

ALPINE CENTRE CHALLENGE

GUIDE YOUR WAY



Para alpine skiing is a Paralympic sport where competitors are timed as they race down a long, steep course. Visually impaired athletes use exactly the same equipment as non-disabled athletes but require the assistance of a sighted guide, who skis ahead of the competitor.

Imagine you are competing in a Para alpine skiing competition using objects around your house, a blindfold and a friend or family member to help guide you.

What do I need?

- Household objects to make the ski poles and course
- A winter outfit to look the part
- A scarf or eye mask to use as a blindfold

How long will it take?

15 minutes



What should I do?

1. Use random objects to create the course in your house or in your garden. You could use pillows, socks, toys or any soft object around your house. Make sure to put a finish line.
2. Find a family member or friend to help navigate.
3. Place a scarf around your eyes to act as a blindfold. You could also use an eye mask, if you have one.
4. Find two random objects to use as your ski poles. You could use kitchen spatulas, hairbrushes, a cleaning mop. They don't have to both be the same.
5. If you have a bike helmet, coat and gloves, why not put it on? This will help you imagine you're really on the slopes!
6. Get your family member or friend to navigate you through your course (e.g. move two steps left, one step forward, three steps right). Remember to keep your blindfold on and to be careful where you put your feet. Move slowly, listen carefully and don't run.
7. Swap over when you're finished. Don't forget to take your blindfold off at the finish line!



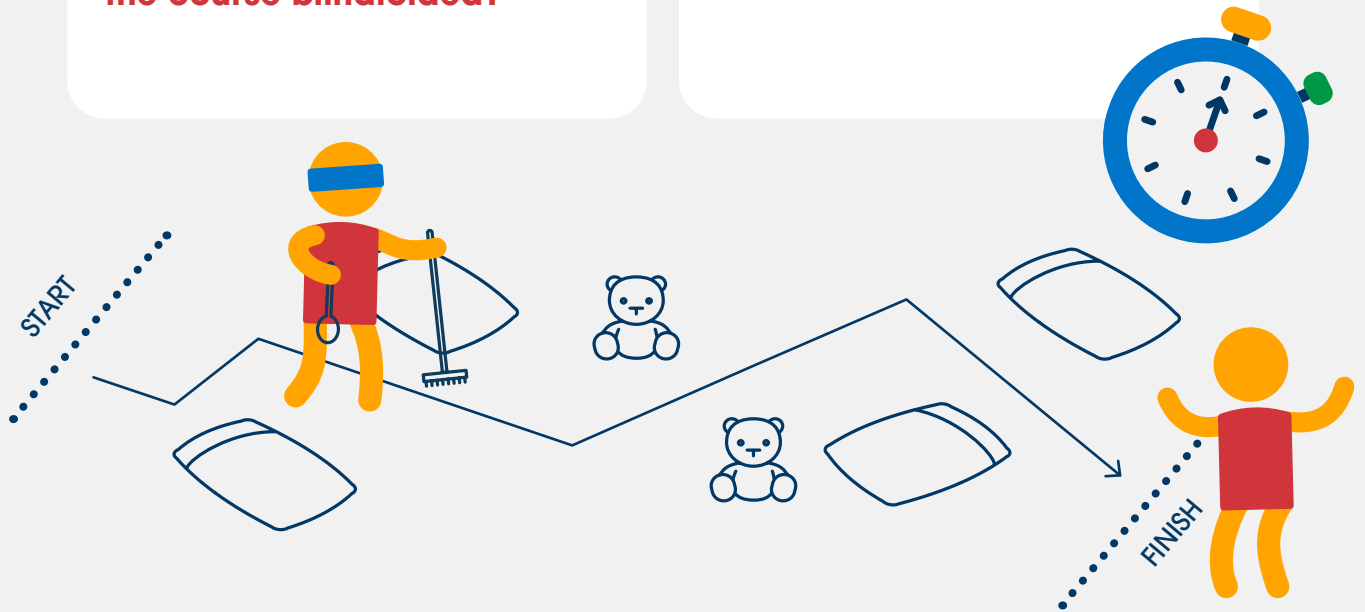
Extra challenge

1

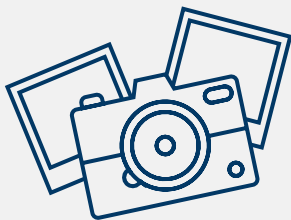
How fast can you complete the course blindfolded?

2

Who can do it the fastest?



Take it further



Take a video of your friend and/or family member navigating you through your Para alpine ski course! We can't wait to see your Para alpine skiing talent!

Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

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