



## Snowboard

### History:

Snowboarding made its Paralympic debut at Sochi 2014 with two medal events and has grown rapidly to expand to 10 events at Pyeong Chang 2018.

### Competition:

Athletes compete in two disciplines (snowboard-cross and banked slalom) across three categories: significant impairment in one leg, impairment in one or two legs, and impairments of the upper limbs.

### Snowboard-Cross

The course may be a medium-pitched slope. It may be preferably a naturally varying terrain with plenty of bumps, dips, and preferably a U-shaped/natural valley.

### Banked Slalom

The course may be perfectly groomed, and the snow surface may be compacted.

### Description:

Athletes combine speed and agility while racing down courses as fast as possible. Snowboarders use equipment that is adapted to their needs including snowboard and orthopedic aids.



Photo courtesy of World Snowboard Federation (WSF)



## For the Classroom

- ✚ Create a snowboard course using cones, poly-dots, mats, jump ropes, or any other object that might help to create boundaries.
- ✚ Use your creativity to include turns, elevation, and obstacles to your course. Allow the students to design the course.
- ✚ Make groups of four. One student will ride the snowboard while the others push and stay close the rider to prevent falls from the snowboard.
- ✚ In order to create a snowboard, use various Connect-A-Scooter. Place a real snowboard or a snowboard made out of cardboard on top of the scooters.
- ✚ The objective is to push the student around the course. The rider will use his/hers balance to keep both feet on the snowboard at all times.
- ✚ Allow students with limited balance or mobility to sit on the snowboard while they are being pushed. The rider will use his/hers balance to keep both hands from touching the ground.

- ✚ Decorate the classroom with a winter theme and encourage the students to wear winter accessories such as hats, goggles, scarves, and gloves.
- ✚ Emphasize safety by focusing on the time spent on the board instead of time spent navigating the course.

