

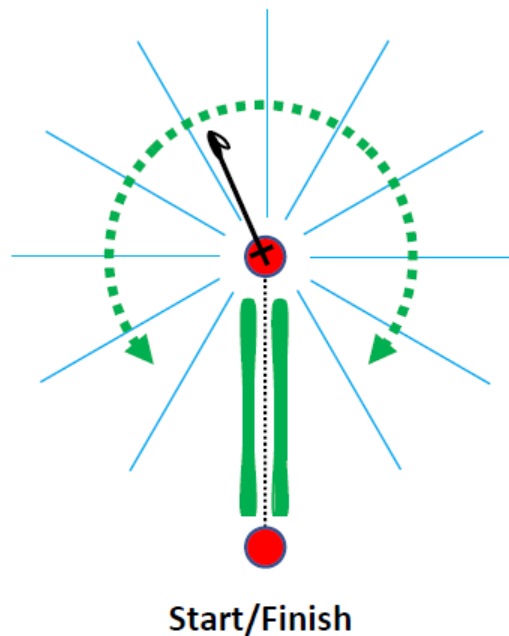


Special Olympics Challenge

Skill Alpine Skiing 3 – THE SUN

Description:

Draw a sun around a pole located on level ground.



Goal:

To develop independence of the legs, balance and orientation.

Evaluation:

- The time taken to make a complete rotation around the pole is measured.
- The clock is stopped when the first ski crosses the start/finish line.
- The course is completed in both directions: once counter-clockwise and then clockwise.
- 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 start/finish line is approximately 2 m.
- At the start, the skis straddle the starting line (see diagram).
- During the skill, the skier may use poles to support themselves.
- The skier and the tips of the skis must always face the pole.
- The coach gives the starting signal and stops the clock at the end of the attempt.
- Provide a brief pause (at least 30 seconds) after each attempt.
- Use the same ground for the entire duration of the Challenge.
- If the skier falls, they may repeat the attempt.

Equipment:

Stopwatch / pole to mark the point around which the exercise is performed / demarcation of the start/finish line.

Indications:

- The ground must be level.
Sloping ground makes the skill more difficult.
- Move the skis alternately, first increasing the distance between the tails.
- The technique of movement is free, but the tips of the skis must always be close to the pole.

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