



The Paralympics

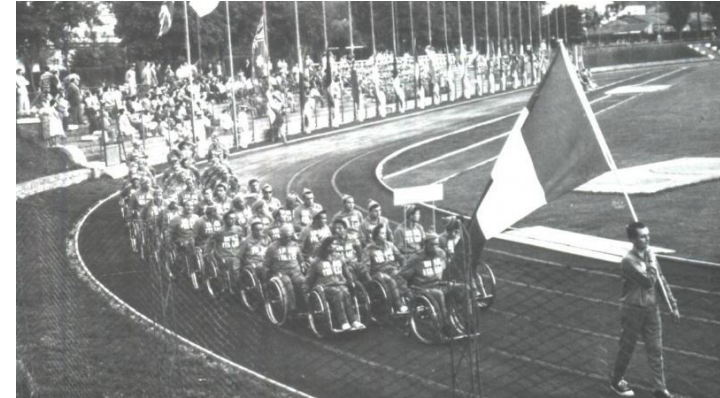
What are the Paralympics?

- the largest international event for disabled athletes and societal change
- take place shortly after every Olympic Games in the same host city
- are held every two years-alternating between the summer and winter Paralympic Games
- The word “Paralympic” derives from the Greek preposition “para” (beside or alongside) and the word “Olympic”.
- The goal of the Paralympics is to change public attitude towards people with disabilities.



History of the Paralympics:

- In 1944, Sir Ludwig Guttmann opened a spinal injuries centre at the Stoke Mandeville Hospital. This hospital grew into a rehabilitation centre where recreational and then competitive sport evolved.
- In 1948, Dr Guttmann organised the first competitive games for athletes with impairments.
- The very first Paralympic Games were officially held in Rome in 1960. They featured 400 athletes from 23 countries.
- The Paralympic Games have taken place in the same cities and venues as the Olympic Games due to an agreement between the International Paralympic Committee (IPC) and the International Olympic Committee (IOC). This agreement has helped in raising the profile of the Paralympic Games.



Disciplines at the Paralympics:

Winter Paralympics Sports:

- alpine & cross country skiing
- ice hockey
- snowboarding
- biathlon
- wheelchair curling

Summer Paralympics Sports:

- equestrian
- football 5-a & 7-a-side
- goalball
- powerlifting
- sitting volleyball
- swimming
- wheelchair fencing & rugby
- and other Paralympic Sports...

Highlights:

- Taliso Engel is a swimmer, who participated for Germany in Tokyo in 2020. He has a Vision Disability.
- Gianna Regenbrecht will be a participant for the German Paralympics Squad in Paris in 2024 as an equestrian. She has an Incomplete Paraplegia Disability.
- Anna-Lena Forster is an Alpine skier, who participated in Peking 2022, in Pyeongchang 2018 and in Sotschi 2014.



Paralympics Classification:

- The Paralympics Movement offers sports opportunities for athletes with physical, visual and intellectual impairments and these can be divided into 10 eligible impairment types which must be permanent in nature.
- The following are the Eligible Impairments in the Paralympics Movement:
 - Physical Impairment: Impaired Muscle Power, Impaired Passive Range of Movement, Loss of Limb or Limb Deficiency, Leg-Length Difference, Short Stature, Hypertonia, Ataxia, Athetosis
 - Vision Impairment
 - Intellectual Impairment
- The presence of a permanent eligible impairment must be proven by means of medical diagnostic information that must be presented no later than at the time of athlete evaluation.

QUOTE:

- The Paralympics started as a small gathering of British World War II veterans in 1948 and became one of the largest international sporting events by the early 21st century.

THE END!!!