

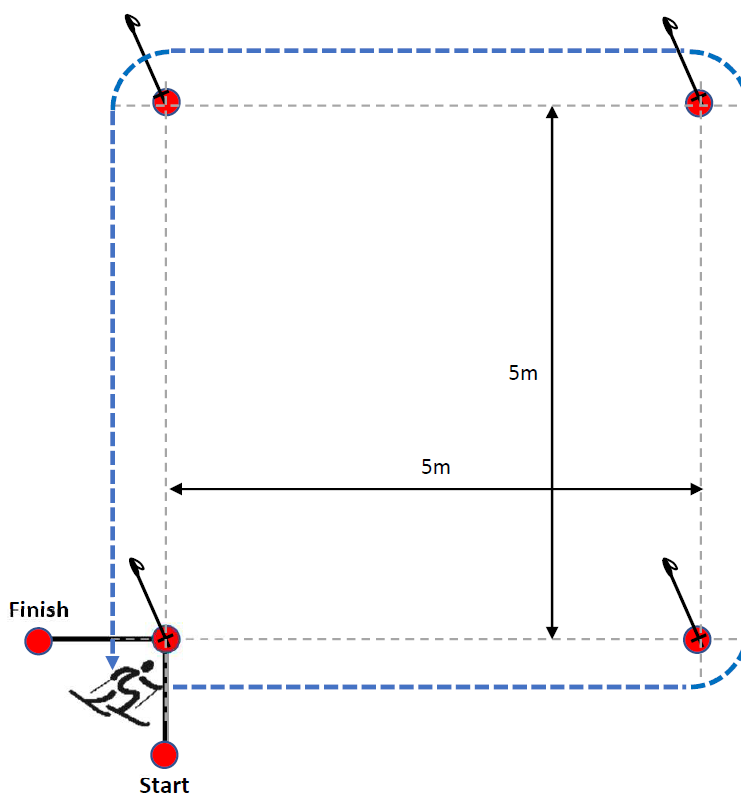


Special Olympics Challenge

Skill Alpine Skiing 2 – A SQUARE ON THE SNOW

Description:

To ski a 5x5 m square on flat or slightly sloping ground.



Goal:

To develop the skate skiing technique and orientation on level 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.
- The course is skied in both directions: counter-clockwise (see diagram) and clockwise, reversing the start and finish lines.
- Make two attempts in each direction. The best time for each direction counts.
- The result is the sum of the best clockwise time and the best counter-clockwise time in seconds (e.g. 34.82 seconds).

**Rules:**

- The width of the starting and finish lines is approximately 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.
- If the skier falls, they may repeat the attempt.

Equipment:

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

Indications:

- The ground must be level.
- If the ground is not completely level, the track must be set in such a way as to be able to finish on the downhill side.
In this case, the start and finish of the clockwise run must be moved to the lower right corner of the diagram.
- The technique of movement is free.

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