

## Para-Cross Country Skiing Information Sheet

### About the sport

Cross Country Skiing appeared for the first time at the 1976 Winter Games in Örnköldsvik, Sweden.

The competition is open to athletes with a physical impairment and visual impairment. Athletes compete either standing or using a sit ski, depending on their requirements.

All athletes with a vision impairment compete with a sighted guide. Male and female athletes compete in short distance, middle distance and long distance (ranging from 2.5km to 20km) or participate in a team relay using classical or free techniques.

### Who can compete?

Para-Cross Country Skiing is open to athletes with a physical or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<p><b>Arm:</b> loss of one arm above the wrist OR shortened arm of similar length</p> <p><b>Leg:</b> loss of one leg above the ankle or shortened leg of similar length</p>
Muscle weakness/Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	<p><b>Leg:</b> Loss of strength in a hip, knee or ankle</p> <p><b>Arm:</b> Loss of strength in a shoulder, elbow, wrist or hand</p>

<b>Eligible impairments</b>	<b>Description</b>	<b>Minimum Impairment Criteria</b>
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg.
Restricted joint movement/Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restriction in at least one hip, knee ankle, shoulder, elbow or wrist.
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	The difference must be at least 7cm between both legs
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 40 degrees diameter with best corrected vision.

## Para-Table Tennis Sport Classes (TT=Table Tennis)

<b>Sport Class</b>	<b>Description (Guide Only)</b>
<b>Athletes with a Physical Impairment – Standing (LW=Locomotor Winter)</b>	
LW2	Athletes with a significant impairment in one leg who use two skis and two ski poles. Athlete can ski with a prosthetic leg if required to assist with balance and movement.

Sport Class	Description (Guide Only)
LW3	Athletes with impairment in both legs who use two poles two skis. Athletes generate most of their forward power through their upper body and legs.
LW4	Skiers with a mild impairment affecting one leg. Athletes ski with two skis and two ski poles.
LW5/7	Skiers with an impairment of both arms who do not use a prosthesis. Athletes ski with two skis and no ski poles.
LW6	Skiers with a significant impairment in one arm. Athletes ski with two skis and one ski pole.
LW8	Athletes with a mild impairment in arm that affects the ability to grip. Athletes ski with two skis and one pole.
LW9	Athletes with impairments in the arms and legs. Athletes must ski with two skis and either one or two ski poles.

### Athletes with a **Physical Impairment - Sitting**

LW10	Sit skiers who have significant impairment in the torso and legs. Athletes require strapping and support to maintain a sitting position and use their arms to generate power.
LW10.5	Sit skiers with impairments in the legs and torso who have some abdominal strength to balance their sit ski. They generate power using their arms. over the legs to the test table and will not be able to move.
LW11	Sit skiers with impairments in the legs who have quite good control in the stomach and back muscles. They can generate power using their torso and arms, allowing for longer pole reach with their push.
LW11.5	Athletes with moderate impairments in the legs who can generate good powerful reach and push during movement and balance well during shooting.
LW12	Athletes with impairments in the legs who have excellent control of their sit ski and aim during shooting.

### Athletes with a **Vision Impairment**

Sport Class	Description (Guide Only)
B1	Athletes who are blind. Athletes wear blacked out goggles for the duration of competition.
B2	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <math><2/60</math>; LogMAR 1.5-2.6 inclusive) or how wide they can see (visual field <math><10</math> degrees diameter).
B3	Athletes who have low vision in both eyes, but more vision than B2 athletes. Vision is affected either in how far they can see (visual acuity <math><6/60</math>; LogMAR 1-1.4 inclusive) or how wide they can see (visual field <math><40</math> degrees diameter).
<b>Not Eligible</b>	
Not Eligible (NE)	Player does not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Snow Australia for more information.

## Find out more

To get involved or for more information contact:

## Snow Australia

**W:** [www.snow.org.au](http://www.snow.org.au)

**E:** [info@snow.org.au](mailto:info@snow.org.au)

**P:** [03 9696 2344](tel:0396962344)

**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games