

ABOUT CPISRA

Formed in 1978, the Cerebral Palsy International Sports and Recreation Association (CPISRA) is an international sports governing body for athletes with cerebral palsy, traumatic brain injury, stroke, and related conditions. CPISRA's goals are to provide multi-sport opportunities for its athletes. As an international sports association, CPISRA is a member of the International Paralympic Committee (IPC). Athletes are provided with opportunities to participate in a number of competitions culminating in the CPISRA World Championships for a variety of sports. With qualified coaches, they may be trained in their respective sport(s) to prepare for every competition, including the Paralympics. CPISRA seeks to educate coaches and sports technicians to foster the development of sports for athletes with cerebral palsy. Throughout the world, CPISRA also classifies all athletes with cerebral palsy and related conditions who wish to compete at the international level. For more information, contact the CPISRA secretariat or visit our website at www.cpisra.org.

CONTACT US

Secretariat CPISRA
Margret Kellner
Haferweg 13a
27793 Wildeshausen
Germany

Tel: + 49 4431 94 54 41
Fax: + 49 4431 94 54 55
Email: contact@cpisra.org



access to sport
CEREBRAL PALSY
INTERNATIONAL SPORTS &
RECREATION ASSOCIATION

Winter Sports



www.cpisra.org

Winter Sports

CPISRA offers skiing for athletes with Cerebral palsy in both Alpine and Nordic (cross-country) styles. Alpine skiers can participate in slalom, giant slalom, super G, and downhill competitions. Ski equipment is modified when necessary in order to ensure that all athletes can participate. Ice sledge racing is also available for men and women over a range of distances. This sport takes place in a 400M ice rink.



CLASSIFICATION

CPISRA athletes compete within classification ranges. The classification system ensures an even playing ground for athletes to compete against others with similar abilities. The classification system for skiing is run under the rules of an integrated functional system called the Locomotion Winter (LW) system. Skiing for people with cerebral palsy is available for those in classes from CP1 to CP8. CP5 to CP8 athletes may need special equipment to help them ski standing up. For those in classes CP1 to CP4 skiing usually takes place in the sitting position using sit skis. Ice sledge racing is for those in classes CP3 to CP5.

COMPETITIVE OPPORTUNITIES

Skiers with cerebral palsy (classes CP5—CP8) have the opportunity to take part in competitions through their respective national sports organization. Some countries offer opportunities to compete at events such as the Paralympics in Alpine and Nordic Skiing. Competitive skiing for those in classes CP1-CP4 are still under development and should be available in the near future. In the mean time, it may of course still be enjoyed at the recreational level.

BENEFITS OF SKIING FOR ATHLETES WITH CEREBRAL PALSY

- Therapeutic
- Develop/improve balance