



About Alpine Skiing: Alpine skiing is a demanding sport and athletes will benefit by being in good physical condition to compete successfully and safely. Alpine skiing requires in addition to a basic combination of endurance and strength, a high capacity of quickness and action/reaction endurance.

Established: In 1997 Special Olympics Ireland participated for the first time in the Special Olympics World Winter Games in Toronto, Canada.

Differences of Special Olympics Alpine Skiing: Special Olympics rules follow the International Ski Federation rules for alpine racing except for specific situations. Those include race venue selection based on the ability of the athlete. Other specific rules include the 1 minute rule, which allows an athlete who has fallen or gone off course to get the skis back on and continue down the course. Presently all courses are set with open gates which allows an even flow down the race hill.

By The Numbers:

In 2019, 50 Special Olympics athletes participate in Alpine Skiing

The vertical drop on an advanced skier course can reach up to 350 meters

Skiing has been around for nearly 5,000 years

Special Olympics World Winter Games have been hosted in the United States, Canada, Austria, Japan, South Korea and lastly Austria.

Associations/ Federations/ Supporters:

Ski Club of Ireland <http://www.skiclub.ie/>

International Ski Federation <http://www.fis-ski.com/>

Events and Competitions :

Giant Slalom - Novice, Intermediate & Advanced

Slalom - Novice, Intermediate & Advanced

Super Giant Slalom (Super G)- Novice, Intermediate & Advanced

Divisioning at Special Olympics :

Athletes in every sport and event are grouped by age, gender, and ability, giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.

www.specialolympics.ie