



# ALPINE SKIING

**ALPINE SKIING** disciplines of slalom and giant slalom made their Paralympic Winter Games debut at the Örnköldsvik in Sweden in 1976. Downhill was added to the Paralympic program in 1984 in Innsbruck, Austria, and super-G was added in 1994 at Lillehammer, Norway. Sit-skiing was introduced as a demonstration sport at the Innsbruck 1984 Paralympics and became a medal event at the Nagano 1998 Games.

The sport was developed following the end of World War II, when injured ex-servicemen returned to the sport they loved. The first documented championships for skiers with an impairment were held in Badgastein, Austria, in 1948 with 17 athletes taking part. Since 1950, events have been held around the world. The introduction of the sit-ski allowed people in wheelchairs (paraplegics and double above-the-knee amputees) to begin to ski and race.

## EQUIPMENT

Alpine skiing events require sports specific equipment such as skis, ski poles, boots, bindings, goggles and a helmet.

Other equipment that may be used based on the athlete's impairment include:

- A **sit-ski**, also known as a monoski or bi-ski, is a specially designed device for athletes with lower body impairments. Sit-skis include a customized molded seat that is connected to a frame with a shock absorber for suspension.
- **Outriggers** are specially designed ski poles with skis attached to the ends that are used to assist an athlete with balance, turns and controlling their speed. Outriggers come in a variety of sizes depending on the athlete's need.
- **Bluetooth headsets and speaker systems** allow visually impaired skiers and their guides to communicate through the course including turns, terrain and any obstacles.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers alpine skiing or getting involved with a local able-bodied ski program. To find a list of clubs in your area, view **Certified Ski Clubs** or visit <https://uspara.us/findaclub>.

## CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek national classification.

For more information on U.S. Paralympics Alpine Skiing view [www.TeamUSA.org/USParaAlpineSkiing](http://www.TeamUSA.org/USParaAlpineSkiing).

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Visual Impairment

## PARALYMPIC MEDAL CATEGORIES

- The **sitting class** include athletes with paraplegia and double or single leg amputation above the knee(s).
- Athletes in the **standing class** include upper and lower body amputees, and athletes with cerebral palsy and other nerve disorders with cerebral palsy.
- **Visually impaired classes** are for athletes with vision loss and/or blind athletes. Athletes are guided through the course by a sighted guide using voice signals to indicate the course to follow.

## PARALYMPIC DISCIPLINES

- **Downhill:** Single run
- **Slalom:** Combined times of two runs
- **Giant Slalom:** Combined times of two runs
- **Super Giant Slalom (Super-G):** Single run
- **Super Combined (SC):** Combined times of one downhill and one slalom OR one super-G and one slalom determine result