



## How to Alpine Standing

### **00:19 Craig Spence, IPC Director of Media and Communications, English**

“Paralympic skiing is far from easy, look our standing skiers and their technical skills, it’s quite phenomenal.” » 00:24

### **00:32 Steve Graham, Trainer Australian para-ski team, English**

“We have rules which, kind of like a golfing handicap for people with a different disability. So someone with an amputation of the leg has a certain handicap then a person with the arm has a certain handicap. So they race off together, they subtract the handicap and then that’s how they have the equal time.” » 00:47

### **00:57 Andrea Rothfuss, German para-alpine skier, German**

“In the class of the single pole skier LW 681 or 682, those are the people with amputated arms, so they have no hand or a piece of the forearm, or additionally a piece of the upper arm is missing, or they have an arm which is completely paralyzed.” » 01:10

### **01:16 Andrea Rothfuss, German para-alpine skier, German**

The biggest challenge is the start. According to what the start looks like we're often 1-2 seconds slower compared to our rivals.“ » 01:26

### **01:29 Gerd Schönfelder, Trainer German para-ski team, German**

„Basically we're using the regulations of the FIS, i.e. the international ski association. There are maybe a few exceptions, like the people with amputated thighs. They have skis with crutches and that's not possible for the able-bodied skiers. But the way we are skiing or starting or the disciplines, everything is the same.“ » 01:46

### **01:50 Andrea Rothfuss, German para-alpine skier, German**

„The biggest difference is at the slalom. Of course, I can't slap the bars away with both hands.“ » 01:57

### **02:02 Andrea Rothfuss, German para-alpine skier, German**

“We have a specific protector that replaces our hand, so you can slap the bars away without getting hurt and you can adapt the ordinary skiing techniques pretty well.” » 02:17

### **02:27 Mitch Gourley, Australian para-alpine skier, English**

“The upper-body disability allows you to stay in balance, a lot better when things are kinda out of control a bit. That’s unfortunately the nature of our sport: that you ski to the point where you're not really in control.” » 02:39

### **02:51 Mitch Gourley, Australian para-alpine skier, English**

“Training doesn’t change too much, because in the lead up there is a bit more training but moving in towards the event, we need to of course balance how much we train in gym, and how much we train on the snow.” » 03:02





**03:09 Sylvana Mestre, Chairperson of the IPC Alpine Skiing Sport Technical Committee, English**

“You have to be really well fitted to be able to come down at this speed. » 03:13

**03:17 Sylvana Mestre, Chairperson of the IPC Alpine Skiing Sport Technical Committee, English**

“Today I was on the slope, when I saw them pass at that speed, really I get emotional.“ » 03:25

**03:27 Mitch Gourley, Australian para-alpine skier, English**

“You almost don’t feel anything until you stop, I let it happen, when I stop in the finish area and I check all my arms and legs are still there, I’m still okay, then I feel something.” » 03:36

**Ends: 03:57**

**Inserts:**

0:02	<b>Para-alpine Skiing – Standing Category</b> A video about the sport, rules and equipment
0:21	<b>Craig Spence</b> IPC Director of Media and Communications
0:34	<b>Steve Graham</b> Trainer Australian para-ski team
0:37	<b>The higher the degree of impairment, the slower the clock runs</b>
0:56	<b>Standing sport classes</b> Leg impaired            1 - 4 Arm impaired            5 / 7, 6 / 8 Arm & leg impaired    9
1:01	<b>Andrea Rothfuss</b> German para-alpine skier
1:25	<b>Gerd Schönfelder</b> Trainer German para-ski team
2:10	<b>Every item needs to be approved by the IPC Sport Technical Committee</b>
2:22	<b>Mitch Gourley</b> Australian para-alpine skier
2:47	<b>Sylvana Mestre</b> Chairperson of the IPC Alpine Skiing Sport Technical Committee
2:54	<b>Max. speed</b> 125km/h





**Music List**

FROM: RTV Film & Television EPISODE #: “How\_to” alpine skiing standing  
SUPPLIER: RTV Film & Television AIR DATE: \_\_\_\_\_  
EVENT DATE: \_\_\_\_\_ TOTAL SHOW DURATION: 03:58 min

Cue#	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	01'10"	“How_to” alpine skiing standing	AD 003701	NU DAWN	Pernilla Österberg	LC 24174	Adapt	GEMA
2	00'30"	“How_to” alpine skiing standing	AFRO 005501	APHO	Zamile Somciza, Wim Kock	LC 22917	AFRO Music	GEMA

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