



How to Biathlon Visual Impairment Category

00:15 Mikhailina Lysova, Russian para-biathlete, Russian

“The guide plays a very important role, because you couldn't make all those turns alone.”
»00:24

00:28 Mikhailina Lysova, Russian para-biathlete, Russian

“Everything seems whiter than white, you can't see anything.” »00:33

00:37 Mikhailina Lysova, Russian para-biathlete, Russian

“For example, for a right turn he says "turn right" and points in the direction. He is basically my eyes.” »00:41

00:59 Alexey Ivanov, Guide of Mikhailina, Russian

“One look back is enough for me to see her condition completely. If it's hard for her, if she has any strength left.” »01:09

01:22 Mikhailina Lysova, Russian para-biathlete, Russian

“I don't have many hobbies now as sport is very time consuming, and in between training there is only enough time to rest, recover and gain strength.” »01:34

01:40 Marketa Marzoli, Press Attaché NPC Germany, German

“Your average person in the street can't really begin to understand. How can a blind athlete ski 12 kilometres with a guide, how can a person with just one arm hold one stick and travel forwards? Whenever people see this they are totally flabbergasted and instantly impressed by the sporting prowess.” »01:56

02:23 Alexey Ivanov, Guide of Mikhailina, Russian

“I do all the work, what she does I also do, and so I keep myself fit. But it gets hard sometimes.” »02:29

02:35 Peter Borner, IPC Biathlon, Technical Delegate, German

“The first competitor to arrive has to take target 1, and the positions are filled one at a time like this. So competitors are given some guidance on the line they need to shoot.” »02:47

02:53 Mikhailina Lysova, Russian para-biathlete, Russian

“We shoot at sound. You need to choose the highest sound.” »02:57

03:06 Peter Borner, IPC Biathlon, Technical Delegate, German (8 sek)

“It's not quite the same as the biathlon, where spectators applaud every shot. Things are a lot quieter here because any noise would disturb the athletes' concentration” »03:15



03:30 Mikhailina Lysova, Russian para-biathlete, Russian

“There are athletes, for example, who approach the shooting range with a particular pulse. I don't do that, I don't monitor my pulse. I get to the range — I can have any pulse and it'll still be comfortable for me to shoot.” >>03:43

03:47 Alexey Ivanov, Guide of Mikhailina, Russian

“Almost everything demands attention: the trail, descent, ascent, the snow, the way the athlete feels, ski preparation - everything that concerns the race.” >>04:00

Ends 04:16

Inserts:

00:01	Para-biathlon – Visual Impairment Category
00:44	Visual impairment sport classes B1 <i>Completely blind or very low acuity</i>
00:49	B2 <i>Limited sight and/or Restricted visual field of less than 5 degrees</i>
00:54	B3 <i>More sight and/or Restricted visual field of less than 20 degrees</i>
01:10	within sight/hearing distance
02:06	Race distances (free technique): Men 7.5km, 12.5km and 15km Women 6km, 10km and 12.5km”
02:18	Course 2-2.5km, 3-5 loops



Music List

FROM:	RTV Film & Television	EPISODE #:	“How_to” biathlon Visual Impairment Category
SUPPLIER:	RTV Film & Television	AIR DATE:	
EVENT DATE:		TOTAL SHOW DURATION	04:16 min

Cue#	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	00'37"	“How_to” biathlon Visual Impairment Category	BXM060 308	COMPLEXITY	Josh Lynch, Tom Gire	15341	Brand X Music	GEMA
2	01'15"	“How_to” biathlon Visual Impairment Category	SCDV024 927	UNFORGETTABLE	Mark Nolan, David Redwitz	07573	Sonoton Virtual	GEMA
3	00'33"	“How_to” biathlon Visual Impairment Category	CAVC035 536	BOURNE AGAIN	Sparky Buddha	07053	Cavendish	GEMA

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