

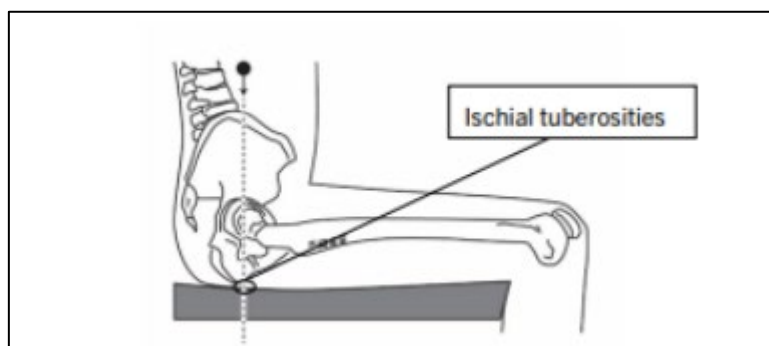
Para Cross-Country Competition Equipment Registration Guide - Sit Ski

This document serves as a guide for how to submit the correct Para Cross-Country Sit-Ski images and measurements into the FPDMS Competition Equipment Registration.

Images

Images should include:

- 1) Side view demonstrating the height of the sit ski.
A tape measure should be placed on the top of the ski, vertically aligned under the point where the athlete's most inferior aspect of the ischial tuberosity ('buttocks' - see figure below) contacts the seat surface with the tape measure extended vertically up the side of the sit ski seat to demonstrate the height of the sit ski.



- 2) Side view (opposite side to image 1)
- 3) Front views demonstrating the interior of the sitting surface and:
 - a. the distance from the top of the ski (the point on the ski, not including the binding) to the top of the compressed seat cushion at the front margin of the seat (the most anterior aspect of the sitting surface); and
 - b. the distance from measurement 3a, which provides a horizontal reference point, to the top of the compressed seat cushion (at the point where the athlete's ischial tuberosity [buttocks] contacts the compressed seat surface, demonstrating the sitting surface slope)

*Please ensure the photos include clear visualisation of the numbers on the tape measure.

*Please ensure the photos also include clear visualisation of all straps and all anchor points of the strapping. This includes all strapping used to stabilize the athlete's trunk, pelvis 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). Example images are provided below.

Please note that the maximum photo size that can be uploaded to FPDMS is 5MB. The maximum number of photos that can be uploaded is five. Images may be uploaded individually or together in one PDF file.

Example Images:

Image 1:



Image 2:



Image 3a:

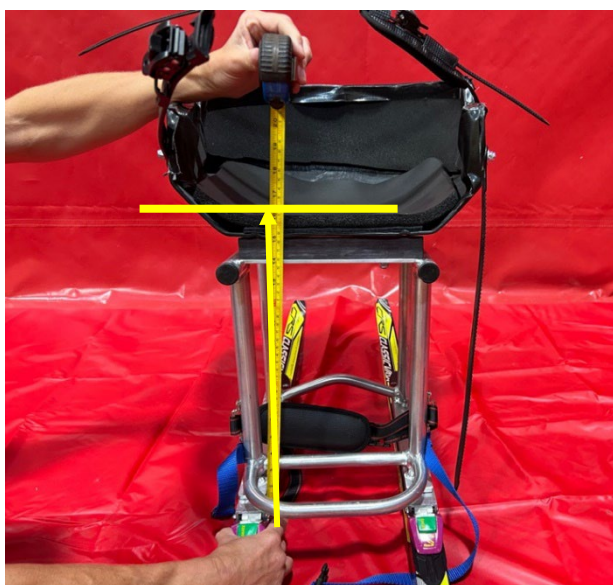


Image 3b:



(Yellow lines/arrows are only displayed for guidance)

Measures

Measurements (in cm) to be provided in FPDMS:

Measure 1: Height difference between the athlete's seat surface (the point at which the athlete's ischial tuberosity is positioned, during competition conditions, on the seat surface/seat cushion) and the top of the ski (the point on the ski, not including the binding, vertically aligned below the athlete's ischial tuberosity) (Maximum height should be 40cm, unless an exemption is applied for).

Measure 2: Distance from the top of the ski (the point on the ski, not including the binding, aligned under the anterior (front) margin of the sit ski) to the anterior (front) margin of the sit ski sitting surface – compressed if applicable (see example image 3a)

Measure 3: Create a horizontal level marker with the anterior (front) margin of the seat (the measurement point of #2) and measure the distance from the horizontal level of the front margin of the seat, to the compressed seat cushion (the point where the athlete's most inferior aspect of the ischial tuberosity (buttocks) contacts the seat surface (see example image 3b).
NOTE: For sit skis without obstructed lateral view of sitting surface, this measure #3 is not necessary.