

**Value:** Respect for sporting achievement

**Activity:** Alpine Skiing, Cross Country Skiing or Ice Sledge Hockey

## GENERAL GOAL

To introduce student to and allow them to personally experience various skills required for adapted winter sport activities, thereby creating respect for the performance of the athletes.

## SPECIFIC GOAL

To become aware of the opportunities for persons with a disability (motor, blindness/visual impairment) to enjoy outdoor activities at both the recreational and elite level.

## ENVIRONMENT

Ski slope (1), ski track (2) or Ice Hockey rink (3).

## SUGGESTED EQUIPMENT

Depending on the activity chosen:

1. Standard ski clothing in addition to adapted ski materials (e.g., sit-ski, ski cart; outriggers).
2. Standard Cross Country Skiing clothing and adapted Cross Country Skiing materials.
3. Ice Sledge Hockey: preferred sledges with sticks for use on ice and pucks. Possible alternative: indoor court, rolling boards (scooters), sticks and pucks.

## PEOPLE INVOLVED IN THE ACTIVITY

- Session leader, assistants (one for every one to two students) and winter sport athletes (if available).
- The involvement of an adapted ski instructor with appropriate license is recommended.

## REQUIRED KNOWLEDGE

If this activity is performed in an actual ski area, students are required to have previous appropriate ski training.

## STARTING THE ACTIVITY

The goals of this activity can be reached in several ways; depending on the environment, available equipment, age and skiing ability of the children, one of the following winter sport activities can be chosen. The session leader prior to implementation of the activity sets up appropriate stations depending on the activity chosen for the day. It is the session leader's responsibility, depending on which activity is chosen, to explain and demonstrate all equipment.





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## RUNNING THE ACTIVITY

### Alpine Skiing

Students are divided into small groups and move through each station on a rotation system. Each station allows experiencing the different disciplines in relation to the sport skills:

- Downhill sit-skiing (for wheelchair users who have relatively good muscle function in the upper body).
- Ski cart (for wheelchair users with more severe disabilities, unable to ski independently).
- Blind skiing: talk about what you would feel if you were unable to see and how this would affect your performance and skills.
- Amputee skiing (start skiing on both legs, then ski on one leg and then the other).

### Cross Country Skiing

- Cross Country skiing (sit-ski).
- Cross Country skiing with a guide to simulate blindness/visual impairment.

### Ice Sledge Hockey

Students are seated in sledges and practice basic Ice Sledge Hockey skills.

- Moving along the boards.
- Moving in different paths (e.g., a figure eight).
- Dribbling with a puck in stationary position.
- Moving straight while dribbling with the puck.
- Passing and shooting exercises.
- Mini matches, small teams, half court size.
- Possible alternative: indoor court, rolling boards (scooters), sticks and pucks (refer to Activity 19: Classification).

(Use appropriate safety hockey equipment, e.g., helmets and gloves.)



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#### GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Ensure that the equipment is suitable for everyone, also for the smallest participants!
- Do the skiing in a terrain that suits the students individually.

#### GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- In order to demonstrate the challenges in performing the sport you should have the courage to ski in hilly terrain with the students.

#### REFLECTION

After finishing an activity, the session leader should initiate an interactive discussion among the students. This is a spontaneous discussion focusing on the student's personal experiences. Through specific questions, however, the session leader can guide the students towards the aims mentioned above.

#### Sample Questions:

- How is adapted skiing different from traditional skiing?
- How can persons with blindness/visual impairment or physical disability ski?
- How did you feel skiing with the different equipment? (list how you feel)
- Is it easy to become an elite winter sport athlete? Why?
- Can practicing winter sport be of added value to the lives of persons with a disability? Why?

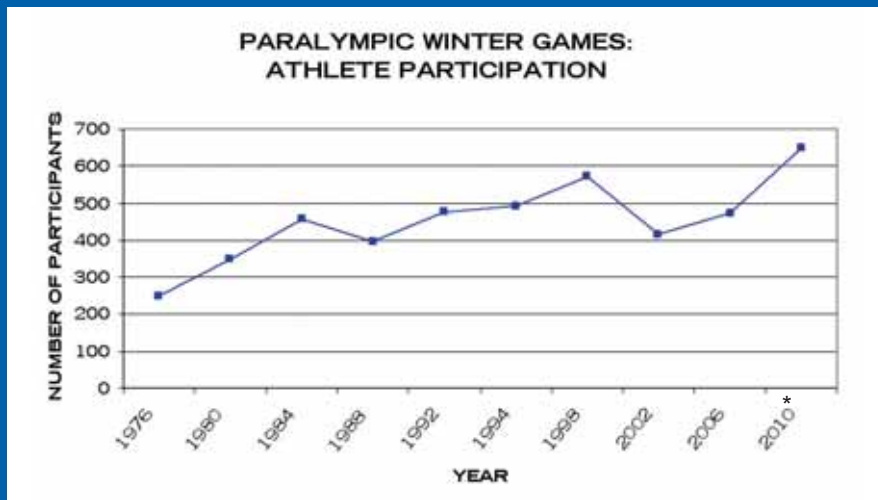


# interesting facts

- In Alpine Skiing, the downhill competition is the fastest event. Paralympic athletes race the track with a speed of around 104km/h. This is only 26km/h slower than elite able-bodied athletes, who race at up to 130km/h.
- Athletes with blindness/visual impairment can reach a velocity of 60km/h on the downhill track, following their guide's instructions.
- The youngest athlete at the Torino 2006 Paralympic Winter Games was only 14 years old. The oldest athlete was 65 years of age.
- Ice Sledge Hockey player Joe Howard (USA) holds a Paralympic record for scoring the highest number of goals (six) in one game.

## Did you know...?

The Torino 2006 Winter Paralympics were the first Paralympic Games to be broadcast on ParalympicSport.TV, allowing people all over the world to watch the Games live!



\* expected number

1976 Örnsköldsvik, Sweden  
1980 Geilo, Norway  
1984 Innsbruck, Austria  
1988 Innsbruck, Austria  
1992 Tignes-Albertville, France  
1994 Lillehammer, Norway  
1998 Nagano, Japan  
2002 Salt Lake, USA  
2006 Torino, Italy  
2010 Vancouver, Canada

## LINKS

Website: [www.paralympic.org/release/Winter\\_Sports](http://www.paralympic.org/release/Winter_Sports)  
PSD Manual: Section Two, Chapter 8

