

= LW10 =

LW10 is a para @-@ Alpine and para @-@ Nordic sit @-@ skiing classification for skiers who cannot sit up without support . For international skiing competitions , classification is conducted by International Paralympic Committee (IPC) Alpine Skiing and IPC Nordic Skiing , while national federations such as Alpine Canada handle classification for domestic competitions .

In para @-@ Alpine skiing , the skier uses a mono @-@ ski , which is required to have breaks on both sides of the ski . The para @-@ Nordic sit @-@ ski configuration has two skis . Skiers in this class use outrigger skis for balance , as leverage to right themselves when they fall , and for turning . 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 . Factoring for the 2011 / 2012 alpine ski season was done based on subclass , with LW10.1 factoring being 0 @.@ 7234 for Slalom , 0 @.@ 7794 for Giant Slalom , 0 @.@ 7942 for Super @-@ G and 0 @.@ 8004 for Downhill , and LW10.2 factoring being 0 @.@ 7399 for Slalom , 0 @.@ 8152 for Giant Slalom , 0 @.@ 8069 for Super @-@ G and 0 @.@ 8183 for downhill . The percentage for the para @-@ Nordic 2012 / 2013 ski season was 86 % and for LW10.5 was 91 % .

= = Definition = =

LW10 is a para @-@ Alpine and para @-@ Nordic sit @-@ skiing classification , where LW stands for Locomotor Winter . LW10 skiers cannot sit up without support , which includes people with cerebral palsy in all their limbs . Competitors in this class lack " buttock sensibility " .

The International Paralympic Committee (IPC) defined this para @-@ Alpine classification as " a . Disabilities in the lower limbs , no functional sitting balance. b . CP with disabilities in all four limbs (functional classification) . " In 2002 , the Australian Paralympic Committee defined this classification for para @-@ Alpine as a sit skiing classification for " Athletes with disabilities in the lower limbs and no sitting balance (i.e. Cannot sit upright without support) . "

In para @-@ Nordic skiing , the IPC defines this class as for " those with impairments in the lower limb (s) and the trunk . " Cross Country Canada defines this para @-@ Nordic classification as " Impairment in the lower limbs and trunk with minimal trunk muscle activity in flexion and extension and no functional sitting balance . [The] athlete is unable to stand . " A skier in this class " will have minimal trunk muscle activity in flexion and extension so that the athlete is unable to maintain a sitting position against gravity while properly strapped to the test table and without arm support " .

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 . A skier must meet a minimum of one of several conditions to be eligible for a sit @-@ skiing classification . These conditions include a single below knee but above ankle amputation , monoplegia that exhibits similar to below knee amputation , legs of different length where there is at least a 7 centimetres (2 @.@ 8 in) difference , and combined muscle strength in the lower extremities less than 71 . Assessment for this classification includes consideration of the skier 's medical history and disability , a physical examination , and an in @-@ person assessment of the skier training or competing . During the assessment process , six different tests are conducted that look at the skier 's balance on different planes , and test for upper body strength and levels of mobility . The guideline scores for people to be assessed in this classification are 0 ? 8 .

= = = LW10.5 = = =

Cross Country Canada defined this para @-@ Nordic classification as " impairment in the lower limbs and trunk with some upper abdominal and trunk muscle activity and no functional sitting balance . [The] athlete is unable to stand " . In para @-@ Nordic skiing , LW10.5 is for sit skiers

with disability affecting their lower extremities and trunk function , and who lack " buttock sensibility S1 @-@ S5 " .

= = Equipment = =

In para @-@ Alpine skiing , the skier uses a monoski , which is required to have breaks on both sides of the ski . The chair can detach from a ski . Helmets are required in LW10 para @-@ Alpine competition ; Slalom helmets for Slalom and crash helmets for the Giant Slalom . The para @-@ Nordic sit @-@ ski configuration has two skis . LW10 para @-@ Nordic sit @-@ skiers can use a sit @-@ ski with outrigger skis , which are forearm crutches with a miniature ski on a rocker at the base . They sometimes use a quadriplegic ski , called a " Swing @-@ Bo " , which was designed to give the skier better steering , and rely less on outriggers . In the Biathlon , athletes with amputations can use a rifle support while shooting .

= = Technique = =

Skiers use outriggers for balance and as leverage when they fall to right themselves . Outriggers are also used for turning ; skiers use the outrigger and their upper body by leaning into the direction they want to turn . In para @-@ Nordic skiing , outriggers or ski poles are used to propel the skier forward . If skiers fall , they may require assistance in righting themselves , and / or getting back to the fall line . Doing this on their own , they need to position their mono @-@ ski facing uphill relative to the fall line .

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

= = Sport = =

A factoring system is used in para @-@ Alpine and para @-@ Nordic skiing to allow different classes to compete against each other when there are too few individual competitors in one class . A number is given to each class of skiers based on their functional mobility or vision levels ; the results are calculated by multiplying the finish time by the factored number . The resulting number is used to determine the winner in events where the factor system is used . During the 1997 / 1998 ski season , the percentage for this para @-@ Nordic classification was 84 % . For the 2003 / 2004 para @-@ Nordic skiing season , the percentage for was 87 % . The percentage for the 2008 / 2009 and 2009 / 2010 para @-@ Nordic ski seasons was 86 % and for LW10.5 was 91 % . Factoring for the 2011 / 2012 alpine ski season was done based on subclass ; LW10.1 factoring was 0 @-@ 7234 for Slalom , 0 @-@ 7794 for Giant Slalom , 0 @-@ 7942 for Super @-@ G and 0 @-@ 8004 for downhill . LW10.2 factoring was 0 @-@ 7399 for Slalom , 0 @-@ 8152 for Giant Slalom , 0 @-@ 8069 for Super @-@ G and 0 @-@ 8183 for downhill . The percentage for the para @-@ Nordic 2012 / 2013 ski season was 86 % and was 91 % for LW10.5.

In para @-@ Alpine skiing events , LW10 skiers are grouped with sitting classes , who are seeded to start after visually impaired classes , and the classes in the Slalom and Giant Slalom . In downhill , Super @-@ G and Super Combined , this group competes after the visually impaired classes and before standing classes . In cross @-@ country and biathlon events , this classification is grouped with other sitting classes . The IPC advises event organisers to run the men 's sit @-@ ski group first , then the women 's sit @-@ ski group section , the visually impaired , and the standing skiers .

For alpine events , a skier is allowed one push , without running , from the starting position at the start of the race . If the competitor skis off the course during a para @-@ Nordic race , a race official may assist him or her back onto the course . Skiers cannot use their legs to break or steer during the race .

Skiers in the LW10 class can injure themselves while skiing . Between 1994 and 2006 , one skier in the LW10 class was injured on the German national para @-@ Alpine skiing team . He had a clavicle fracture in 2001 , which corresponds to the higher rate of " plexus brachialis distorsion and a higher rate of shoulder injuries " in the LW10 class compared to able bodied skiers .

== Events ==

At the 2002 Winter Paralympics in alpine @-@ skiing , this classification was not grouped with others for the men 's downhill , Giant Slalom , Slalom and Super @-@ G events . At the 2002 Games , women skiers in the Giant Slalom , Slalom , and Super @-@ G were grouped with LW11 and L12 for one medal event , and they were grouped with LW11 for the downhill event . At the 2004 Alpine World Championships , LW10 , LW11 and LW12 women competed against each other in a competition with factored results during the downhill event . At the 2005 IPC Nordic Skiing World Championships , this class was grouped with other sit @-@ skiing classifications . In cross country , this class was eligible to compete in the men 's 5 km , 10 km and 20 km individual race , and women were eligible to compete in the 2 @.@ 5 km , 5 km and 10 km individual races . In the men and women 's biathlon , this classification was again grouped with sit @-@ ski classes in the 7 @.@ 4 km race with 2 shooting stages 12 @.@ 5 km race , which had four shooting stages . At the 2009 Alpine World Championships , the class was grouped with other sitting classes , with four male (only one of whom finished) and one female LW10 skier competing in their respective downhill events .

== Competitors ==

Skiers in this classification include British skier Talan Skeels @-@ Piggins , United States skier Chris Waddell , and Japan 's Kuniko Obinata .