



How to Para-biathlon Sitting Category

00:12 Andrea Eskau, German para-biathlete, German

“The thing that makes biathlon different from many other sports is the high level of physical exertion coupled with intense concentration when it's time to focus fully on the target. To find the right balance really takes something special.” »00:28

00:32 Andrea Eskau, German para-biathlete, German

“There are some significant differences able-bodied biathlon and biathlon for seated athletes. We are allowed to keep hold of our sticks at our shooting station because some competitors would otherwise not be able to get back up from a lying position.” »00:48

00:54 Andrea Eskau, German para-biathlete, German

“Let me give you an example to make the difference clear. When a non-impaired athlete is shooting they are aiming at a target that is the equivalent to the hole in the middle of a loo roll. For the impaired athlete from 10 m the target is equivalent to our little finger, or a one-cent coin.” »01:14

01:20 Peter Borner, IPC Biathlon, Technical Delegate, German

“The sitting or standing classes don't carry their rifles with them around the course. Instead their trainers hand them their rifles ready loaded once they are in position on their mats so then they can fire their five shots.” »01:36

01:45 Andrea Eskau, German para-biathlete, German

“Many athletes lie down on their side, which means twisting their upper body. That's the way I do it too. This makes it very difficult for me to find a good relaxed position for shooting” »01:56

02:02 Olena Iurkovska, Ukrainian para-biathlete, Ukrainian

“This is the sledge we compete on, the skis are attached here.
You fix it like that...

I fasten my belts to manoeuvre better during turns and descents.” »02:21

02:26 Andrea Eskau, German para-biathlete, German

“Our control around tight bends is dependent on our degree of impairment. The greater our degree of paralysis, the less we can manage to control our skis.
For me it is mainly a matter of "stick work" and pushing. Of course I also try to shift my body weight to the inside of the bend, but I really can't hack skiing on just one ski” »02:47



02:51 Olena Iurkovska, Ukrainian para-biathlete, Ukrainian

“We decide upon the design of the sledge with designers, and try the whole thing on, like a dress.

For my kind of amputation, this design is the most convenient.” »03:07

03:24 Andrea Eskau, German para-biathlete, German

“Our fellow athletes who are amputees can travel extremely quickly with their minimalistic equipment, then there are also those with more extensive paralysis whose equipment is generally even more compact.

The eventual design will to a certain extent depend on how involved athletes are in its development.” »03:43

03:51 Andrea Eskau, German para-biathlete, German

“With impaired biathletes the weather can play an important part because many of the athletes are sitting exposed to the elements. Sleet and even a cold wind can be relatively dangerous because many of the competitors are amputees or paralysed and so they don't notice when they are getting dangerously chilled “ »04:14

04:22 Andrea Eskau, German para-biathlete, German

“On the finishing straight when we feel every muscle starting to burn the body can't take it anymore.

At this point I know it's just a matter of eyes tight shut, grit teeth and really go for it.” »04:32





Ends: 04:46

Inserts:

00:01	Para-biathlon – Sitting Category A video about the sport, rules and equipment
01:04	Biathlon: Shooting distance 50m Target size 4.5cm/11.5cm Para-biathlon: Shooting distance 10m Target size 1.5cm
03:08	Sitting device with a fixed seat mounted on a pair of cross-country skis
03:13	No springs or flexible articulations allowed in any segment of the sit ski
03:19	Individual adjustments need to be approved by the IPC Sport Technical Committee
04:14	Highly stressed body parts: Arms, shoulders, spine and pectoral muscles

Music List

FROM:	RTV Film & Television	EPISODE #:	“How_to” biathlon Sitting Category
SUPPLIER:	RTV Film & Television	AIR DATE:	
EVENT DATE:		TOTAL SHOW DURATION	04:46min

Cue#	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	00‘15‘	“How_to” biathlon Sitting Category	SCDV 035108	SPLASHY	Mark Kilian	07573	Sonoton Virtual	GEMA
2	00‘57‘	“How_to” biathlon Sitting Category	SFT 012817	SOME JUSTICE	Mark Brljak	20259	STRANGE FRUIT MUSIC	GEMA
3	00‘26‘	“How_to” biathlon Sitting Category	SQ00610 4	GLITCHED UP	Edgard Jaude	15503	Sonic Quiver	GEMA

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