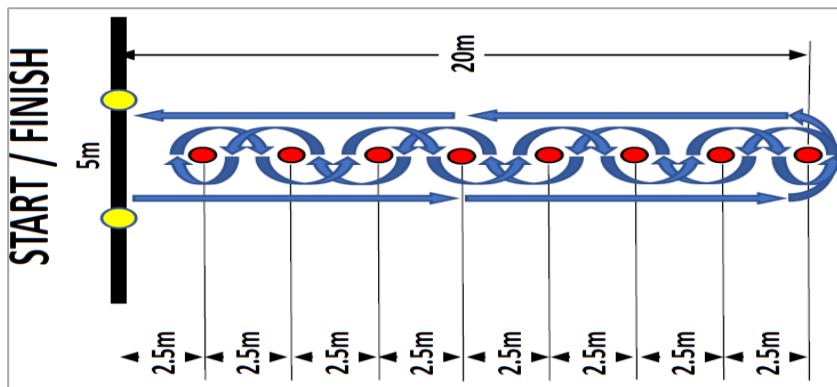


Special Olympics Challenge



Cycling Skill 2 – Agility race



Description: Sprint – 8 obstacles - sprint

Objective: This skill develops agility in close slalom cycling, among other things.

Assessment

The result is based on the time required to complete the course from start to finish. The timer is stopped once the front tyre touches the finish line.

Rules

- The dimensions and distances can be seen in the diagram and must be adhered to precisely.
- Athlete must start from a complete stop; it is permitted to support athletes using clipless pedals.
- At the start the front wheel must be completely behind the start line.
- Both an acoustic and a visual start signal must be used.
- The demarcation cones must be cycled around with both tyres without the tyres meeting the cones.
- No penalties are incurred if the athlete touches the cones with their foot.

Equipment

Stopwatch, Start/Finish line (e.g. adhesive tape), ten coloured marker cones or plates (e.g. two yellow, eight red). Do not use marking poles or posts.



Instructions

- Safety is more important than time!
- Bicycle helmets are mandatory!
- Skills are to be performed on an area without traffic, preferably cordoned off.
- The ground should be hard (asphalt, tarmac, sports ground, Tartan Track, etc.) and dry.

Should you have any questions on this skill, please contact: challenge@specialolympics.ch