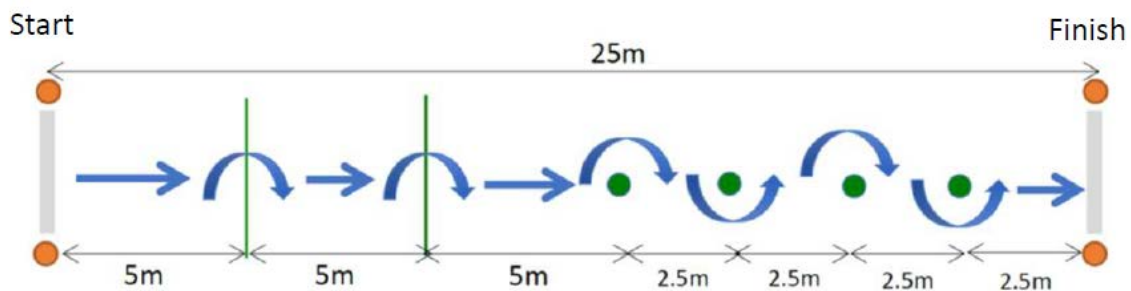


# Special Olympics Challenge



## Snowshoeing Skill 2 – SKILL COURSE



### Description: Agility course

The athlete starts, first jumps over 2 obstacles (e.g.: 2 poles lying on the ground), then makes a slalom around 4 obstacles (e.g.: 4 poles stuck in the snow), and finally runs through the finish line.

**Objective:** To improve dexterity and mobility, agility

**Assessment:** The result is based on the time required to complete the course from start to finish. Timing stops 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
- Athletes start from a standstill
- Shoes must be entirely behind the starting line at the start
- Both an acoustic and a visual start signal may be used
- The poles, which are laid out on the ground and form the obstacles, must not be touched
- Each obstacle touched is penalized by one second. The penalties are added to the measured time.
- Ideally, it is run on snow. If that is not possible, then it can be run on a meadow or natural flat terrain.
- The snow should be pressed flat.

**Equipment:** Stopwatch, 10 poles (sticks or boundary poles can also be used), a starting line is also drawn in the snow with the shoe in addition to the marking (cones, poles, etc., can also be used)

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