= LW9 =

LW9 is a para @-@ Alpine and para @-@ Nordic standing skiing sport class , a classification defined by the International Paralympic Committee (IPC for people with upper and lower limb function problems , and includes cerebral palsy skiers classified CP5 , CP6 and CP7 , along with people with hemiplegia or amputations . For international skiing competitions , classification is done through IPC Alpine Skiing or IPC Nordic Skiing . A national federation such as Alpine Canada handles classification for domestic competitions . This classification is separated into two subclasses including LW9.1 and LW9.2.

Para @-@ Alpine skiers in this classification have their choice regarding how many skis and ski poles they wish to user , along with the type of ski poles they wish to utilize . In para @-@ Nordic skiing , skiers use two skis and have an option to use one or two ski poles . Outriggers are one type of ski pole LW9 skiers can use , which requires its own techniques to use . As there are a broad range of disabilities in this class , different skiing techniques are learned by competitors . Skiers missing an arm use a technique that corrects lateral balance issues resulting from the missing arm . Skiers with cerebral palsy have the introduction of ski poles delayed as skiers may overgrip them .

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 . During the 2011 / 2012 para @-@ Alpine ski season , the LW9.1 factoring was 0 @.@ 855 for Slalom , 0 @.@ 8648 for Giant Slalom , 0 @.@ 867 for Super @-@ G and 0 @.@ 8769 for downhill , and for LW9.2 was 0 @.@ 9287 for slalom , 0 @.@ 9439 for Giant Slalom , 0 @.@ 9443 for Super @-@ G and 0 @.@ 9552 for downhill . In para @-@ Nordic skiing , the percentage for the 2012 / 2013 ski season was 85 @-@ 95 % for classic and 82 @-@ 96 % for free . This classification has competed in its own separate events at the Paralympics and World Championships during the 1990s , but this changed during the 2000s . Skiers in this classification include Australian James Patterson , and French LW9.2 skier Solène Jambaqué .

= = Definition = =

This standing classification is used in para @-@ Alpine and para @-@ Nordic skiing , where LW stands for Locomotor Winter . LW9 is a standing classification for people with upper and lower limb function problems . This classification is open for skiers with cerebral palsy or a similar neurological condition as long as it affects one leg and one arm .

The International Paralympic Committee (IPC) defined this classification for para @-@ Alpine as competitors typically having " one upper @-@ limb and one lower @-@ limb amputation skiing with the equipment of their choice . " This classification has two subclasses , LW9.1 and LW9.2. In July 1997 , at the World Cup Technical Meeting for para @-@ Alpine skiing , this class was subdivided into two classes in order to improve factoring for the range of disabilities found within the class at the time . In 2002 , the Australian Paralympic Committee described this classification as a standing skiing classification with " Two skis , two poles , combination of disability in an arm and a leg . "

For para @-@ Nordic skiing , the IPC defines this class for " those with a combination of impairments in both the upper and lower extremities . " Para @-@ Nordic skiers in this class would be eligible for LW4 and LW8 based on the relevant upper and lower body disability . Cross Country Canada described this classification for para @-@ Nordic as " A combination of impairment in both upper and lower extremities . Impairment in one arm and one leg meeting the criteria of LW4 and LW8 , or cerebral palsy or neurological impairment that presents in a similar way to cerebral palsy affecting at least one arm and one leg . "

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 classification , 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 .

LW9.1

LW9.1 is for people with upper extremity issues and above the knee amputation or similar problem with the issues and includes people classes CP7 who have severe hemiplegia . CP7 includes people with incomplete use of their fingers , wrists , and elbows , and is defined by the American College of Sports Medicine as " Involvement hemiplegic ; walk / run with limp . Good function unaffected side . " Hemoplegia is damage on one side of the brain that results in paralysis on the other side of the body .

LW9.2

LW9.2 is for skiers with an upper extremity issue and below knee amputation or comparable disability ; it includes people classes CP7 who have slight to moderate hemiplegia .

Equipment

Para @-@ alpine skiers in this classification have their choice regarding how many skis and ski poles they wish to use , along with the type of ski poles they wish to utilize , which may include outriggers . The rules FIS rules governing ski boots and bindings are not enforced for this class , with different requirements than rules that apply to that equipment for able @-@ bodied competitors . For below the knee amputees in this class , their ski boot may have their prosthetic leg built into it . In para @-@ Nordic skiing , skiers use two skis and have an option to use one or two ski poles .
Across both types of skiing , LW9 competitors use skis that would be slightly longer than if they were able @-@ bodied . If they are using outriggers , these are fitted to the skier based the height of the skier 's hip joint when the skier is standing . While learning to ski , skiers in this class with cerebral palsy may use ski @-@ bras , bungi cords , outriggers , slant boards or toe boards . In the Biathlon , athletes with amputations can use a rifle support while shooting .

Technique

Outriggers are used to stop using a technique that involves bringing the skiers elbows from their raised position down to their hips while pushing the outriggers down . When using the outrigger , skiers do not rotate their arms as this changes the location of the ski on the snow .
Skiers missing an arm use a technique that corrects lateral balance issues resulting from the missing arm . A skier with an above the knee amputation may have a better ability to complete turns on the opposite of their amputation . Skiers with hemiplegia have to be trained to use both sides of their body equally . If they do not , they are likely to fall over when their skis cross in front of them .
One of the skiing techniques used by this class is called the three track method , and was developed as part of the American Training System . For skiers with an amputation , one of the first skills learned using this technique is how to walk with the ski so the skier can learn how to flex the ankle , knee and hip . This allows the skier to determine their centre of gravity . The skier is then taught how hop turn in order to understand arm and leg coordination while on skis . This technique is only used while stationary and is not a competition skill . The skier next learns how to fall down and get back up again . The next skill learned is climbing gentle terrain , followed by learning to go down a straight run and learning to stop . After this , the skier learns how to get on and off a ski lift . This is followed by learning how to traverse the fall line , which teaches the skier how to maintain the ski edge . Other skills are then taught including the Uphill Christie , beginning turns , parallel turns , short swings and moguls .
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 encouraged as it helps the skier learn correct

knee and hip placement . One method of learning to ski for competitors with cerebral palsy in this classification 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 LW9 using the classic technique was 85 @-@ 95 % and percentage for free was 82 @-@ 95 % . The percentage for the 2008 / 2009 and 2009 / 2010 ski seasons was 85 @-@ 95 % for classic and 82 @-@ 96 % for free technique . The factoring for LW9.0 alpine skiing classification during the 2011 / 2012 skiing season was 0 @.@ 8366 for slalom , 0 @.@ 8451 for Giant Slalom , 0 @.@ 8477 for Super @-@ G and 0 @.@ 8573 for downhill . During the 2011 / 2012 para @-@ Alpine ski season , the LW9.1 factoring was 0 @.@ 855 for slalom , 0 @.@ 8648 for Giant Slalom , 0 @.@ 867 for Super @-@ G and 0 @.@ 8769 for downhill , and for LW9.2 was 0 @.@ 9287 for slalom , 0 @.@ 9439 for Giant Slalom , 0 @.@ 9443 for Super @-@ G and 0 @.@ 9552 for downhill . In para @-@ Nordic skiing , the percentage for the 2012 / 2013 ski season was 85 @-@ 95 % for classic and 82 @-@ 96 % for free .
In para @-@ Alpine events , this classification 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 .
During competition , LW9 skiers cannot use a limb not in a ski for competitive advantage to gain speed or keep balance by putting it in the snow . If they do so , the rules state they will be disqualified from the event .

= = Events = =

This classification has competed in its own separate events at the Paralympics and World Championships during the 1990s , but this changed during the 2000s . At the 1994 Winter Paralympics , events for this classification included the Downhill and Giant Slalom , and was not grouped with others for medal events in para @-@ Alpine . At the 1996 Disabled Alpine World Championships in Lech , Austria , medals were awarded for skiers in this class , who were not grouped with other skiers . The 1998 Winter Paralympics featured the same events as the 1994 Games , and the same class groupings . At the 2002 Winter Paralympics in alpine @-@ skiing , LW3 , LW5 / 7 and LW9 were grouped for the men 's downhill , slalom , Giant Slalom and Super @-@ G events . On the women 's side of the para @-@ Alpine programme , LW3 , LW4 , LW6 / 8 and LW9 were grouped for the downhill and Super @-@ G events , while LW3 , LW4 , and LW9 were grouped for the slalom and Giant Slalom events . At the 2004 World Championships , LW3 , LW6 / 8 and LW9 classified women all skied in together during the downhill event . 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 no women and six men from this class the standing downhill event .

= = Competitors = =

Skiers in this classification include Australian James Patterson , French LW9.2 skier Solène Jambaqué , and 1998 New Zealander 2006 Winter Paralympian Mathew Butson .