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How should we support the sit-skier ?

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Introduction

Adapted Sports

- Sports is important for all individuals
- More important for people with disabilities
 - Improves and maintain physical functions
 - Promotes people with disabilities in the society

Enhances the quality of life of people with disabilities through sports and recreation







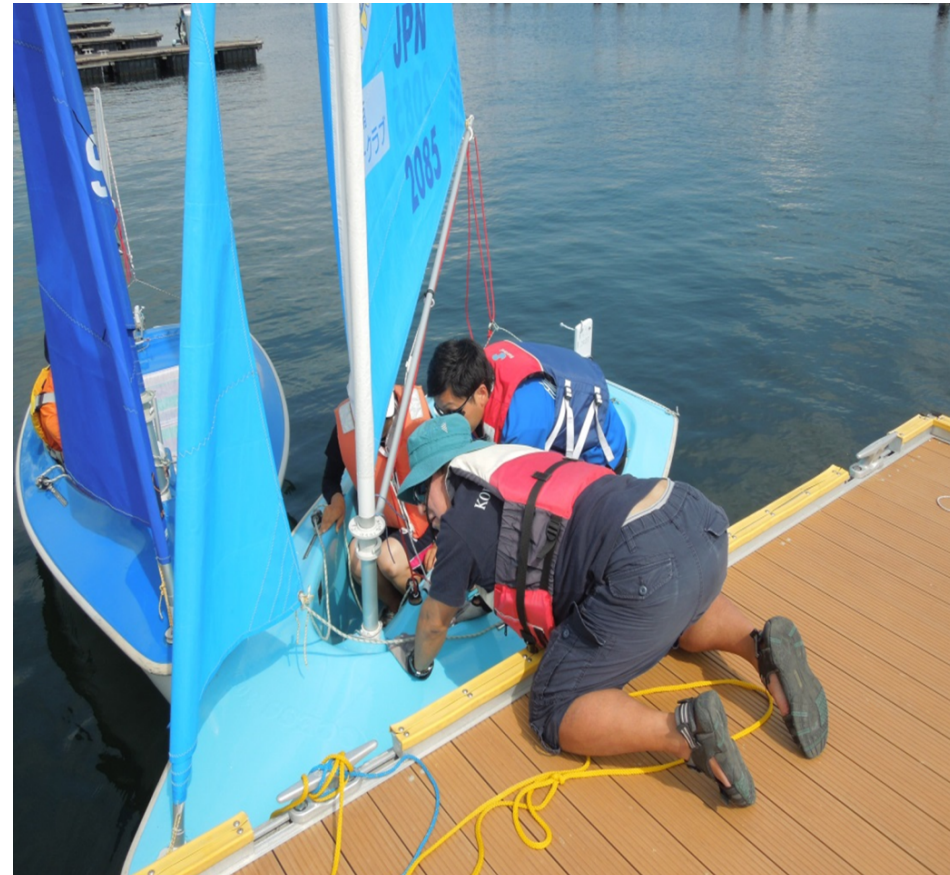
Adapted Sports Club (ASC)

Purpose of activity

- To support adapted sports as a volunteer
- To hold interactive workshop of adapted sports
- To learn and think about disability and discrimination

Volunteer activities

- Support to the competition management
- Support to transfer



interactive workshop

Boccia

Blind Tennis

Wheelchair Basketball

enjoy



Sit-ski (Chair-ski)



チェアスキー

体の一部となり、急斜面を滑るチェアスキー。
選手それぞれにカスタマイズされた専用マシンです。



選手のパフォーマンスを支える!



サスペンション機構

人間のひざと同様、雪上を滑り下る際に
衝撃を吸収する働きをします



リフトアップレバー

リフトアップレバーを引くとチェアを高く
なり、選手一人でリフトに乗ることができます

Japan Paralympic Committee

URL: <http://www.jsad.or.jp/paralympic/what/tool1.html>

Classification

- LW(Locomotor Winter)1-12
 - LW1-9 standing class
 - LW10-12 sitting class
- B1-3 (Visual Impairment)
- ID (Intellectual disability)
 - *Non-Certified (IPCAS)



Classification



LW10-1: Absent activity of upper and lower abdominals
Non active sitting balance

LW10-2: Activity of upper/ Absent activity of lower abd.
Minimal active sitting balance

LW11: Full activity of upper/ Partial or full activity of lower abd.
Fair active sitting balance

LW12-1: Full activity of upper/
Partial or full activity of lower abd.
Good sitting balance

LW12-2: Unilateral limb deficiency, with residual limb
length equivalent to a through ankle amputation

Profiles



Age: 60, Gender: Men
Spinal Cord Injury
(Th12-L2, incomplete)
Competition History: 15y
Competition Level: Hobby



Age: 58, Gender: Men
Spinal Cord Injury
(Th9, complete)
Competition History: 15y
Competition Level: Hobby

What kind of support they needed??

1. Transport some tools (sit-ski, outrigger, wheelchair...)
from parking lot to piste

Because... long distance (about 500m)



Using snowmobile





2. Transferring from the wheelchair to sit-ski

Because...

very unstable on the snow
there is little flat places





Problem

- The number of support staff is very few
- Sit-ski is not popularity sports
- Environment factor
 - E.X. long distance between parking lot and piste ,
steps in facility
- There is no young player

GOAL

- Everyone (including people with disability) can skiing anywhere
- Sit-skiers can skiing by themselves
- Support could be provided by other skiers
(If sit-skiers wants to help)

Tasks

- How to increase the awareness about sit- ski among healthy people
- Study to how players can transfer by themselves

Thank you for your attention!!

2018 Pyeongchang Paralympic Winter Games

2020

TOKYO Olympic and
Paralympic Games

