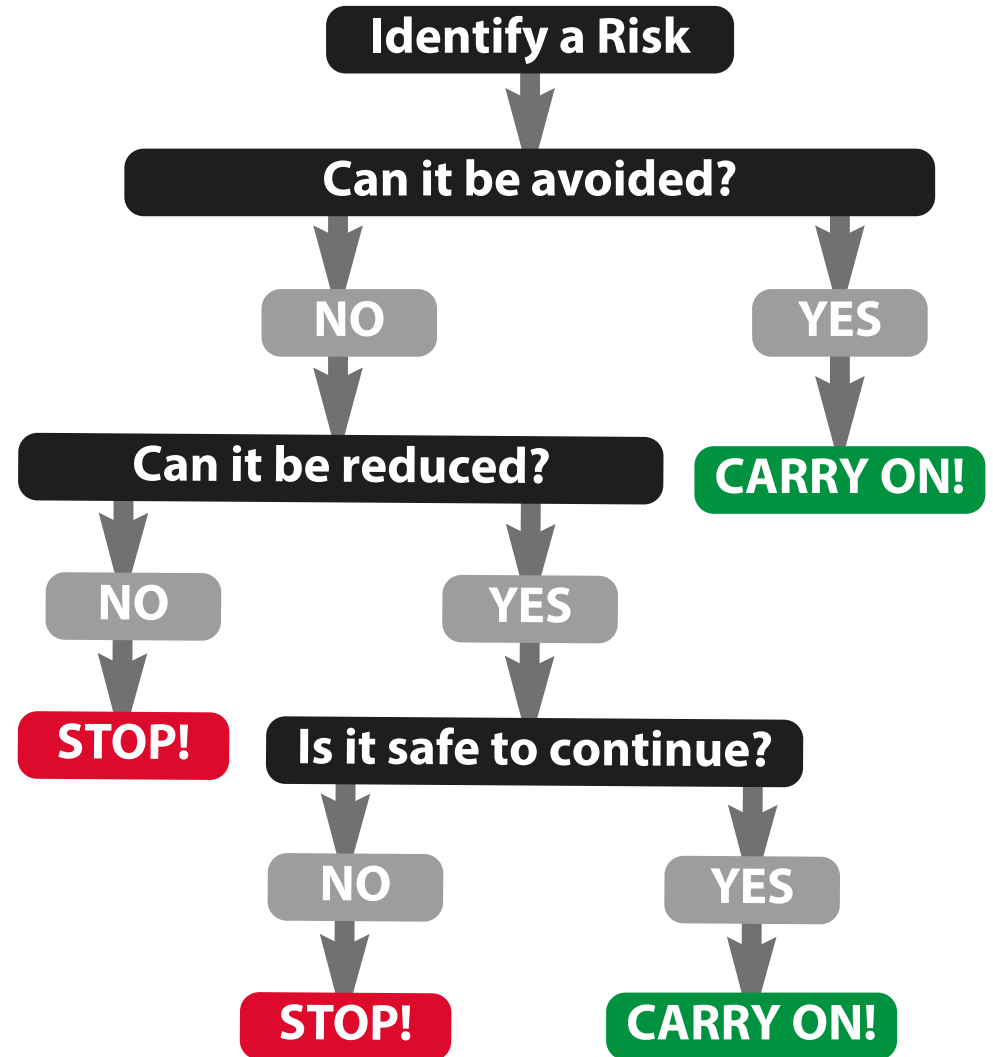


Making it Safe

Assessing the Risk

Every aspect of what you do should be assessed for RISK BEFORE you start

- ▶ Getting the Running Frame to where it is to be used
- ▶ Assembling the Running Frame
- ▶ Getting on and off it
- ▶ Using the Running Frame
- ▶ Equipment
- ▶ Clothing
- ▶ The User (Runner)
- ▶ Helpers
- ▶ Do you know the environment?
- ▶ Risks in the environment - to the user, to others, to the helpers
- ▶ Are there problems that pose a potential danger?
- ▶ Can that danger be reduced
 - If it can, is the situation now safe?
 - If not, find a safe alternative



Activity 1 – Slalom

Activity instructions

- ▶ Find a flat area.
- ▶ Place a row of cones 8 strides apart (see diagram)
- ▶ Place two cones to make a start and two for a finish.
- ▶ Position Running Frame between the start cones.
- ▶ Runner walks to the left of the first cone.
- ▶ Then to the right of the second ...
- ▶ and so on to the finish.

Activity development

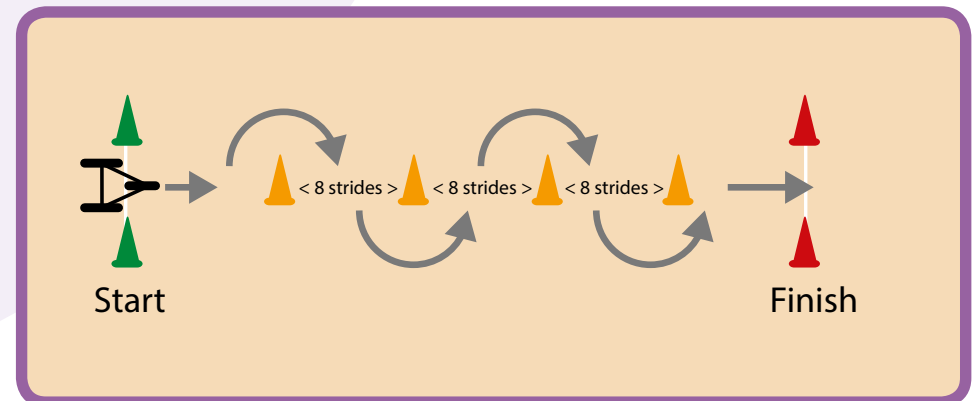
- ▶ Move faster.
- ▶ Add more cones.
- ▶ Put the cones closer together.
- ▶ Move the cones sideways so they are not in a straight line.
- ▶ Try hopping!

Skills to introduce

- ▶ 'Hold' both handle bars
- ▶ Look where you're going
- ▶ Steer so the wheels don't touch the cones



Watch the video



Activity 2 – Follow the Line



Activity instructions

- ▶ Find a flat area
- ▶ Use a straight line if there is one
- ▶ Add a line, tape or string to follow if not
- ▶ Place two cones to make a start and two for a finish
- ▶ Position Running Frame between the start cones with front wheel on the line
- ▶ Runner moves along the line to the finish
- ▶ Keep the front wheel on the line

Activity development

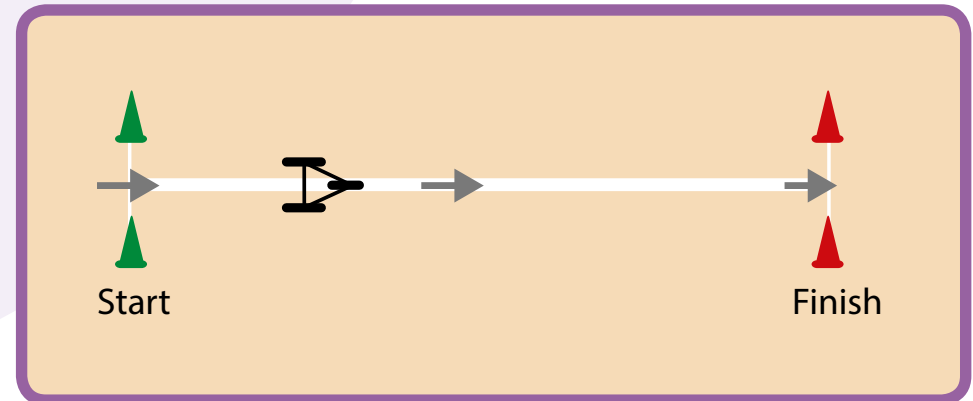
- ▶ Move faster
- ▶ Make the distance longer
- ▶ Try round a curved line
- ▶ Put one of the rear wheels on the line

Skills to introduce

- ▶ Use both legs to walk
- ▶ Keep front wheel on the line for as long as possible
- ▶ Steer so the wheels leave and return to the line



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Activity 3 – How Many Steps?

Activity instructions

- ▶ Find a flat area
- ▶ Place two cones to make a start and two for a finish
- ▶ Position Running Frame between the start cones
- ▶ Runner moves from the start to the finish
- ▶ Runner and / or helper counts the number of steps needed to get from the start to the finish
- ▶ Repeat the activity trying to complete the distance in fewer steps.

Activity development

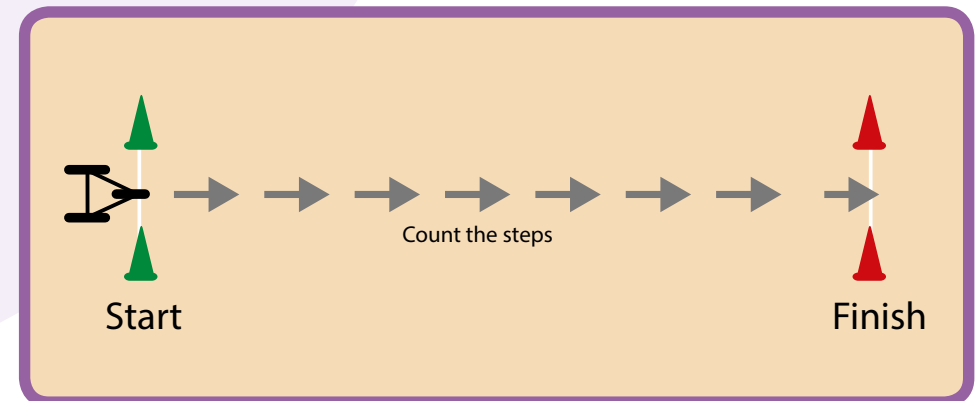
- ▶ Move faster
- ▶ Make the distance longer
- ▶ Try round a curved line
- ▶ Try using the Slalom course from Activity 1
- ▶ Try to let the Frame glide by keeping the feet off the ground

Skills to introduce

- ▶ Let the Runner do the counting
- ▶ Ask the Runner to set a target of how many steps next time



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Activity 4 – Follow the Leader



Activity instructions

- ▶ Find a flat area
- ▶ Mark out a suitable track using cones – see diagram
- ▶ First time do this individually
- ▶ From your group choose a Leader
- ▶ The Leader goes round the track
- ▶ The rest of the group follow
- ▶ The Coach gives simple instructions for things to do (depending on impairment). Possible instructions:
 - Shout 'Hi'
 - Look Left / Right
 - Stop / Start
 - Lift a hand
 - Look up / look down

Activity development

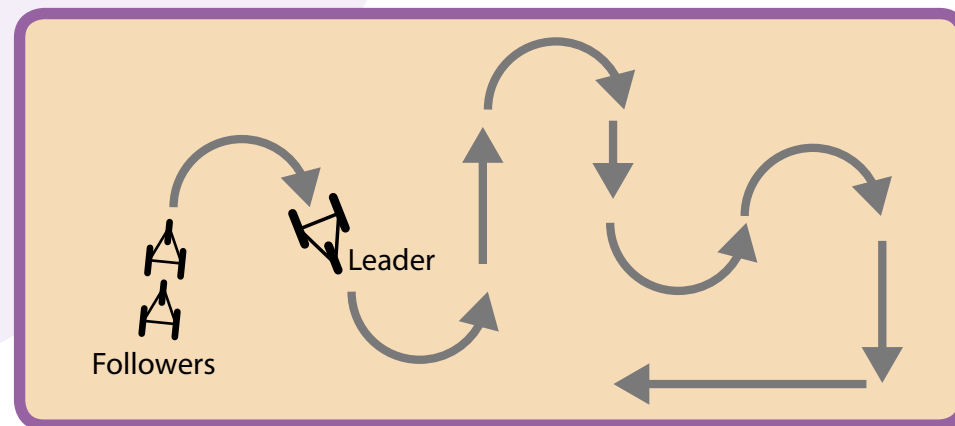
- ▶ Move faster
- ▶ Make the track longer
- ▶ Change Leader
- ▶ Let the Leader decide what to do
- ▶ Add more difficult tasks

Skills to introduce

- ▶ Challenge the Runners' abilities with the tasks on the previous page
- ▶ Return to the Developments practiced in Activities 1-3



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Activity 5 – Through the Gates



Activity instructions

- ▶ Find a flat area
- ▶ Mark off an area to use
- ▶ Place pairs of cones in the area to act as Gates
- ▶ Start with WIDE gates
- ▶ Runner tries to steer his/her Running Frame between the cones that form a Gate
- ▶ 10 points are scored each time she/he goes through a gate AND lots of clapping!
- ▶ Each score is recorded – try to score more next time .

Activity development

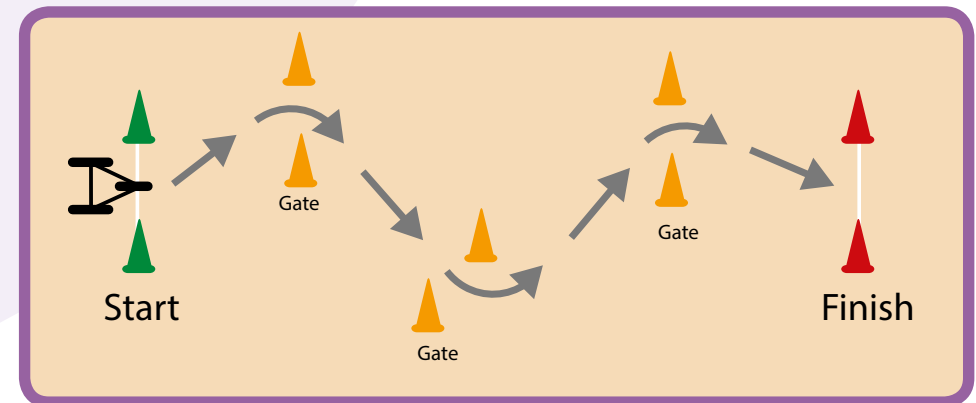
- ▶ Move faster
- ▶ Add more gates
- ▶ Make the gates narrower
- ▶ Change the angle of the gates to encourage steering
- ▶ Make the area bigger

Skills to introduce

- ▶ Number the gates so the Runner has to plan a route
- ▶ The Runner looks at where they are going, not just straight ahead



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Activity 6 – How Fast?

Activity instructions

- ▶ Find a flat area
- ▶ Place two cones to make a start and two for a finish
- ▶ Position Running Frame between the start cones
- ▶ Runner starts when they are ready
- ▶ Runner walks/runs from the start to the finish as quickly as they can
- ▶ ‘Timekeeper’ tells them their time
- ▶ Runner repeats the activity cover the distance in less time
- ▶ Helper records each time

Activity development

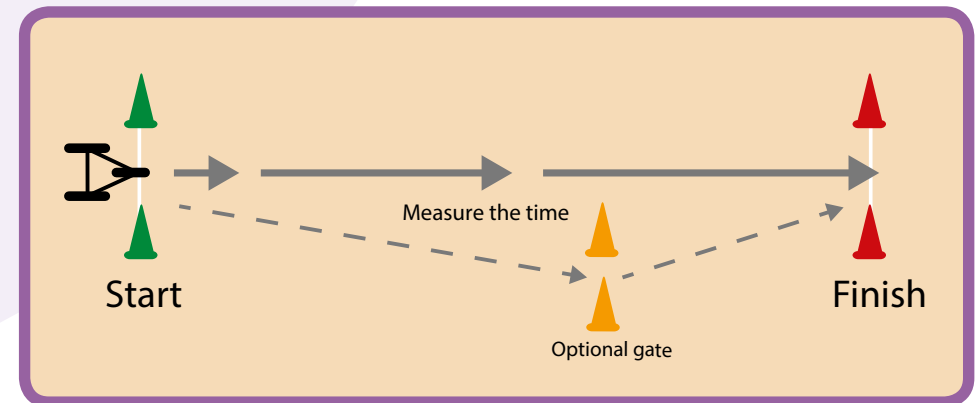
- ▶ Move faster
- ▶ Make the distance longer
- ▶ Try round a curved line
- ▶ Add extra gates not in line (eg )
- ▶ Make the finish narrower

Skills to introduce

- ▶ Runner starts on ‘Go’
- ▶ Start with ‘on your marks, set, go’



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Activity 7 – Hopping!

Activity instructions

- ▶ Find a flat area
- ▶ Place two cones to make a start and two for a finish
- ▶ Position Running Frame between the start cones with front wheel on the line
- ▶ Runner moves from Start to Finish - hopping
- ▶ The runner uses whichever leg they prefer
- ▶ Helper records which leg and how many hops it took each time

Activity development

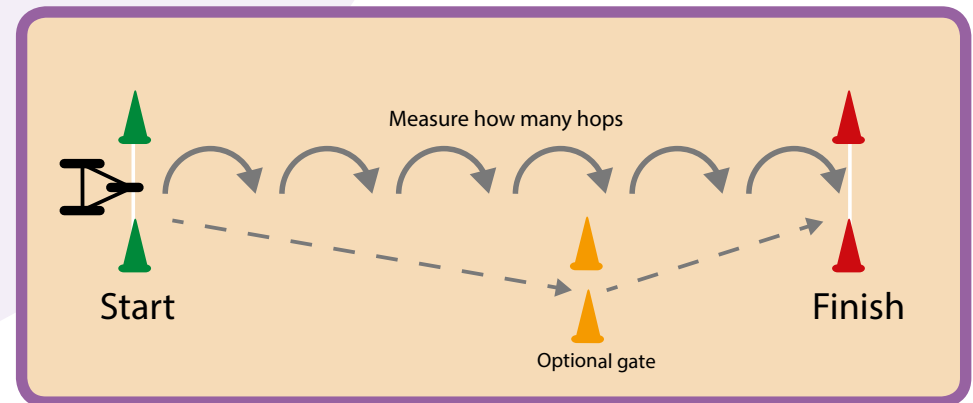
- ▶ Hop faster
- ▶ Hop with the other leg
- ▶ Bunny hop with both legs
- ▶ Make the distance longer
- ▶ Try round a curved line
- ▶ Add extra gates not in line
- ▶ Make the finish narrower

Skills to introduce

- ▶ Try three hops on one leg – then three on the other!



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Activity 8 – Push and Glide



Activity instructions

- ▶ Find a flat area
- ▶ Place two cones to make a start Position
- ▶ Running Frame between the start cones
- ▶ Runner makes a single push with one leg
- ▶ Keeping feet up they glide as far as they can
- ▶ Helper puts down a cone to mark where they get to
- ▶ Repeat and use more cones to mark where they reach
- ▶ Measure and record the best effort(s)

Activity development

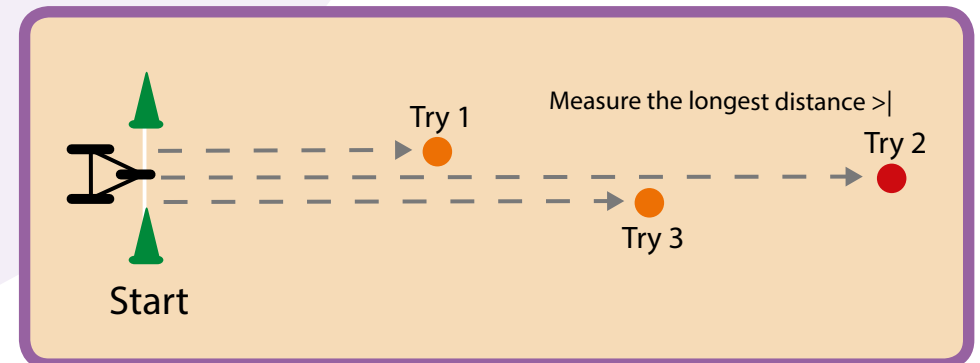
- ▶ Push with the other leg
- ▶ Push with both legs
- ▶ Push and take two more steps then glide
- ▶ Try round a curved line

Skills to introduce

- ▶ Push on 'Go'
- ▶ Push after 'On your marks Set, Go'
- ▶ Glide as far as possible then push with the other foot



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Getting Started – Where and How?



Get active with friends and family

Why not make it a group activity with Frame Runners, bikes, trikes, scooters or buggies. Consider other users of the area and facilities.

Possible locations include:

- ▶ Cycle tracks
- ▶ Disused airfields
- ▶ Garden
- ▶ Parks with wide pathways
- ▶ Reservoir or lake edge with safe space (they are often very flat)
- ▶ Running tracks
- ▶ Sports fields (especially an all-weather surface such as a tennis court or pitch)
- ▶ Sports halls

REMEMBER: If it's private land, ask permission.

Clubs

Frame Running is an athletics discipline, governed by England Athletics and delivered by athletics clubs. Some clubs offer Frame Running taster days as well as regular sessions. Visit the CP Sport website Club Finder to locate a club near to you.

Competition

Ready to take Frame Running to the next level? Find out what events are coming up on the CP Sport website



Discover all you need to know on the Frame Running page of the CP Sport website:

cpsport.org/frame-running
or contact info@cpsport.org

Putting into Practice



STEP Principle

The principle of 'STEP' stands for SPACE, TASK, EQUIPMENT, PEOPLE

It is a tool sports coaches and PE teachers use for two reasons. Firstly, to allow activities to be fully inclusive and accessible for everyone involved; and secondly, to increase and decrease the level of challenge or difficulty for the participants playing to support their enjoyment, motivation and learning.

It will work in any environment; whether that's at home, in the garden or at the local park.

The STEP principle was created by the Youth Sport Trust and is used to ensure that activities being delivered are inclusive and meet the needs of the individual/group you are working with.

SPACE – What areas can you make use of?

- ▶ **Surface** – A hard, flat floor, such as wood, concrete or a running track will make it easier to move the Running Frame. Using a softer surface such as grass or carpet will slow down the Frame.
- ▶ **Distances** – To make tasks easier, move over shorter distances, or allow more space at the side if steering is a problem. To make it more challenging, move over a longer distance, or make the lanes used narrower so steering must be more controlled.

TASK – Altering the tasks in an activity is a great way to make the activities inclusive and by doing this you can vary the level of challenge.

- ▶ **Time** – Use a timer and see how long it takes to complete the activity.
- ▶ **Scoring** – Use a scoring system, for example start with 10 points, then lose a point each time a cone is hit whilst doing a slalom. Repeat and try to beat the score.
- ▶ **Discovery** – Change what must be done: add more gates to 'Through the Gate' or place them wider apart. Do an activity round a bend instead of on the straight.

EQUIPMENT – Think about the objects that can be used within the home, garden, park, or running track to set up the tasks.

- ▶ **Targets / Markers / Things to go round** – Cones are the obvious things to aim at or go round. Other objects can be used, or the surface marked with tape for example. Using larger things looks good BUT remember what might happen if one is hit or run over! Make sure there is a safe distance from other people in the area.
- ▶ **Using the Markers** – The cones or markers can be moved closer together, or further apart, to make activities easier or harder. Larger markers are easier to see if vision is affected by Dystonia for example.

PEOPLE – You can use a Running Frame on your own, but it is worth considering who else may be able to do the activities with, or against you, or to support you doing the activity (setting out the gates for instance). It's great if the other person is using a Running Frame, but not essential.

- ▶ Doing an activity with a partner, who could be a family member, another Frame Runner, or friend. Race or do the activity together or against each other. A partner can also help with timing you and counting scores. If the second person is not a Frame Runner, they might have to move whilst balancing something on their head for instance.

