

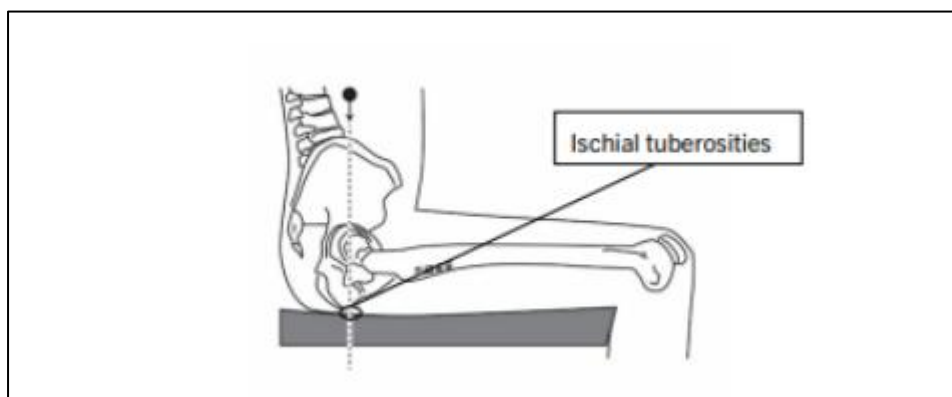
## Para Nordic Sit Ski Template for the Competition Equipment Registration

This document serves as a template for how to correctly upload Para Nordic Sit-Ski information into the FPDMS Competition Equipment Registration.

**Please note that the maximum file size that can be updated to FPDMS is 2MB (you might need to upload more than one PDF file per sit ski set). The maximum number of files that can be uploaded is five.**

### Guidelines:

- Images of sit ski should showcase the equipment from the side, the front, the back and the top.
- Please make sure to include a vertically aligned measuring tape in images of the sit ski to illustrate; 1) a side view of the overall height of the sit ski (including the backrest), 2) the slope of the sit ski frame and bucket/ sitting surface, 3) the distance from the top of the ski, a) to the anterior (front) margin of the sit ski sitting surface, b) to the top of the unloaded seat cushion (at the point where the athlete's ischial tuberosity (buttocks) contacts the seat surface (in cm), see graphic below),

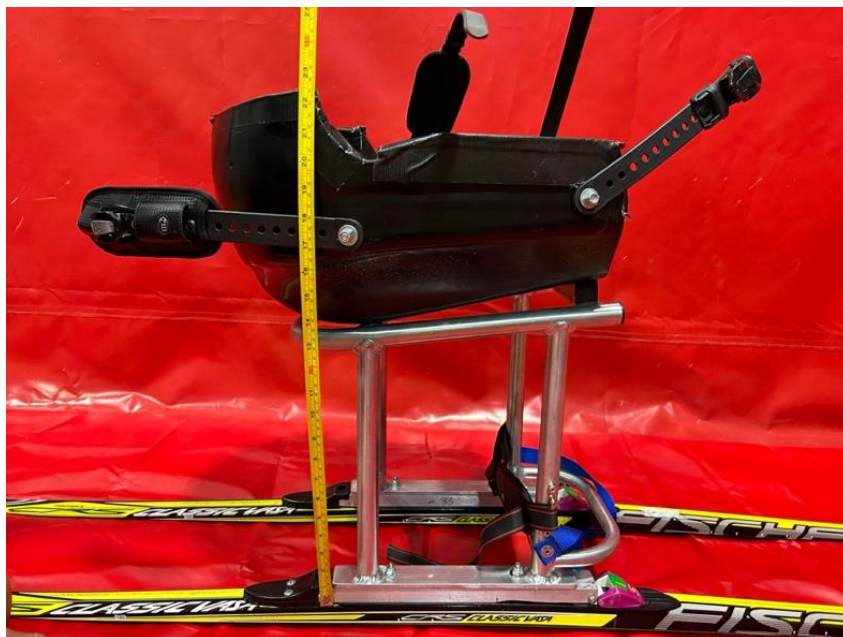


- 4) the distance from the top of the ski to the posterior (back) margin of the sit ski
- Please make sure to include a horizontally aligned measuring tape in images of the sit ski to illustrate, 1) the width of the sit ski sitting surface and, 2) the length, of the sit ski sitting surface.
- Please ensure the photos include clear visualisation of all straps and all anchor points of the strapping. This includes all strapping used to stabilize the athlete's trunk and lower extremities. (Be sure to demonstrate all strapping secured to the sit ski as well as all external non-attached strapping used by the athlete.)

Vertically Aligned Measurements:

**#1 Side view of the overall height of the sit ski (including the backrest)**

Template picture:



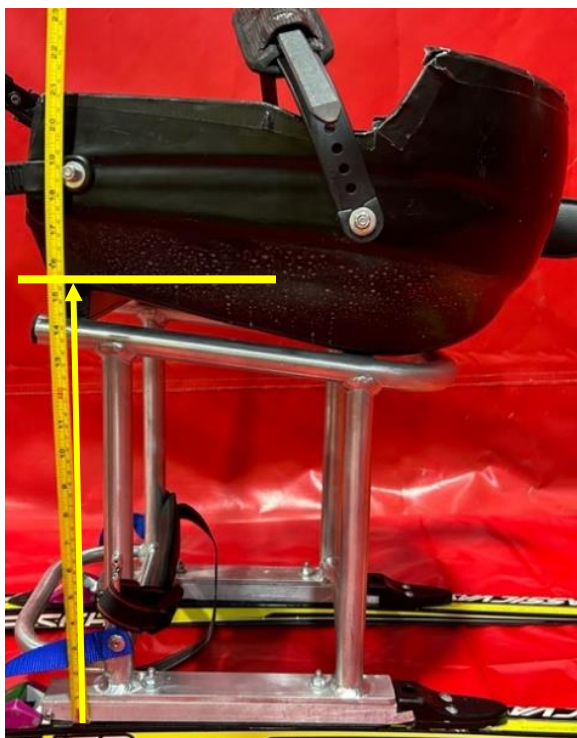
According to the template, please submit the picture below:

**#2 Sit Ski from the side demonstrating the anterior/front height of the sit ski frame/bucket and the posterior/back height of the sit ski frame/bucket, demonstrating the external view of the seating surface slope.**

Template pictures (yellow lines/arrows are only displayed for guidance):

a)

b)



According to the template, please submit the pictures below:

**Demonstrate slope of frame/bucket/sitting surface:**

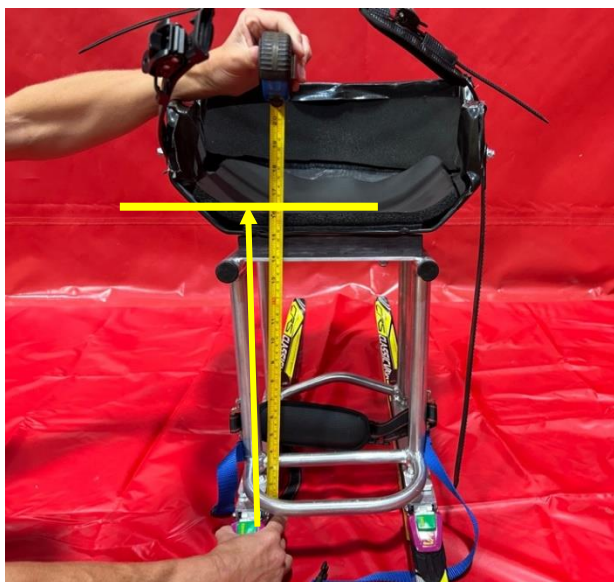
- a) Measurement of the distance from the top of the ski to the anterior (front) margin of the sit ski bucket / sitting surface (in cm):
- b) Measurement of the distance from the top of the ski to the posterior (back) margin of the sit ski bucket / sitting surface (in cm):

**#3 Sit Ski from the front demonstrating the interior view of the sitting surface slope;**

- a) the distance from the top of the ski to the top of the unloaded seat cushion at the front margin of the seat (the most anterior aspect of the sitting surface) (in cm), see graphic below),
- b) the distance from the previous measurement in (a), which provides a horizontal reference point, to the top of the unloaded seat cushion (at the point where the athlete's ischial tuberosity (buttocks) contacts the seat surface (in cm), demonstrating the sitting surface slope) see graphic below.

Template pictures (yellow lines/arrows are only displayed for guidance):

a)



b)



According to the template, please submit the pictures below:

a) Measurement of the distance from the top of the ski to the top of the anterior margin/front edge of the unloaded seat cushion (in cm):

b) Measurement from a reference point from the anterior margin/ front edge of the unloaded seat cushion (a) to the top of the unloaded seat cushion at the point where the athlete's ischial tuberosity (buttocks) contacts the seat surface (in cm):

## #4 Sit Ski from the back, demonstrating overall sit ski height

Template picture:



According to the template, please submit the picture below:

Measurement of the distance from the top of the ski to the top of the backrest, or otherwise, the highest aspect of the sit ski (in cm):

Horizontally aligned measurements:

#1 Sit Ski Sitting Surface – Width, from a top view

Template picture:



According to the template, please submit the picture below:

Measurement of the width of the sit ski sitting surface (in cm):

## #2 Sit Ski Sitting Surface – Length, from a top view

Template picture:



According to the template, please submit the picture below:

Measurement of the length of the sit ski sitting surface (in cm):

**Visualisation of all straps and all anchor points of all strapping (if not already CLEARLY DEMONSTRATED in previously pictures).**

Be sure to demonstrate all strapping secured to the sit ski, as well as all external non-attached strapping used by the athlete.

Template pictures:







According to the template, please submit the picture below: