

# ADAPTIVE NORDIC SKIING

## WHO CAN PLAY?

Anyone with a permanent physical disability or visual impairment that can Nordic ski, can race and train alongside their teammates without disabilities with very few adaptations required.

## FACTOR SCORING

Racer	Class	Real Time	Factor	Factored Time	Overall Place
J. Doe	10	22.45	86%	19.34	3
J. Doe	11	19.39	94%	18.28	1
J. Doe	11.5	19.28	97%	18.55	2

## GROUPINGS

Sitting	Athletes with mobility impairments that require sitting down
Standing	Athletes with impairments that allow them to use traditional Cross Country skiing equipment
Visually Impaired	Athletes with visual impairments or blindness

## ADAPTIVE EQUIPMENT

### Sit Ski

A molded seating apparatus fitted to the skier, mounted on a metal frame on two cross country skis



## EQUIPMENT

- ⇒ Cross Country Skis
- ⇒ Ski Poles
- ⇒ Cross Country Ski Boots
- ⇒ Lightweight Ski Clothing

## RESOURCES

For more information, visit:  
[www.athleticsforall.net](http://www.athleticsforall.net)

