

LEARN MORE ABOUT THE PARALYMPIC GAMES



[CLICK HERE](#) OR SCAN THE QR CODE TO READ ABOUT THE GAMES

What Are the Paralympics?

The Paralympic Games are a global sporting event for elite athletes with disabilities. They take place every two years — alternating between Summer and Winter — and follow the Olympic Games in the same host city. This year the Winter Paralympic Games will take place in Milan and Cortina, Italy!

The word Paralympic comes from the Greek word “para,” meaning “beside” or “alongside.” The Paralympics exist alongside the Olympics and represent the same level of excellence and competition.

What Makes the Paralympics Unique?

- **Sport Classifications** - Athletes compete in categories based on how their impairment impacts performance, ensuring fair and exciting competition. This means athletes compete against others with similar levels of movement, balance, vision, or coordination.
- **Innovation in Sport** - From racing wheelchairs to sit-skis, adaptive equipment allows athletes to push the limits of performance.
- **The Agitos Symbol** - The symbol of the Paralympic Movement is called the Agitos, which is Latin for “I move.” The Agitos reflects the idea that sport is always moving forward, just like champions. The symbol features three curved shapes in the colors red, blue, and green representing:
 - Movement — forward motion and progress
 - Unity — athletes from around the world coming together
 - Determination — striving toward excellence
 - Inclusion — access and opportunity for all



Winter Paralympic Sports

- **Alpine Skiing** - Fast-paced downhill racing featuring speed and technical events. Athletes compete standing, sitting in a sit-ski, or with a guide for visual impairments.
- **Nordic Skiing** - This includes both cross-country skiing and biathlon. Athletes race across long snowy trails, and in biathlon, they stop to shoot at targets before continuing.
- **Sled Hockey** (Para Ice Hockey) - A high-speed team sport played while sitting on a lightweight sled with blades underneath using two sticks — one end to move across the ice, the other to control the puck. The rules are similar to traditional ice hockey and emphasize teamwork and strategy.
- **Snowboarding** - Athletes race in events like banked slalom and snowboard cross, demonstrating balance, agility, and explosive power. Snowboard athletes are grouped based on whether their impairment affects their upper limbs (arms or hands) or lower limbs (legs).



SLED HOCKEY

A high-speed team sport played while sitting on a lightweight sled with blades underneath using two sticks — one end to move across the ice, the other to control the puck. The rules are similar to traditional ice hockey and emphasize teamwork and strategy.

[CLICK TO LEARN MORE](#)



SNOWBOARD

Athletes race in events like banked slalom and snowboard cross, demonstrating balance, agility, and explosive power. Snowboard athletes are grouped based on whether their impairment affects their upper limbs (arms or hands) or lower limbs (legs).

[CLICK TO LEARN MORE](#)



ALPINE SKIING

Fast-paced downhill racing featuring speed and technical events. Athletes compete standing, sitting in a sit-ski, or with a guide for visual impairments.

[CLICK TO LEARN MORE](#)



BIATHLON

A sport that combines cross-country skiing and target shooting. Athletes must stay calm and focused after intense physical effort.

[CLICK TO LEARN MORE](#)