

= LW3 ( classification ) =

LW3 is a para @-@ Alpine and para @-@ Nordic standing skiing sport class defined by the International Paralympic Committee ( IPC ) for skiers with a disability affecting both legs , with double below knee amputation or a combined strength total for both legs of 60 , with 80 as the baseline for people without disabilities . For international skiing competitions , classification is done through IPC Alpine Skiing or IPC Nordic Skiing . The classification has two subclasses for para @-@ Alpine skiing : LW3.1 which is for people with double below the knee amputations or similar disabilities , and LW3.2 which is for people with cerebral palsy that involves moderate athetoid , moderate ataxic impairment or slight diplegic involvement .

Skiers in this classification compete with two skis and two ski poles in both para @-@ Alpine and para @-@ Nordic skiing . In training , they may use different types of equipment depending on the type of disability the skier has . As this class includes skiers with paralysis , amputations and cerebral palsy , a variety of skiing techniques and training types are needed . For skiers with balance issues , ski bras are used to learn how to balance on skis .

A factoring system is used in the sport to allow different sport classes to compete against each other when there are too few individual competitors in one class in a competition . The factoring for LW3 alpine skiing classification during the 2011 / 2012 skiing season was 0 @.@ 8929 for Slalom , 0 @.@ 9157 for Giant Slalom , 0 @.@ 9307 for Super @-@ G and 0 @.@ 9429 for downhill . In para @-@ Nordic skiing , the percentage for the 2012 / 2013 ski season was 87 @-@ 94 % for classic and 80 @-@ 96 % for free . This class has been able to compete at the Paralympic Games and World Championships dating back to at least the 1990s . Skiers in this class include Australian Marty Mayberry and Canadian LW3.1 skier Lauren Woolstencroft .

= = Definition = =

LW3 is as para @-@ Alpine and para @-@ Nordic standing skiing classification , where LW stands for Locomotor Winter . Competitors in this class have a disability affecting both legs , with double below knee amputation or a combined strength total for both of 60 , with 80 as the baseline for people without disabilities . For para @-@ Alpine skiing , the International Paralympic Committee ( IPC ) explicitly defines this sport class as " Competitors with disabilities in both lower limbs , and skiing with two normal skis and two poles or stabilizers ... Typical disability profile of the class is double below @-@ knee amputations . " The Australian Paralympic Committee summarized this classification in 2002 as a standing skiing classification with " Two skis , two poles , disability in both legs below the knees . " For para @-@ Nordic skiing , the IPC defines this classification as " those with impairment in two lower limbs , which includes whole and / or partial limb dysfunction . " Cross Country Canada summarized this classification as " Impairment in two lower limbs which include whole and or partial limb dysfunction . " A skier may be able to stand and jump on one leg depending on the nature of their disability .

For international para @-@ Alpine skiing competitions , classification is done through IPC Alpine Skiing . A national federation such as Alpine Canada handles classification for domestic competitions . For para @-@ Nordic skiing events , classification is handled by IPC Nordic Skiing Technical Committee on the international level and by the national sports federation such as Cross @-@ Country Canada on a country by country level . When being assessed into this sport class , a number of things are considered including reviewing the skiers medical history and medical information on the skier 's disability , having a physical and an in person assessment of the skier training or competing .

= = = LW3.1 = = =

LW3.1 is a para @-@ Alpine skiing subclass for people with double below the knee amputations or similar disabilities . It is defined by the IPC as " a . Double below @-@ knee amputation , minimal through the ankle joint. b. disabilities of both lower limbs with a maximum of 60 muscle points (

normal 80 ) , i.e. , those competitors who are able to edge skis belong to class 3 @. @ 2 . "

== LW3.2 ==

LW3.2 is a subclass for people with cerebral palsy that involves moderate athetoid , moderate ataxic impairment or slight diplegic involvement . The IPC defines this class for para @-@ Alpine skiing as " a . CP5 : moderate @-@ to @-@ slight diplegic involvement b . CP6 : moderate athetoid or ataxic impairment " .

== Equipment ==

Skiers in this classification compete with two skis and two ski poles in both para @-@ Alpine and para @-@ Nordic skiing . During training , skiers may use prosthesis , cants , wedges , ski @-@ bras , outriggers or short skis . For skiers using a prosthesis , a special skiing prosthesis is used and they may also require the user of outriggers . The nature of their disability will dictate the type of equipment required . Ski bras are devices clamped to the tips of skis , which result in the skis being attached to each other . Outriggers are forearm crutches with a miniature ski on a rocker at the base . Cants are wedges that sit under the binding that are intended to more evenly distribute weight . They are customised for the specific needs of the skier . The ski boot for below the knee amputees often has the prosthetic built into it , though for all competitors in this class , FIS rules for para @-@ Alpine ski boots and binding heights are modified for this class from rules applied to able bodied competitor 's equipment . In the Biathlon , athletes with amputations can use a rifle support while shooting .

== Technique ==

As this class includes skiers with paralysis , amputations and cerebral palsy , a variety of skiing techniques and training types are needed . Skiers in this classification who have paralysis as a result of hemiplegia , stroke or polio tend to initially favour a strong side of their body when they learn to ski , which sometimes results in overskiing . Ski @-@ bras and bungee cords are used in training to correct this . If this is not corrected , skiers are likely to fall over when their skis cross in front of them . Skiers with below the knee amputations get on and off the ski lift using the same technique as able @-@ bodied skiers .

In this classification , skiers with cerebral palsy have difficulty walking in ski boots and sometimes require assistance when walking in them . When going up hill , they often have their weaker side on the uphill side . In learning to ski , a ski bra is often used to teach the proper technique . Skiers sometimes have difficulty with the snowplough technique . In teaching skiers with cerebral palsy , instructors are encouraged to delay the introduction ski poles as skiers may overgrip them . Use of a ski bra is also encourage as it helps the skier learn correct knee and hip placement . Some skiers with cerebral palsy have better balance while using skis than they would otherwise . This presents challenges for coaches who are working with the skier . Compared to other skiers in the class , the skier with cerebral palsy may tie more quickly .

One method of learning to ski for LW3 competitors with cerebral palsy is the American Teaching System . They first thing skiers learn is what their equipment is , and how to put it on and take it off . Next , skiers learn about positioning their body in a standing position on flat terrain . After this , the skier learns how to side step , and then how to fall down and get back up again . The skier then learns how to do a straight run , and then is taught how to get on and off the chair lift . This is followed by learning wedge turns and weight transfers , wedge turns , wide track parallel turns , how to use ski poles , and advanced parallel turns .

In the Biathlon , all Paralympic athletes shoot from a prone position .

== Sport ==

A factoring system is used in the sport to allow different classes to compete against each other when there are too few individual competitors in one class in a competition . The factoring system works by having a number for each class based on their functional mobility or vision levels , where the results are calculated by multiplying the finish time by the factored number . The resulting number is the one used to determine the winner in events where the factor system is used . For the 2003 / 2004 para @-@ Nordic skiing season , the percentage for the classic technique was 87 % and percentage for free was 80 @-@ 91 % . The factoring for LW3 alpine skiing classification during the 2011 / 2012 skiing season was 0 @-@ 8929 for Slalom , 0 @-@ 9157 for Giant Slalom , 0 @-@ 9307 for Super @-@ G and 0 @-@ 9429 for downhill . In para @-@ Nordic skiing , the percentage for the 2012 / 2013 ski season was 87 @-@ 94 % for classic and 80 @-@ 96 % for free .

In para @-@ Alpine @-@ skiing events , LW3 is grouped with standing classes who are seeded to start after visually impaired classes and before sitting classes in the slalom and giant slalom . In downhill , Super @-@ G and Super Combined , this same group competes after the visually impaired classes and sitting classes . For alpine events , a skier is required to have their ski poles or equivalent equipment planted in the snow in front of the starting position before the start of the race . In cross @-@ country and biathlon events , this classification is grouped with other standing classes . The IPC advises event organisers to run the men 's standing ski group after the blind men 's group and before the blind women 's group . Women 's standing classes are advised to go last .

= = Events = =

While LW3 was not grouped with others classes at an event in the 1980s , it was grouped with other classifications during the 1990s and 2000s . At the 1984 Winter Olympics Exhibition Competition , disciplines included on the programme were downhill and giant slalom . This classification was not grouped with others for medal events for men . At the 1992 Winter Paralympics , LW1 and LW3 were grouped together for men 's medal events in para @-@ Alpine . At the 1994 Winter Paralympics , LW1 and LW3 were grouped together for men 's medal events in para @-@ Alpine . At the 1996 Disabled Alpine World Championships , Lech , Austria , men 's LW1 , LW3 and LW5 were grouped together for medal events . At the 1998 Winter Paralympics , the women 's LW1 , LW3 , LW4 , LW5 and LW6 classes competed in one group , while LW1 , LW3 and LW5 were grouped for men 's medal events in para @-@ Alpine . At the 2002 Winter Paralympics in alpine @-@ skiing , LW3 , LW5 / 7 and LW9 were grouped for the men 's downhill , Super @-@ G , Slalom and Giant Slalom events , while women 's LW3 , LW4 , LW6 / 8 and LW9 were grouped for the Super @-@ G event and the women 's LW3 , LW4 , and LW9 classes were grouped for the slalom and giant slalom events . At the 2005 IPC Nordic Skiing World Championships , this class was grouped with other standing skiing classifications . In cross country , this class was eligible to compete in the men and women 's 5 km , 10 km and 20 km individual race . In the men and women 's biathlon , this classification was again grouped with standing classes in the 7 @-@ 4 km race with 2 shooting stages 12 @-@ 5 km race which had four shooting stages . At the 2009 World Championships , there were two men and two women from this class the standing downhill event .

= = Competitors = =

Skiers in this class include Australian Marty Mayberry , and Canadian LW3.1 skier Lauren Woolstencroft .