

## Para-Alpine Skiing Information Sheet

### About the Sport

Athletes in alpine skiing events must combine speed and agility while racing down the slopes at speeds of approximately 100km/h. Alpine skiing events were introduced at the first Paralympic Winter Games in Sweden, in 1976 and today, there are five events on the program.

The rules of the International Ski Federation (FIS) are used with only a few modifications. Skiers with a vision impairment are guided through the course by sighted guides using voice signals to indicate the course to follow. Athletes with a physical impairment use equipment that is adapted to their needs including single skis, sit-skis or orthopaedic aids.

The traditional ski- disciplines are held including the Downhill, Super-G, Slalom, Giant Slalom and Super Combined.

### Who can compete?

Para-alpine Skiing is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Limb Deficiency	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<b>Arm:</b> Unilateral below elbow amputation. Residual limb is unable to hold and use a ski pole. <b>Leg:</b> Unilateral through ankle amputation
Limb Length Difference	Significant difference in leg length due to a deficiency at birth or trauma.	Leg length difference of at least 7cm between both legs
Muscle Weakness/Impaired Muscle Power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion.	<b>Leg:</b> Loss of strength in a hip, knee, and/or ankle in one leg. <b>Arm:</b> Loss of strength equivalent to a unilateral below elbow amputation.

Eligible impairments	Description	Minimum Impairment Criteria
Co-ordination impairments: Hypertonia/Spasticity, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Coordination or movement difficulties in at least one arm or leg. <b>Arm:</b> Equivalent activity limitation to below elbow amputation
Impaired Passive Range of Movement	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions	<b>Arm:</b> Joint movement restriction equivalent to a below elbow amputation. <b>Leg:</b> Arthrodesis of the knee and hip in the same leg.
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Vision loss in both eyes with best corrected visual acuity (how far they can see) less than or equal to logMAR 0.60 (6/24) using both eyes together or the better eye (the option giving best acuity); or <i>Binocular</i> visual field restriction (how wide they can see) to less than or equal to 70 degrees diameter.

## Para-alpine Skiing Sport Classes

Sport Class	Description (Guide Only)
Athletes with <b>Vision Impairment</b>	
AS1	Athletes who are blind, having either light perception without measurable visual acuity or no light perception. Athletes race wearing blacked out goggles.

Sport Class	Description (Guide Only)
AS2	Athletes who have very low vision in both eyes. Visual acuity (how far they can see) ranges from logMAR 1.80 – 3.50 (6/380 – 6/19000) inclusive.
AS3	Athletes who have low vision in both eyes. Visual acuity (how far they can see) ranges from logMAR 1.00 – 1.70 (6/60 to 6/300) inclusive using both eyes together or the better eye (the option giving best acuity).
AS4	Athletes who have low vision in both eyes. Visual acuity (how far they can see) ranges from logMAR 0.60 – 0.90 (6/24 to 6/48) inclusive using both eyes together or the better eye (the option giving best acuity); or the <i>binocular</i> visual field (how wide they can see) is constricted to a diameter of less than or equal to 70 degrees if the Athlete's visual acuity is better than logMAR 0.60 (6/24).

Sport Class	Description (Guide Only)
Athletes with <b>Athletes with a Physical Impairment – Standing classes</b> <b>(LW=Locomotor Winter)</b>	
LW1	Skiers with a significant impairment in both legs (e.g., bilateral above knee amputation). Skiers in this class use 2 skis and 2 poles or outriggers.
LW2	Skiers with a significant impairment in one leg (e.g., unilateral above knee amputation). Skiers in this class use 1 ski and 2 poles or outriggers.
LW3	Skiers in this class have impairments in both legs, but to a lesser degree than LW1 (e.g., bilateral through ankle amputation). Skiers use 2 skis and 2 poles or outriggers.
LW4	Skiers in this class have impairments in one leg, but to a lesser degree than LW2 (e.g., unilateral through ankle amputation). Skiers use 2 skis and 2 poles.
LW5/7	Skiers have an impairment in both arms. Skiers don't use ski poles, and use their torso and legs to turn and balance.

Sport Class	Description (Guide Only)
LW6/8	Skiers have an impairment in one arm. Skiers use one pole.
LW9	Skiers have an impairment in at least one arm and one leg (can be the same side or opposite side). Skiers use one or two skis, and one or two ski poles or outriggers, depending on their preference.

#### Athletes with **Athletes with a Physical Impairment – Athletes who compete in sit - skis**

LW10	Sit skiers with minimal or no control of their torso, and rely on their arms and shoulders to manoeuvre and balance the sit ski.
LW11	Sit skiers have good control of their upper torso, but reduced control of their lower torso. Skiers are able to balance without their outriggers when upright, and use their arms and upper torso to lean and manoeuvre the sit ski.
LW12	Sit skiers have full control of their torso and an impairment in one or both legs. Skiers can use their torso to lean and manoeuvre the sit ski. Skiers with lower limb impairments in classes LW1-LW4 may also be eligible to compete at LW12 athletes.
Not Eligible (NE)	Skier does not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Snow Australia for more information.

## Find out more

To get involved or for more information contact:

### Snow Australia

**W:** [www.snow.org.au](http://www.snow.org.au)

**E:** [classification@snow.org.au](mailto:classification@snow.org.au)

**P:** 03 9696 2344

**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games.

