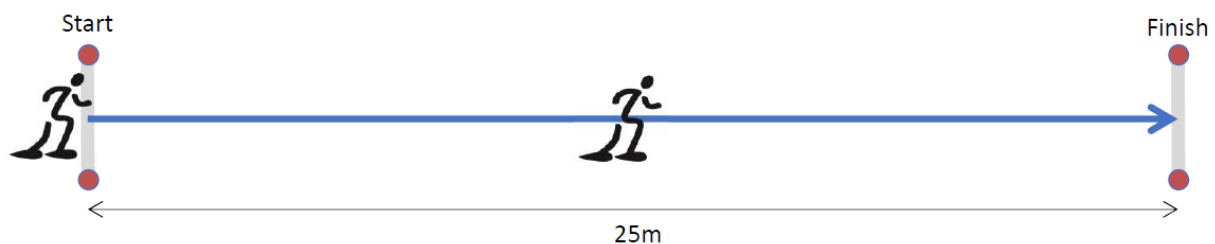


Special Olympics Challenge

Snowshoeing Skill 1 - SPRINT



Description: 25m sprint

Objective: To improve speed with snowshoes

Assessment

The result is based on the time required to complete the course from start to finish.
The timer is stopped as soon as the first shoe touches the line.
Two attempts, the better counts.

Rules

- The dimensions and distances can be seen in the diagram and must be adhered to precisely
- Start and Finish lines must be visible
- Athletes start from a standstill
- Shoes must be entirely behind the starting line at the start
- The exercise should be carried out on a level, prepared surface
- Both an acoustic and a visual start signal may be used
- Ideally, running is done on snow. If this is not possible, then you can also run on a meadow or a natural flat terrain.
- The snow should be groomed/levelled.

Equipment

Stopwatch, 4 markers to indicate the start and the finish line (traffic cones, poles, etc.), the starting line is also drawn in the snow with the shoe in addition to the marking

If you have any questions regarding this skill, we will be happy to assist you: challenge@specialolympics.ch.