Technical Newsletter

Dear Member Federations, Athletes, Coaches and Technical Officials

In anticipation of the UIPM 2024 World Championships for Juniors and Youth age categories, this document serves to provide essential updates and clarifications about the obstacle discipline, in accordance with the UIPM Obstacle Competition and Equipment Guidelines.

A CLARIFICATION ON THE COMPETITION GUIDELINES

Article 1.5.1 – Safety Guidelines

Addition:

iv) To prevent accidents in specific situations, and mitigate avoidable risks posed by the finish wall, athletes may touch or hold any part of the wall, except the sides, with any part of their body, as long as their feet remain below head height. Touching the wall's sides or having feet above head height will result in **Elimination**.

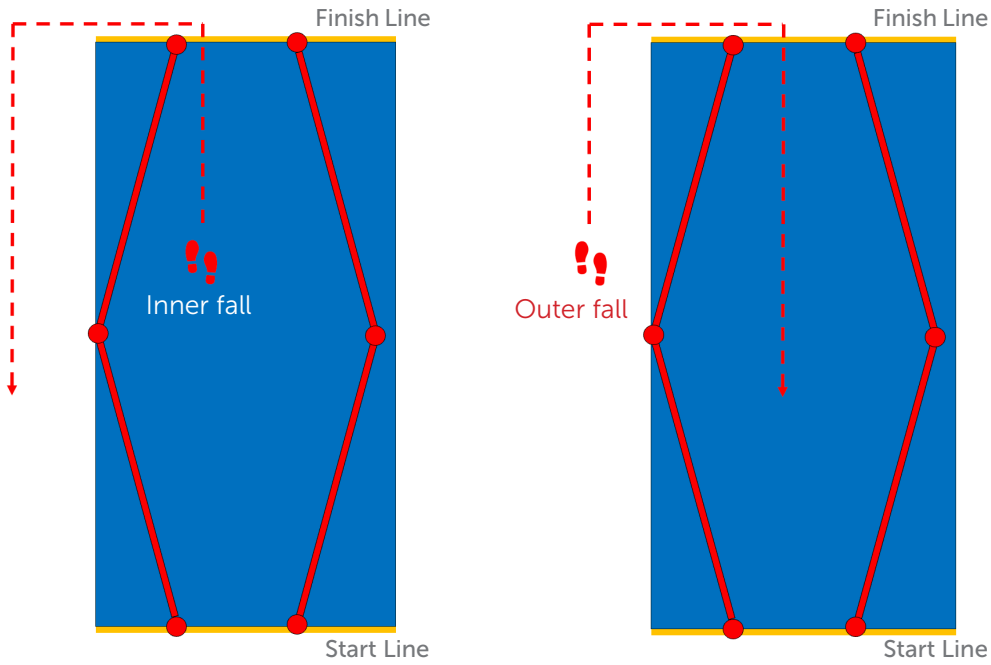
Article 1.5.4 – The Course

The above-mentioned article reads in its point vi):

> *" ... For balance elements including steps, the athlete must continue past the end of the obstacle before returning to its beginning using the external adjacent side."*

Clarification: Athletes must turn around the last pillar of the beam, crossing the obstacle finish line with both feet. The direction in which athletes turn around the pillar is at their discretion. While athletes are allowed to run over the mat, they must not deliberately disturb the athlete in the adjacent lane.

Below you can find examples for cases where the athlete experiences an "inner fall" (between the two balance beams) and an "outer fall" (external adjacent side of the balance beam).



Running on the side mats

Athletes are allowed to run over the side mats positioned at each outer side of the truss structure when returning to restart the obstacle after a failed attempt. Running over these mats incurs no penalties.

Touching trusses

Athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt. This includes situations, where the athlete is supporting, holding, or pushing themselves.

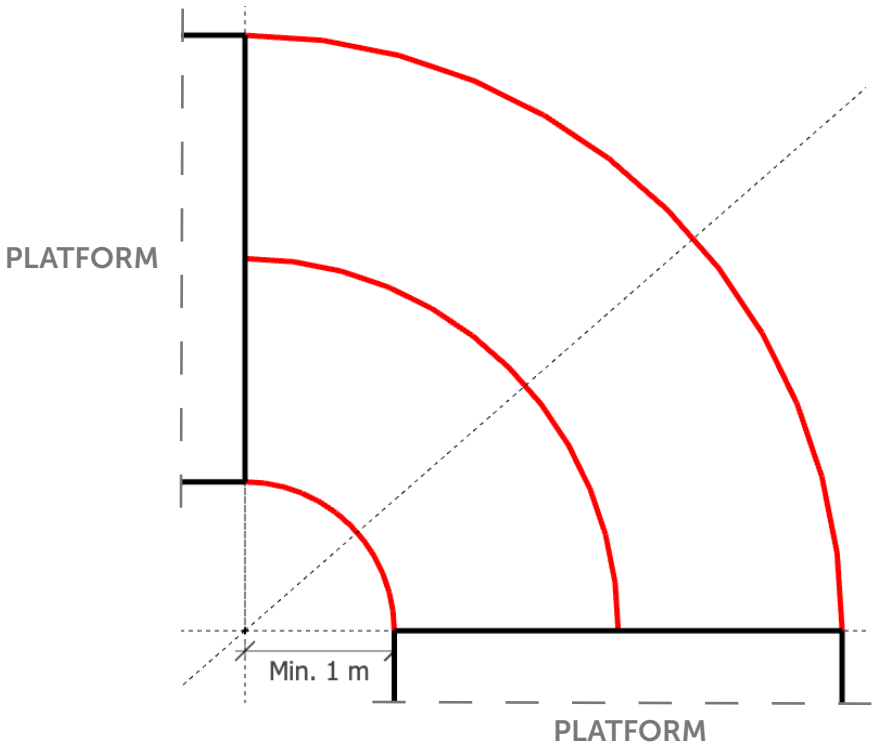
B CONSTRUCTION OF THE COURSE

1) COURSE CURVES' LAY OUT

When designing a course shaped like a "U" or "V", careful attention must be given to constructing the curves to ensure balance between lanes lengths and a smooth approach to the turn.

The following criteria apply to the construction of curves:

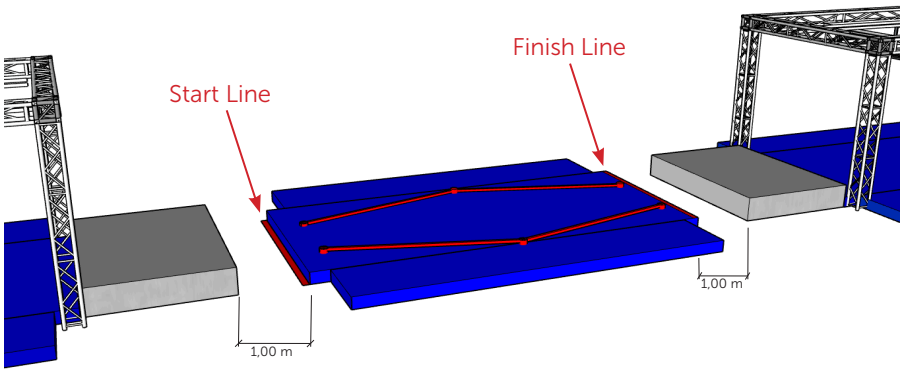
- The curve radius should be, at least, 1 meter meassuring from the inner corner of the platforms/obstacles *(refer to image below)*. This radius must be carefully selected to ensure that the total distance of the obstacle course does not exceed the maximum length of 70 meters.
- Both lines delineating the lanes must be clearly visible and professionally painted on the ground.
- Each athlete is required to complete the course within their designated lane. Any instance of an athlete crossing into another athlete's lane will be subject to the rules outlined in article 1.7.3 iv) of the Obstacle Competition and Equipment Guidelines.



2) Take off/landing platforms

Except in the case described in section D 2) of UIPM TNL 2024/1, the first and last pillar(s) of the Balance Beam must maintain a distance of 1 meter from/to the take-off and landing platform respectively.

Additionally, obstacle's start and finish lines should be clearly painted on the floor before and after the first and last pillars, respectively, indicating the beginning and end of the obstacle.



C CLARIFICATION ON THE EQUIPMENT GUIDELINES

Article 1.8 – Clothing

- The above-mentioned article reads in its point vi):

  "Gloves, wristbands, compressive sleeves, taping, and similar items are allowed."

  Clarification: Callus guards with any rigid components are not allowed.

- The above-mentioned article reads in its point vii):

  "Watches, necklaces, rings, earrings, bracelets, piercings (of any type), loose apparel, and any other item that could catch on an obstacle are prohibited. Athletes are also not allowed to wear caps/hats."

  Clarification: Headbands, diadems and tiaras are prohibited. Any type of piercing, whether fixed or removable, is not permitted.

- The above-mentioned article reads in its point x):

  "Climbing, weightlifting, gymnastics, football, basketball, and similar "chalk" (magnesium), and any other sticky substance in all its forms (liquid, powder, etc.) are prohibited."

  Clarification: The article comprehensively covers a wide range of substances, including chalk (magnesium) and other materials in liquid, powder, or other forms, not just sticky substances. Athletes must ensure their hands are thoroughly cleaned before competition.

D Obstacle Points Table Extension

The following serves as an extension to the points table outlined in *"Appendix 1B1"* of the Obstacle Competition and Equipment Guidelines.

Time(s)	Pts	Time(s)	Pts
15,00	350	20,00	340
15,50	349	20,50	339
16,00	348	21,00	338
16,50	347	21,50	337
17,00	346	22,00	336
17,50	345	22,50	335
18,00	344	23,00	334
18,50	343	23,50	333
19,00	342	24,00	332
19,50	341	24,50	331

E SAFETY

Risk assessment

In both competitive and routine training settings, prioritising safety is fundamental. Consequently, conducting a comprehensive risk assessment serves as an essential mechanism for ensuring the safe execution of the discipline. The primary objectives of this assessment encompass:

- Assessing the structural integrity of the Obstacle construction.
- Identifying potential hazards or sources of injury within the Obstacle course or training setup.
- Evaluating the probability and potential severity of injuries that may arise during practice.
- Implementing proactive measures aimed at either eliminating or efficiently managing the identified risks.

Evaluation tables

Table 1. *Likelihood: Evaluate how frequently the risk is likely to occur.*

Likelihood	Level	Definition
Rare	**1**	The risk may occur only in highly exceptional circumstances
Unlikely	**2**	The risk is not expected to occur
Possible	**3**	The risk might occur at some time
Likely	**4**	The risk will probably occur more than once
Almost Certain	**5**	The risk is likely to occur frequently or on a regular basis

Use ***Table 1*** to rate the likelihood of potential hazards. Likelihood ratings should consider the frequency or probability of occurrence of each hazard.

Table 2. *Severity: Evaluate the consequences of a risk occurring.*

Severity	Level	Definition
Insignificant	**1**	No injury
Minor	**2**	Injury requiring first aid
Moderate	**3**	Injury requiring medical attention
Major	**4**	Injury requiring hospital admission
Severe	**5**	Fatality

Use ***Table 2*** to assess the severity of the potential impact or consequences of each of the identified hazards.

Once the identified hazards are corectly assesed, use the matrix provided below in ***Table 3***, determine risk evaluation. Likelihood is represented on the vertical axis, while severity is represented on the horizontal axis.

Identify the intersection point corresponding to the likelihood and severity ratings for each hazard. The intersection represents the individual risk evaluation for the specific hazard.

Table 3. *Risk Matrix: Intersection between the likelihood and the consequences.*

Likelihood	Severity				
	Insignificant	Minor	Moderate	Major	Severe
Almost Certain	Medium	High	Extreme	Extreme	Extreme
Likely	Medium	Medium	High	Extreme	Extreme
Possible	Low	Medium	Medium	High	Extreme
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Medium	Medium

Based on the individual risk evaluations, categorize hazards into risk levels such as low, medium, high or extreme. This categorization aids in prioritizing mitigation measures and allocating resources effectively.

Action Plan for Different Risk Levels

Low Risk

- **Monitoring:** Maintain regular monitoring of low-risk hazards to ensure that they do not escalate.
- **Mitigation Measures:** Implement basic preventive measures to further reduce the likelihood of low-risk hazards occurring.
- **Communication:** Clearly communicate the identified low-risk hazards and associated preventive measures to relevant personnel.

Medium Risk

- **Enhanced Monitoring:** Increase the frequency of monitoring for medium-risk hazards to promptly detect any changes or developments.
- **Mitigation Measures:** Implement intermediate-level preventive measures to mitigate the likelihood and severity of medium-risk hazards.
- **Emergency Response Planning:** Develop contingency plans and procedures to address potential incidents arising from medium-risk hazards.

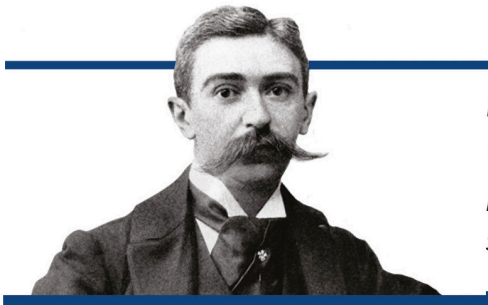
High Risk

- **Intensive Monitoring:** Implement real-time monitoring to closely follow high-risk hazards.
- **Comprehensive Mitigation Measures:** Apply advanced preventive measures and controls to significantly reduce the likelihood and severity of high-risk hazards.
- **Emergency Readiness:** Develop comprehensive emergency response plans and prepare personnel for potential high-risk incidents.

Extreme Risk

- **Immediate Action**: Take immediate action to mitigate extreme-risk hazards, including evacuation if necessary.
- **Resource Allocation**: Allocate sufficient resources and personnel to address extreme-risk hazards promptly and effectively.
- **Emergency Response Activation**: Activate emergency response protocols and mobilize emergency response teams to manage extreme-risk situations.

Regardless of the risk level, continuous monitoring, periodic reassessment, and proactive measures are essential to mitigate hazards and ensure the safety and well-being of personnel.



Baron Pierre de Coubertin

"The Modern Pentathlon event would test a man's moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete."

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