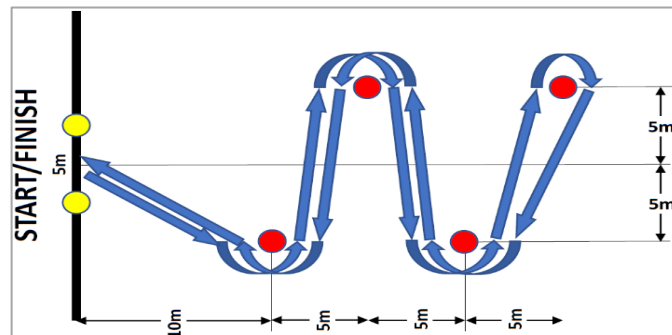


Special Olympics Challenge

Skill Cycling 1 – LOW SLALOM RACE

Description



This skill is all about completing a circuit of the slalom course as quickly as possible.

Objective: This skill helps athletes to choose the optimum racing line, and trains their orientation and balance skills as well as their agility in negotiating the slalom, 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 on the diagram and must be adhered to exactly.
- The athletes must start from a complete stop; it is permitted to support athletes using clipless pedals.
- Both an acoustic and a visual start signal must be used.
- The demarcation cones must be cycled around with both tyres, without the tyres coming into contact with the cones.
- No penalties are incurred if the athlete touches the cones with their foot.

Materials

Stopwatch, start/finish line (sticking tape where required), six coloured demarcation cones or discs (do not use slalom poles or marking rods)

Instructions

- Safety must be the top priority at all times!
- Bicycle helmets are mandatory!
- The skills must be completed in a traffic-free area, with the space closed off to vehicles where necessary.
- The ground should be hard (asphalt, tarmac, sports ground, Tartan Track, etc.) and dry.

If you have any questions regarding this skill, we will be happy to assist you:

challenge@specialolympics.ch