

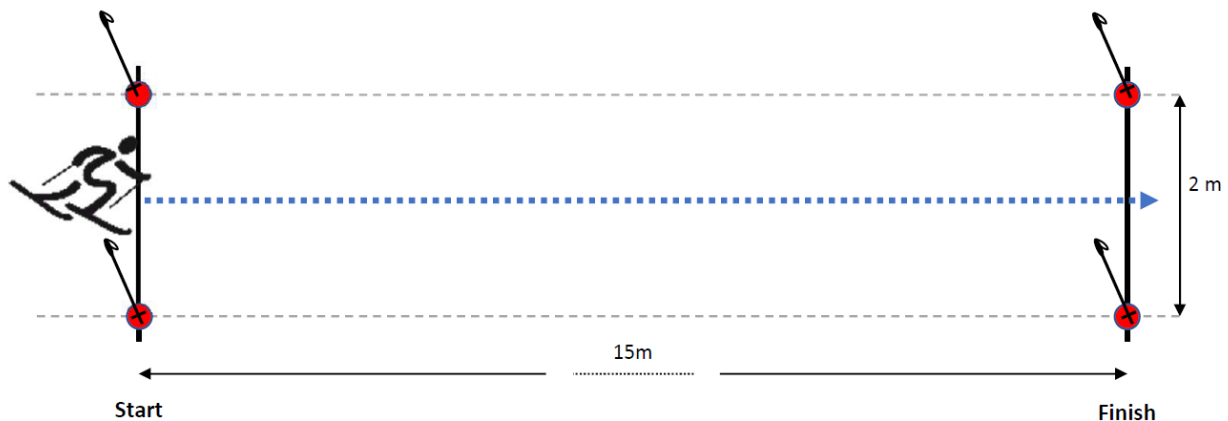


Special Olympics Challenge

Skill Alpine Skiing 1 – STRAIGHT & FLAT

Description:

To cover a distance of 15 m on flat ground.



Goal:

To develop reaction and the skate skiing technique for moving over flat ground.

Evaluation:

- The time it takes to go from start to finish is measured.
- The clock is stopped when the first boot crosses the finish line.
- Make two attempts. The best time counts.

**Rules:**

- The width of the starting and finish lines is 2 m.
- At the start, the skis must be behind the starting line.
- The skier may use poles to push themselves forward.
- The coach gives the starting signal and stops the clock at the end of the attempt.
- The same technique must be used for the entire duration of the Challenge.
- Use the same ground for the entire duration of the Challenge.

Equipment:

Stopwatch / demarcation of the starting and finish lines / tape measure.

Indications:

- The terrain must be level.
- If the terrain is not level, the course must be along the line of the slope and the attempt is performed uphill.
- Ideally, the attempt should be performed with the skate skiing technique.
If the skier is unable to use this technique, they may perform the attempt using poles to push themselves forward.

For further information on this skill, please contact us at: challenge@specialolympics.ch