

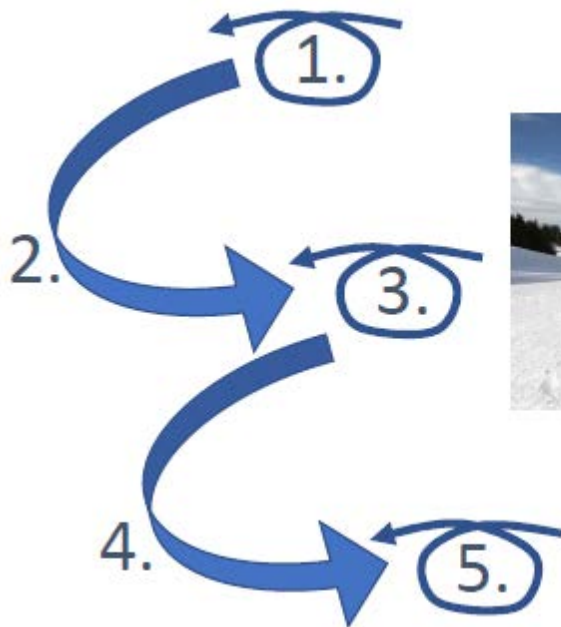
Special Olympics Challenge



Skill Snowboard 3 – STAND UP & TURN

Presentation of the skill:

The snowboarder sitting on the snow must stand up to perform two turns on the rear edge. After each turn, they sit down and then repeat the exercise.



From a sitting position and on a slightly sloped piste, lie down on the back, turn over onto the stomach (1) and stand up on the front edge. Then start off to make a turn on the rear edge (2), stop and sit down again. Repeat the exercise (3+4) a second time. The skill is over when the snowboarder turns over and stands up (5) for the third time.

Effect of the skill:

This skill develops balance, orientation and flexibility for standing up.

Guidelines for results:

The time is measured from the start signal to the moment when the athlete stands up for the third time. Make two attempts, the better one counts.

Rules of the skill:



- The participant starts off from a sitting position or lying on their back.
Adopt the same starting position for the entire duration of the Challenge.
- The participant must make two turns on the front edge.
- The coach gives the starting signal.

Equipment:

Stopwatch

Remarks:

- The athlete must slide to be able to make the turn. A forced turn (against rotation) in place is not authorised.
- It is important that the slope be regular and without bumps.
- Use the same ground for the entire duration of the Challenge (Training-Divisioning-Contest).

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