

THE

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PARALYMPIAN

www.paralympic.org



Para-Triathlon

Included alongside Para-Canoe at
the Rio 2016 Paralympic Games



130 skiers
from 23 countries took
part in January’s
IPC Alpine Skiing World
Championships



France’s Marie Bochet tackles the course at the IPC Alpine Skiing World Championships

“On behalf of the whole Paralympic Movement I wish Japan and New Zealand well and hope they show courage and strength in rebuilding their lives and infrastructure.”

Dear Readers,

Welcome to a packed edition of The Paralympian, the first of 2011, which I’m sure you will find full of Paralympic sports action.

Before I tell you about what is inside this edition I think it is only right to express my thoughts and condolences to the people of Japan and New Zealand following February and March’s fatal earthquakes.

For a major earthquake to hit Christchurch so soon after the conclusion of the IPC Athletics World Championships has made it feel even more tragic for the whole Paralympic Movement.

Usually disasters of this magnitude happen in places where very few of us have ever been. But this occurred in a place where just three weeks earlier we had over a thousand athletes and officials.

I know lots of us could relate to the harrowing TV pictures, especially those of Cathedral Square where only a few weeks earlier the scene was very different with a colourful Opening Ceremony event featuring all the athletes.

On behalf of the whole Paralympic Movement I wish Japan and New Zealand well and hope they show courage and strength in rebuilding their lives and infrastructure.

New Zealand features heavily in this edition. In addition to a full review of the 2011 IPC Athletics World Championships, we also speak to Fiona Pickering, the Chief Executive of Paralympics New Zealand. She shares with us her views on what legacy the Championships will leave whilst Australia’s Evan O’Hanlon, who won two sprint gold medals in Christchurch, tells us his aim to become the World’s fastest Paralympian.

The main focus of this issue however is the publication of the IPC’s Strategic Plan 2011-2014 which outlines the direction the governing body wishes to take over the next four years.

It focuses on the goals and priorities to be pursued by the IPC headquarters in Bonn and aims to build on previous successful plans that achieved significant results.

We also talk to Para-Canoe and Para-Triathlon, the two new sports that will form part of Rio 2016 Paralympic Games.

As well as looking ahead to future events in the Paralympic calendar, we review a number of thrilling events that took place in the last few months including the Asian Para Games, IPC Alpine Skiing World Championships, IPC Ice Sledge Hockey European Championships, Paralympic Winter World Cup and the IPC Biathlon and Cross-Country Skiing World Cup Finals!

As usual, we have a round-up of the latest updates from London 2012, Sochi 2014 and Rio 2016.

In fact we had so much content for this edition that we have had to put much more of it online! So if you want to see extended interviews with Seb Coe and Evan O’Hanlon simply log onto www.ParalympicSport.TV or visit www.youtube.com/paralympic sporttv to see more.

Enjoy this issue and the additional online content!

Philip Craven

Sir Philip Craven, MBE
IPC President





Enjoy this edition of “The Paralympian” – the official magazine of the Paralympic Movement!

NEW STRATEGIC PLAN 06

The IPC’s new Strategic Plan maps out the direction of the Paralympic Movement for the next four years

SPORT PROFILE 10

IPC Shooting has recently signed a Memorandum of Understanding with the National Shooting Sport Foundation

FUTURE GAMES 12

London 2012 signs up BBC Radio Five Live, Seb Coe gives his view with 18 months to go and Sochi 2014 announces Test Events

WELCOME TO THE FAMILY 14

Para-Canoe and Para-Triathlon will form part of the Rio 2016 Paralympic Games Sports Programme

NPC PROFILE 16

Paralympics New Zealand on the legacy the IPC Athletics World Championships will leave

ATHLETE PROFILE 18

Australian sprint king Evan O’Hanlon on his target to be the fastest Paralympian in the world

06

The IPC Strategic Plan 2011-2014 covers six Strategic Goals including building a greater understanding of the Paralympic brand.

PARTNERS & PATRONS 20

Otto Bock are the second Paralympic only sponsor of the London 2012 Games

EDUCATION & DEVELOPMENT 22

Workshops aimed at empowering youngsters with a disability to get into sport will be rolled out in Central America later this year

MEDICAL AND SCIENCE 24

The IPC Medical Code will improve the safety of athletes participating in Paralympic Sport and come into force in 2013

SPORT REVIEW 26

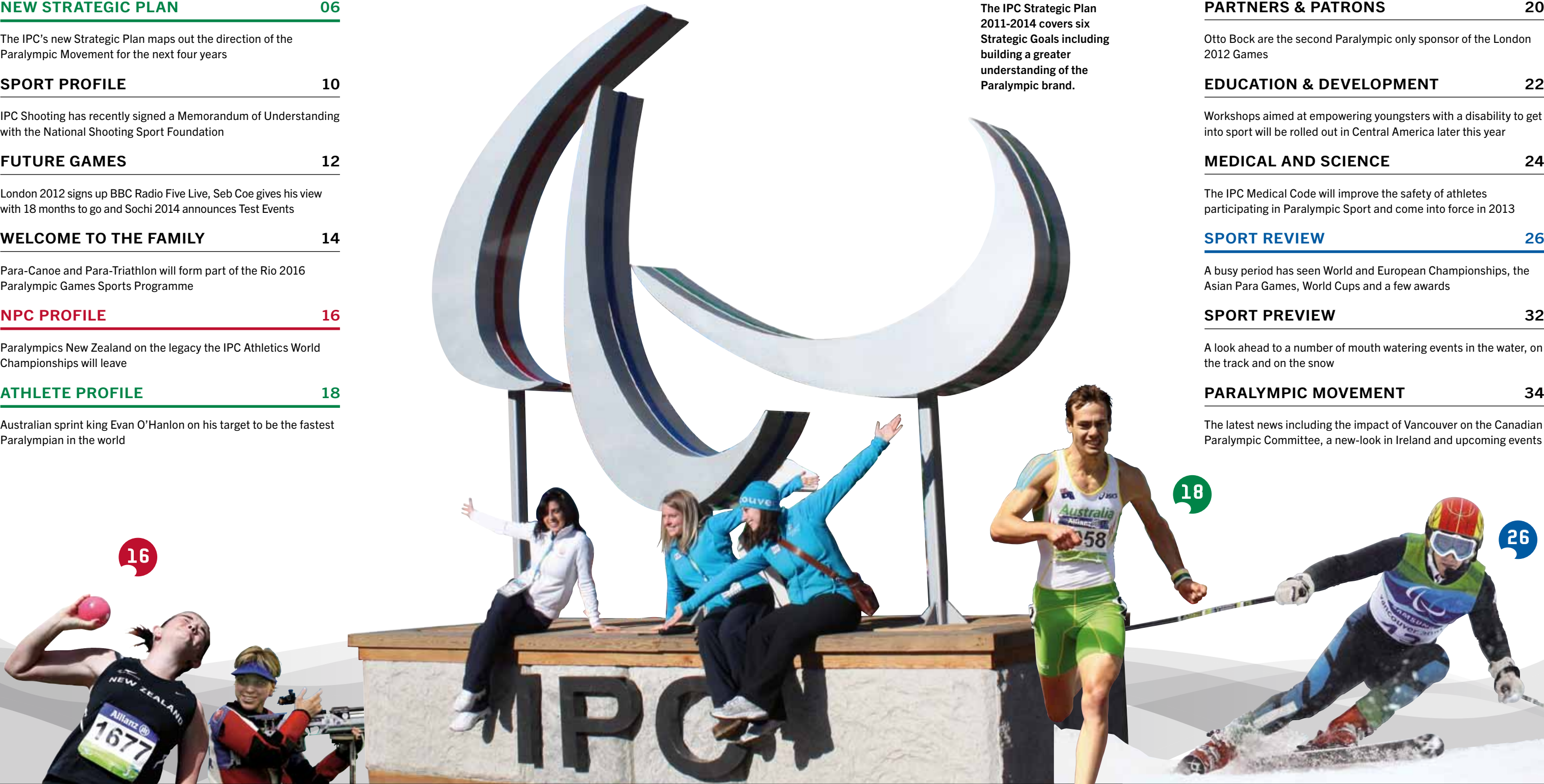
A busy period has seen World and European Championships, the Asian Para Games, World Cups and a few awards

SPORT PREVIEW 32

A look ahead to a number of mouth watering events in the water, on the track and on the snow

PARALYMPIC MOVEMENT 34

The latest news including the impact of Vancouver on the Canadian Paralympic Committee, a new-look in Ireland and upcoming events



New Strategic Plan

The next leg of our journey

“It really does detail, this is who we are, this is what our purpose is and this is what we are going to do over the next four years.”

Every major organization whether it be a major blue-chip company, a Government department or a charity needs a plan, a sense of direction and purpose, and the IPC is no different.

In April 2011 the IPC launched its new Strategic Plan for 2011-2014 which outlines the direction the international governing body for the Paralympic Movement will be taking over the next four years.

It aims to build on previously successful plans whilst focusing on the current goals and priorities to be pursued by the IPC in Bonn, Germany. It will combine with the strategies around the vision of the wider Paralympic Movement and on the fundamental principles outlined in the Paralympic Handbook.

Sir Philip Craven, IPC President, said: “This plan is one of the most important and complex pieces of work the IPC has ever produced as it explains the future path of the Paralympic Movement.

“It primarily targets our members and will serve as a reference document for them and a source of inspiration for their long-term planning. At the same time it describes the IPC’s role and responsibilities as an International Federation for nine sports which must not be forgotten.”

“The Paralympic Movement is now at a point where it needs a renewed impetus, a new rush of hyper energy.”

Come a Long Way

The IPC’s first Strategic Plan was developed in early 2003 and since then the Paralympic Movement has enjoyed notable success.

Successful Paralympic Games in Athens, Torino, Beijing and Vancouver since then has been combined with improved levels of sponsorship and more spectators.

“If you compare where the Movement was in 2003 and where it is now, we have certainly come a long way together,” said Sir Philip Craven. “I don’t think anyone in 2003 would have dared to dream that we would one day have a Games like we had in Beijing, but that’s a real indication of what has been achieved.

“We now have a sound financial base, the quality of the Paralympic Games has improved significantly, our members see us as a value for money organization and most importantly we’ve been transformed from a disability sports organization to a sports organization.

“This has not just happened by luck though. It has been achieved by having a clear direction, assessing where we are, where we want to go to and what we need to do along the way to get there.

“The Paralympic Movement is now at a point now where it needs a renewed impetus, a new rush of hyper energy.

“We need to maintain the standards we have achieved so far and kick on to ensure sustainable development. Above all we need to produce a generation of a new and far wider pool of Paralympic athletes from all over the world.

“This new Strategic Plan is the next leg of our journey.”

Building the Plan

The Strategic Plan was developed during the second half of 2010 and was approved by the IPC Governing Board in December 2010.

The starting point however was the 2009 General Assembly in Kuala Lumpur, Malaysia where members highlighted the need to not only continue hosting successful Paralympic Games and World Championships but to increase the number of people participating in Paralympic Sport.

Sir Philip Craven said: “The Governing Board took the lead in developing the plan but in very close consultation with IPC Senior Management. After all it is those at IPC Headquarters who will ensure the implementation of the plan over the coming years. This will be achieved in close partnership with the volunteers and staff of all IPC member organizations.

“Along the way interviews were conducted with all Paralympic stakeholders, board members, senior staff and others to get a full picture of what we wanted to achieve.

“It’s important we build on the success of previous plans, but as with all strategic plans when outlining what you want to achieve you also need to identify what challenges and risks you might face in the future.

“The resulting plan is something we are very proud of. A lot of time and energy has gone into developing it and we are sure our members will see the benefits over the coming years.”

Building on the Vision

The new Strategic Plan is based around six strategic goals which support and contribute to the overall philosophy and vision of the Paralympic Movement.

“The first three goals reflect the core business of the IPC in Bonn,” explained Sir Philip. “What we do on a daily basis.

“The IPC is responsible for the Paralympic Games, must support the development of a new generation of Paralympic Athletes by our members and increase the world’s awareness of the IPC and Paralympic brands.

“The last three goals – funding, organizational capability and strategic partnerships - are tactical goals and help support the IPC’s core business. Together the core business and tactical goals work together to deliver the vision.

“This is a very exciting time for the Paralympic Movement.”

“For example without funding and strategic partnerships we’d struggle to host the Paralympic Games and develop new athletes, but integrated and working together we can ensure growth.

“At the same time as we understand how these two groups of goals work together, we must not lose sight of why we are doing all of this in the first place.

“Why do we have the Paralympic Games and what are the benefits of more athletes taking part in Paralympic Sport?

“Well the answer is that it plays a part in societal change through staging major Paralympic competitions. This was most apparent in Beijing and China in 2008 where negative perceptions were well and truly blown out of the water.”

To achieve each Strategic Goal the plan outlines a number of Strategic Priorities. These are the activities the IPC will do between now and 2014 to help achieve its vision.

“This is a very exciting time for the Paralympic Movement. Through this plan the desire to maintain sporting excellence, while at the same time generating many new athletes and spreading the benefits of Paralympic Sport throughout society, will be at the core of the IPC’s philosophy and vision for years to come,” added Sir Philip Craven.

MEMBERS GIVE POSITIVE FEEDBACK TO THE IPC

As part of the IPC’s Strategic Planning process an online survey was conducted in October and November 2010 to find out whether members were happy with the direction of the IPC and the issues it is tackling.

A total of 195 members, including all sports, were invited to participate in the survey and two out of five (40%) responded giving glowing feedback about the work the IPC is currently undertaking.

Nine out of 10 (91%) members felt the IPC is setting the right priorities and tackling the main concerns of the membership and even more (96%) felt the IPC’s vision ‘To Enable Paralympic Athletes to Achieve Sporting Excellence and Inspire and Excite the World’ was correct.

The survey also revealed education and working tools are considered the most important support services the IPC can provide its members in fulfilling their work. The membership shows that it is eager to take matters into their own hands providing the IPC assists them and facilitates that trend.

One in four (24%) felt the IPC should provide an education service for administrators whilst one in five (20%) asked that the IPC provide the provision of working tools such as website toolkits, contact databases and templates to its members. Arno Wolter, the IPC’s Executive Planners and Games Advisor said: “It is important that we regularly gauge the opinion of

our members to establish whether we are correctly meeting their needs.

“The results are extremely pleasing. Members’ feedback has been built into the new Strategic Plan and we have already started implementing a number of initiatives to address their needs.

“The IPC Academy aims to increase the knowledge base of our members and we are already pursuing a project to develop website resources for a number of our smaller members this year and beyond.”

Three out of four (76%) members who replied felt the IPC is doing all that it can to raise funds with a number suggesting a long-term marking plan is needed. When asked what the IPC could do better in the future, the answers from the membership highlighted the complexity of the IPC’s work as they covered many different areas.

Nearly one in three (29%) said the IPC should focus on its core business, a suggestion now been addressed through the IPC Strategic and Corporate Plans which help to set priorities and streamline the work efforts. Furthermore half this number (15%) wanted the IPC to support NPCs more. One in eight (13%) wanted an improvement in classification, an improvement in the IPC’s communication to stakeholders, education and sports development.

The IPC’s Six Strategic Goals 2011-2014



Goal 1 – Paralympic Games
Ensure successful Paralympic Games for all participants.



Goal 2 – Athlete Development
Promote opportunities to engage in and grow Paralympic sports.



Goal 3 – Paralympic Brand
Build greater understanding and use of the Paralympic brand.



Goal 4 – Funding
Ensure appropriate funding and identify revenue opportunities.



Goal 5 – Organizational Capability
Enhance efficient structures to ensure the ability to deliver.



Goal 6 – Strategic Partnerships
Leverage partnerships to use synergies and broaden the reach.



FACTS

- IPC Shooting includes:
- Paralympic Games medal events**
- Men's and Women's individual 10m Air Rifle Standing – SH1
 - Men's and Women's individual 50m, Rifle 3 positions – SH1
 - Men's and Women's individual 10m Air Pistol – SH1
 - Mixed 10m Air Rifle Prone – SH1
 - Mixed 10m Air Rifle Standing – SH2
 - Mixed 10m Air Rifle Prone – SH2
 - Mixed 50m Rifle Prone – SH1
 - Mixed 25m Pistol – SH1
 - Mixed 50m Pistol – SH1
- Non-Paralympic Games medal events**
- Mixed 50m Rifle Prone – SH2
 - Mixed Falling Targets Rifle – SH1 and SH2
 - Men's and Women's 10m Air Pistol – SH1
 - Mixed 10m Air Pistol Standard – SH1
 - Mixed Falling Targets – SH1
- Classes**
- SH1:** Pistol and Rifle competitors that do not require a shooting stand.
 - SH2:** Rifle competitors who have no ability to support the weight of the firearm with their arms and therefore require a shooting stand.



Shooting

Debut Appearance

Shooting made its first appearance at the Paralympic Games in 1976 in Toronto and has remained a fixture since.

Governed by the IPC, the sport is today regularly practiced by more than 600 athletes in 56 countries from all five continents.

Co-ordinated by the IPC Shooting Technical Committee, the sport follows the modified rules of the International Shooting Sport Federation (ISSF) which take into account the differences that exist between Shooting for the able-bodied and Shooting for people with a disability.

About the Sport

Shooting is a test of accuracy and control in which competitors use pistols or rifles to fire a series of shots at a stationary target 10, 25 and 50m away.

A shooting target is made up of 10 concentric scoring rings with a score grade of one to 10, the central ring 'bullseye' giving 10 points. In the final, the rings are subdivided into more score zones with 10.9 being the highest possible score.

There are two classes of competition, wheelchair and standing, and a functional classification system enables athletes from different disability classes with the same abilities to compete together either individually in Men's or Women's events, or in Mixed teams.

Working with the ISSF

In December 2010, the IPC and the International Shooting Sport Federation (ISSF) signed a Memorandum of Understanding (MOU) to continue working together to further develop the sport.

It covers several areas including management, promotion of competitions and events, knowledge exchange and general development of the Paralympic Sport and participating athletes.

Although the two sports will remain independent of each other, the MOU means the two organizations will work together on a variety of projects including identifying suitable ISSF Technical Officials to be involved in IPC recognized competitions.

Athena Charitaki, IPC Shooting Sport Manager said: "Both sports have common interests and this MOU further strengthens a sport that is growing all the time. It will be beneficial to all involved.

"One of the first things we are pursuing through the agreement with the ISSF is how we can work together to co-ordinate referee courses in the future."

Look Ahead to London

Last July's IPC Shooting World Championships in Zagreb, Croatia was the biggest ever.

The eight day long competition attracted 246 athletes from 43 countries.

At the London 2012 Paralympic Games there will be 140 athletes competing in 12 medal events. Each National Paralympic Committee (NPC) can be allocated a maximum of five places for athletes through the Direct Qualification Method.

To be eligible for selection by an NPC, each athlete must be licensed, classified and have achieved the Minimum Qualification Standard at least twice in an IPC recognized competition.

This year there are five World Cup events planned. March's event in Poland and April's in Turkey can see athletes attain the Minimum Qualification Standard for the London Games.

In addition to reaching the Minimum Qualification Standard, the three World Cup events taking place later this year between May and November in Spain, USA and Australia are also Paralympic Qualification events. This means the winners in each category will earn extra places for London 2012 for their NPC.

For more information, please visit:

web >>>www.ipc-shooting.org

Who is the ISSF?

Based in Munich, Germany, the ISSF is the governing body of the Olympic Shooting events in Rifle, Pistol and Shotgun disciplines. Regulation of the sport, Olympic qualifications and organization of international competitions are at the core of ISSF's activities.

Founded in 1907 as the International Shooting Union, the ISSF affiliates 160 National Shooting Federations from all around the world. It organizes an annual World Cup Series in Rifle, Pistol and Shotgun events and a World Championship in all shooting events every four years. Separate World Championships in Shotgun events are conducted every two years, and a Running Target World Championship takes place every season.



Providing a World Service



London 2012 Radio Rights Awarded to the BBC



Long-time Paralympic broadcaster BBC has been awarded the radio rights to the London 2012 Paralympic Games the London 2012 Organizing Committee (LOCOG) announced at the beginning of February.

BBC Radio 5 live sports extra will broadcast live commentary and analysis of the Paralympic Games which take place from 29 August to 9 September 2012.

In addition, BBC Radio 5 plans include 25 hours of programmes and news from the Games, with key stories and highlights. BBC World Service and local BBC radio stations will also be used to provide coverage.

IPC President Sir Philip Craven has welcomed LOCOG's decision: "With the BBC's record of covering Paralympic Games, having them as the radio rights holder for the Paralympics in London will help us to reach out to the public via another media channel. It is the perfect combination for the Paralympics to have Channel 4 as the TV rights holder and the BBC holding the radio rights in the UK."

LOCOG Chair Seb Coe commented: "The BBC has been a great champion of the Paralympic Movement, and many of our iconic sporting memories are from the BBC's radio coverage of the world's biggest sporting events. Radio 5 live is a brilliant sports broadcaster and a perfect radio partner."

Interest in London 2012 is Growing all the Time



Seb Coe, Chairman of LOCOG, believes interest in the Paralympic Games is growing all the time amongst the people of London and the UK.

In an interview with www.ParalympicSport.TV, Coe said: "We are really noticing at the moment that more and more people are showing a real hunger for Paralympic Sport, whether it's through the ticketing process, through the way they are identifying an interest or through volunteering."

For 2011 LOCOG will be focused on operational readiness and delivering the Games. Venue construction is well under way, volunteers are being recruited, the tickets for the Paralympic Games will go on sale on 9 September 2011 and test events will be held throughout the year.

Coe's vision for the London Paralympics is that rather than making them different from previous Games, he wants to take the very best of every Games experience and bring them together. "I want the frenzy, eye for de-

tail and the fact that the athletes were the centre of the Beijing experience but I also want the party atmosphere and the engagement that Sydney had.

I want the spirit and humanity of Barcelona, I want the way that the people of Vancouver actually absorbed and welcomed the Paralympic Games.

"I tend not to look at how can we make them different, I tend to look at how we can absorb all the best things that I've witnessed both in Olympic and Paralympic Games"

With around 500 days to go to the Opening Ceremony of the London 2012 Paralympic Games, Coe is especially looking forward to world class performances and the big rivalries between athletes.

"People love head-to-head, they love to feel that they are heading towards a little bit of a shoot out. And I think having somebody else on the landscape that clearly is very competitive, clearly world-class, and clearly somebody that's going to push up standards is really important."

See more of Seb Coe's interview on:

[web >> www.ParalympicSport.TV](http://www.ParalympicSport.TV)

[web >> www.youtube.com/paralympicsport.tv](http://www.youtube.com/paralympicsport.tv)

Sainsbury's Scoop Major Award



UK supermarket chain Sainsbury's has won a major award for its sponsorship of broadcaster Channel 4's Paralympic Games coverage.

At the Promax BDA Awards, which recognize excellence in Marketing, Design and Creative content in the entertainment industry, the London 2012 Paralympic Games only sponsor scooped the Best Sponsors Credits Category for its 'Proud' idents.

Featuring 13 members of its own staff spelling out the word 'Proud' the idents aim to show how committed and delighted Sainsbury's employees are to be supporting the London 2012 Paralympic Games. They were first screened last August when Channel 4 broadcast a feature length documentary called "Inside Incredible Athletes".

Sainsbury's will significantly help to raise the profile of the Paralympic Games ahead of London 2012. With over 890 stores, comprising of 547 supermarkets and 343 convenience stores, the retailer serves 19 million customers a week, all of which will be exposed to Paralympic Games related communication between now and September 2012.

In addition to targeting its customers Sainsbury's is also looking at engaging its 150,000 employees in the sponsorship as it aims to fulfill its ambition to make London 2012 'the best Games ever'.

[web >> www.j-sainsbury.co.uk](http://www.j-sainsbury.co.uk)



Sochi 2014 Test Events to Start in 2012



The first Test Events for the Sochi 2014 Paralympic Winter Games will take place next year it was announced following January's two day long Project Review in Moscow.

The events which will feature the sports of Alpine Skiing and Biathlon will demand technical expertise and give athletes and officials the chance to test the readiness of the sports venues.



Rio 2016

Two New Sports for 2016 Paralympic



Para-Canoe and Para-Triathlon are to be included in the Rio 2016 Paralympic Games

The IPC Governing Board has voted to increase the number of sports at the Rio 2016 Paralympic Games to 22 with the addition of Para-Canoe and Para-Triathlon to the existing Sports Programme.

In July 2010 seven sports, including Para-Badminton, ID Basketball, Para-Canoe, Para-Golf, Powerchair Football, Para-Taekwondo and Para-Triathlon, submitted applications to the IPC to be included in the Summer Games programme. All applications, together with the 20 existing sports, were reviewed and evaluated by the IPC and a recommendation presented to the Governing Board to make their decision.

After a discussion about each application, the IPC Governing Board took part in a series of votes, at which end the decision was taken to keep the 20 existing sports and add Para-Canoe and Para-Triathlon to the programme.

Read more about the two new sports on pages 14 and 15.

[web >> www.rio2016.com](http://www.rio2016.com)

Also discussed at January's Project Review was a report on the specific issues posed by the Paralympic Games, the collaboration of the IPC and the Russian International Olympic University (RIOU) and the question of how volunteers' work will be organized.

The IPC was also updated on the progress of implementing the programme for creating a barrier-free environment and the construction of venues.

Xavier Gonzalez, the IPC's Chief Executive Officer, said: "The Project Review was very important for us to get an update on the progress made by the Sochi 2014 Organizing Committee. These meetings are essential to make the Sochi 2014 Paralympics a success.

"The programmes for the first Paralympic Test Events for example are already impressive, as well as the progress in creating a barrier-free environment."

The Sochi 2014 Paralympic Winter Games will take place 7-16 March 2014.

[web >> www.sochi2014.com](http://www.sochi2014.com)

Jumping for Joy!

It is not everyday that you find out that the sport you love has been included in the Rio 2016 Paralympic Games.

So what is the reaction when you find out?

“My President was jumping up and down with joy!” explained Simon Toulson, Secretary General of the International Canoe Federation (ICF), who along with Para-Triathlon found out in December that it would be included in the 2016 Paralympics.

“It actually took me by surprise as there were seven federations all looking for inclusion.

“I spoke to a few of our national federations afterwards and they were really, really excited. We put so much work into it, so to realize it, is brilliant.”

New Discipline

Para-Canoe is a fairly new discipline which was formerly known as PaddleAbility. In 2009 the ICF partnered with the International Va’a Federation (IVF) to launch the Para-Canoe Development Programme with the ambition of inclusion in the Rio 2016 Paralympic Games.

It is just like Canoe and gives people with various physical impairments the opportunity to enjoy sport at all levels – club, regional, national and international.

In an effort to join the 2016 Sports Programme, ICF has worked hard to increase participation, especially at the Para-Canoe Sprint World Championships.

At last year’s World Championships 63 athletes from 28 National Federations, representing all five continents, took part.

Worldwide Participation

Unlike Olympic Canoe, which is a European centric sport, Para-Canoe has a wider geographical spread. At last year’s World Championships, more than 50% of the countries taking part were from outside of Europe and participation is growing all the time.

Simon Toulson said: “We’ve had people from all over approaching us asking ‘how do I get involved in this?’

“There’s a big desire from people to get involved as it’s a new sport to many. Everyone’s starting at base zero but on the other scale we’ve got countries like Algeria and Brazil competing for medals and doing really well. In our able-bodied sport those countries do not even register in the finals.”

Classification is the Key

Ahead of Rio Para-Canoe aims to strengthen its existing classification system.

Currently the ICF recognizes three classes while IVF recognizes six. Between now and 2016 refinements will be made to align with IPC standards.



Last year’s World Championships saw 63 athletes from 28 National Federations Compete

“For us it’s not about getting people into the boat, it’s actually classification that is our biggest challenge,” explained Toulson.

“I think we’re going to have to learn more about it very quickly, and learn from our errors and mistakes. I think we’re going to spend three or four years learning what is good for us and what level competition is going to be.”

Proud Moments Ahead

In 2016, the Para-Canoe event will take place in the shadow of the Christ the Redeemer statue that overlooks Rio de Janeiro and Toulson cannot wait.

“It’s going to be a very proud moment.

“Within six to eight years we will have gone from having one or two countries competing to a fully fledged medal competition at the Paralympics. For the first athlete who wins the gold medal it’s going to be a very special moment for the whole sport of Canoeing.”

web >> www.canoeicf.com/icf/

Para-Canoe’s biggest challenge is not getting athletes in the boat but classification

Life’s a Beach for Para-Triathlon

As far as spectacular debut appearances go, making it on Copa Cabana beach at the Rio 2016 Paralympic Games must be up there with the best of them.

This is the mouth watering prospect awaiting Para-Triathlon after it was included in the 2016 Games following a high profile campaign by the International Triathlon Union (ITU).

“It was such a huge buzz for the whole triathlon family, including myself and my colleagues at the ITU,” said ITU President, Marisol Casado on hearing the IPC’s decision.

“It is just an honour to join the Paralympic family. Para-Triathletes have wanted to compete in the Paralympic Games alongside other remarkable athletes since its inception. Their dreams are now able to come true. They can now compete at the Paralympics, call themselves Paralympians and gain the recognition they deserve as elite athletes.”



Para-Triathlon used to be known as Athletes With A Disability (AWAD) Triathlon

Size, Scope and One Vision

Founded in 1989, the ITU is the world governing body for Triathlon, Para-Triathlon and all related multisport disciplines. Based in Vancouver, Canada, it has over 120 affiliated National Federations.

Para-Triathlon is over 15 years old and was first known as Athletes With A Disability (AWAD) Triathlon. The first edition of the ITU World Championships was held in Cleveland, USA in 1996.

In 2008, the ITU Congress officially changed the name to Para-Triathlon with the aim of bidding for Paralympic inclusion. Since then the sport has enjoyed rapid growth.

Last year’s annual World Championships saw 88 athletes from 17 nations take part, double the number from 2009. Even more are set to take part in this year’s event in Beijing, China.

Making Waves and Equal Billing

Over the coming years ITU is committed to increasing participation and believes the key is more major global events.

Marisol Casado said: “We have already seen people in the triathlon family and member federations making more of a commitment to Para-Triathlon.

“Just before the Paralympic decision last year, we announced that 27 nations from all five continents had pledged to participate in the 2011 ITU Para-Triathlon World Championships – the largest number in history.

“Those 27 countries also committed to host Para-Triathlon national championships from 2011 onwards, which we see as crucial for the growth and development of the sport.”

This September’s ITU Para-Triathlon World Championships will also be staged alongside the Grand Final of the Triathlon ITU World



This September’s World Championships will take place in Beijing

Championship Series in an effort to gain maximum awareness for the sport.

Impact

The ITU is confident its inclusion in the 2016 Games will be an asset to the Paralympic Movement and also the host city Rio.

Marisol Casado said: “Para-Triathlon is a great sport for television audiences as the city itself becomes a competition venue and as such, the host city is showcased to a global audience.

“The iconic Copa Cabana beach we think will be a spectacular backdrop for the sport’s debut.

“We believe the Rio 2016 Paralympic Games will be a social catalyst to encourage people with disabilities to take up sport, and we are just very happy to be a part of it.”

web >> www.triathlon.org/paratriathlon



The New Zealand team at the IPC Athletics World Championships Opening Ceremony

NPC of New Zealand

Building on a Successful World Championships



Pickering is determined the World Championships leave a legacy in New Zealand

FIONA PICKERING HAS BEEN INVOLVED WITH SPORTS ALL HER LIFE

After graduating in Sports Science and Administration at Nottingham Trent University, England in 1998, Fiona moved to Australia and worked in various roles. In January 2004 she joined the Halberg Trust, an organization based in Auckland, New Zealand, which aims to give all New Zealanders an equal opportunity to be involved in sport and recreation.

She was appointed Paralympics New Zealand Operations Manager in May 2006 before taking over as Chief Executive in November 2007, a role she still occupies today.

Fiona is also Secretary General of the Oceania Paralympic Committee (OPC), a member of the IPC Regions Council and most recently the Board Chairperson of the 2011 IPC Athletics World Championships Organizing Committee.



Having just hosted the first IPC Athletics World Championships to be held outside of Europe Paralympic Sport is on the up in New Zealand.

To find out why this is the case, and why New Zealand wanted to stage the event in the first place **The Paralympian** spoke with Fiona Pickering, the Chief Executive of Paralympics New Zealand.

HISTORY AND BACKGROUND

New Zealand's first participation in sports for people with a disability was in 1962 when an Auckland paraplegic attended the British Commonwealth Paraplegic Games in Western Australia.



New Zealand is targeting 18 medals at London 2012 in Athletics, Cycling and Swimming, having won one gold at Vancouver 2010

In 1968 the New Zealand Paraplegic & Physically Disabled Federation was formed as the National Sports Organization for people with a disability. This enabled an official team to enter the Paralympic Games in Tel Aviv, Israel.

Having changed its name to ParaFed New Zealand in the early 1990's a further name change to Paralympics New Zealand was made in October 1998 to gain greater public awareness and raise the profile of sport for people with a disability.

Today the National Paralympic Committee representing New Zealand is based in Auckland, in the north island, employs eight staff, and faces many difficulties similar to other NPCs around the world.

"One of the main challenges for us is increasing the public perception of disabled sport and what Paralympic Sport is all about," said Fiona Pickering. "Also as an NPC we are faced with funding challenges. The cost of sending an athlete overseas is getting greater and greater and as we invest in more athletes this increase is two-fold. We as an NPC need to be in the best position to support them."



"It's given us a real opportunity to increase and grow our revenue streams as well which will be of huge benefit for years to come."

WORLD CHAMPIONSHIPS LEGACY

This January Paralympics New Zealand did not have to pay to send their athletes overseas to compete in a major event. Instead athletes from all over the world travelled to New Zealand for, what in terms of participants, was the biggest sporting event ever to be staged in the country.

So why did Pickering and Paralympics New Zealand think it would be good idea to stage such a major event?

"We saw these Championships as an ideal opportunity to showcase what Paralympic Sport is all about to a wider audience," said Pickering.

"By doing so we can now hopefully attract more people into the sport either as participants, spectators, volunteers or sponsors.

"It's given us a real opportunity to increase and grow our revenue streams as well which will be of huge benefit for years to come."

"Hopefully the New Zealand general public now know a lot more about our athletes and what can be achieved by people with a disability. I'm sure those that have watched this event at QEII and on TV thought it was fantastic," she added.

THE FUTURE

After hosting the biggest Paralympic event in Oceania since the Sydney 2000 Paralympic Games what next for the NPC in New Zealand?

"At Paralympics NZ we are looking to be the best Paralympic Organization across all levels," said Pickering. "And that's to be able to best support our athletes and also ensure that strong programmes are in place to develop the future of Paralympic Sport."

One of the goals for the NPC in hosting the IPC Athletics World Championships was to inspire a new generation of athletes who would want to get involved in Paralympic Sport after seeing some of the best athletes in the world in action. To make the most of this Paralympics New Zealand ensured it had systems in place to deal with any new athletes.

"As an organization we are really keen to increase the grass roots, future Paralympians. We have got talent identification programmes in place in New Zealand and are using that as an opportunity to grow the number of athletes participating in Paralympic Sport.

"With the programme we have in place we do a variety of testing on athletes around the regions. We try to identify 1. What sport they may be interested in and 2. What sport they may, given a variety of variables, have the best opportunity, to represent NZ at the Paralympic Games in."

AMBITIOUS TARGETS

After finishing 24th in the medals table at the Beijing 2008 Paralympic Games, New Zealand is targeting 18 medals at London 2012 particularly in sports such as Athletics, Cycling and Swimming. "It's an ambitious target for us, but at this current time, we certainly feel that we're going to achieve that," concluded Pickering.

Evan O'Hanlon: Targeting World's Fastest Paralympian



Evan O'Hanlon – rugby's loss was athletics' gain

Soon after winning two sprint gold medals at the IPC Athletics World Championships, Australian Evan O'Hanlon set his sights on becoming the world's fastest Paralympian.

This is a goal you would not have expected from a man born in May 1988 into a family with a rowing heritage and educated at a school renowned for producing international rugby players!

Coming to Terms with CP

Diagnosed aged two with cerebral palsy, O'Hanlon was a fast pupil at school but had aspirations for another sport.

"I always wanted to play rugby union because I went to a big rugby school. I was the third generation at school so it was basically bred into me that I was going to play," O'Hanlon told www.ParalympicSport.TV.

"I was actually a little worried running across the line that I'd come second and that I had stuffed it. But when I realized I had come first it was just amazing. I thought that I was king of the world and couldn't be knocked down."

Inspired by O'Sullivan

Rugby's loss was athletics' gain. By the age of 16 a schoolteacher had recognized his talents for running and suggested he join a club. Two years later he was full-time at the Australian Institute of Sport. But it is the Sydney Paralympics that O'Hanlon claims first inspired him.

"I watched a fellow Australian who was the World record holder at the time. Tim Sullivan won the 100m, 200m and 400m and he was T38, the most minimal for cerebral palsy."

"I was looking at him thinking 'maybe I can run that fast. I think I already can keep up with some of these guys. How do I get into it?'"

"It wasn't for another couple of years that I found a pathway."

A combination of his cerebral palsy clouding his judgment under a high ball and frequent knocks to the head resulted in a doctor telling him to quit the sport.

"I wasn't allowed to play any contact sport and I was basically just waiting for something to come along that I could put 100 % of my energy into."



Rugby player turned World record holding Paralympic sprinter



Going for gold in Christchurch



A Paralympic triple gold medalist aged just 20

Beijing 2008

Within two years of becoming a full-time athlete, O'Hanlon was competing at the Beijing Paralympic Games where he became the first athlete with cerebral palsy to run under 11 seconds to secure 100m gold despite feeling he had blown his chances.

"I was actually a little worried running across the line that I'd come second and that I had stuffed it. But when I realized I had come first it was just amazing. I thought that I was king of the world and couldn't be knocked down."

Despite his 100m success O'Hanlon felt under more pressure to do well in the 200m.

"I was actually really nervous, more nervous than the 100m because I was thinking 'I'm the first person with cerebral palsy to run under 11 seconds, 10.96s, for the 100m so this 200m better be quick otherwise people are going to be asking questions!'"

Despite struggling to make the finish line, O'Hanlon smashed the World record with a time of 21.98 seconds, the first time a

cerebral palsy athlete had broken the 22 second barrier.

Watch Out Jason Smyth

This January O'Hanlon claimed the 100m and 200m world titles and soon after turned his attention to London 2012. His target is further gold medal success and improvements to his World records, especially in the 100m.

"I know my sporting career is going to be short so I've got to try and fill it with as much as possible."

"In the 100m I hope that I can get it down to about 10.7 something, but I'd really love to get it down to like 10.6 because that's the fastest Paralympian in the world at the moment."

Currently Ireland's Jason Smyth is the fastest Paralympian having run 10.62 seconds in Beijing.

"It might be a bit hard for me to get there as I've got cerebral palsy and he's blind, but I'd love to take that off him but I don't know if that's going to happen."

Advice for Others

As World and Paralympic champion, O'Hanlon is in a privileged position to give advice to others considering getting into the sport.

"I think for people with cerebral palsy athletics is a really good sport. It not only builds your strength but it's exciting because you're part of a team. It's also an individual sport so builds your confidence."

"You're putting in performances 100 per cent of the time and your disability's on show. It builds a really well rounded person and with the confidence you don't really care that you've got a disability."

See an extended interview with Evan O'Hanlon at:

FAST FACTS

- Achievements**
2011 IPC Athletics World Championships
Gold: 100m & 200m
Silver: 400m
Bronze: 4x100m T35-38
- 2008 Beijing Paralympics
Gold: 100m, 200m & 4x100m T35-38
- 2006 IPC Athletics World Championships
Gold: 4x100m T35-38 & 4x400m T35-38
Bronze: 200m
- World Records**
100m 10.96s T38
200m 21.98s T38
- Web**
Athlete Biographies:
>> www.paralympic.org/Athletes/Athlete_Biographies/

[web >>](#) www.ParalympicSport.TV

[web >>](#) www.youtube.com/paralympicsporttv



Allianz was visible on official bibs in Christchurch

Inform and Inspire with Allianz

Allianz, one of the world’s leading integrated financial services provider, and IPC Gold Patron was heavily involved in January’s IPC Athletics World Championships in Christchurch, New Zealand.

In future Allianz aims to create content that will also serve to inspire the public, encourage audiences to believe in their own strengths and abilities, and to help them to “move on and up in life”.

On the track and in the field, Allianz was visible as its brand was on the official bibs of all participating athletes.

Behind the scenes, the international insurer and financial services provider was working on a new project to make Paralympic Sport and its athletes more visible to the wider public – all part of a new Paralympics communications strategy for Allianz.

In addition to sharing Paralympic knowledge, Allianz aims to get sport enthusiasts, the media and the company’s own customers and employees emotionally involved with the Paralympic Movement.

Allianz has long used its IPC sponsorship to spread knowledge through various media formats and raise awareness of Paralympic sports, athletes and the daily challenges of people with a disability.

The first installment of the new strategy will be a series of short TV documentaries and ‘webisodes’ filmed on location in Christchurch, New Zealand before and during the IPC Athletics World Championships.

The webisodes, titled “Believe in Yourself”, and the short “Sharing Paralympic Knowledge” TV documentaries, focus on a number of leading athletes from various countries – their lives, their sports and their achievements, sharing their knowledge and insights with the viewer.

The films follow the athletes as they prepare for their events, relax in the team hotel or enjoy leisure time in and around Christchurch. Some athletes were even given handheld cameras to capture some behind the scenes footage.

They build on the idea that Paralympic athletes naturally serve as an inspiration for everyone and aim to highlight that people from all walks of life can “Believe in Yourself” no matter what the challenge.

The videos will be available on the official IPC website from August 2011, the “one year to go” mark to the London 2012 Paralympic Games:

web >> www.paralympic.org



Information graphics help spread the knowledge about Paralympic Sport



IPC Worldwide Partner Signs-up with London 2012

IPC Worldwide Partner Otto Bock has become the second Paralympic only sponsor of the London 2012 Paralympic Games. As the official Prosthetic, Orthotic and Wheelchair Technical Services Provider for London 2012, Otto Bock will work with LOCOG to provide athletes competing in the Games with immediate repairs.

During Games-time they will set up and manage repair centres at the three Paralympic Villages in Stratford, Weymouth and Eton Dorney. They will also create and manage smaller repair centres around other competition venues and mobile units at selected venues.

Otto Bock has been involved in the Paralympic Games since Seoul 1988 and in Beijing, where over 4,000 athletes took part, technicians handled 2,188 repairs.

Chairman and CEO of Otto Bock, Professor Hans Georg Näder said: “We are delighted with this news and very much look forward to making the 2012 Paralympic Games a huge success for London.

“The types of sporting events and competitor levels within them are growing constantly, so the challenge for our team of technicians is to ensure the best possible care for all athletes to help them perform to their greatest ability on the day.”

To give a background to Otto Bock and an idea of what services they will offer in London, a media event was organized in late February at Otto Bock’s Science Centre in Berlin, Germany.

In attendance was Otto Bock’s Chief Marketing Officer Helmut Pfuhl, IPC President Sir Philip Craven and Director of Paralympic Integration for London 2012 Chris Holmes.

For more information on Otto Bock, please visit:

web >> www.ottobock.com



Chris Holmes, Sir Philip Craven and Helmut Pfuhl at the Otto Bock media event in Berlin

IPC Academy Delivers First Excellence Workshops

The IPC Academy has delivered its first two workshops for the Sochi 2014 Excellence Programme with more planned later this year.

As an integral and integrated part of the delivery of the Paralympic Games the IPC Academy began delivering its specifically designed workshops to the Sochi 2014 Organizing Committee. The programme incorporates observer programmes, simulations, mentoring and workshops which are all targeted at addressing Paralympic specific planning and operations of Games delivery in March 2014.



The workshops are built upon the Academy's unique educational framework of design and delivery in order to focus on the real issues facing the participants in their daily work.

Xavier Gonzalez, IPC Chief Executive Officer, said: "The Sochi Excellence Programme is all about working with the Organizing Committee and providing educational insights that line-up with their workflow processes. This will allow them to apply it in a local context and culture at the right point in time.

"This includes understanding concepts right through to the operational detail needed to deliver a successful Games. Apart from the positive feedback from these first two workshops our real measure of success will come in March 2014 when the Games commence."

The workshops entitled 'Sustainable Legacy' and 'Commercialization of the Paralympic Brand' addressed Paralympic specific areas of achieving the goals laid down by the Organizing Committee.

A local partner of the programme is the Russian International Olympic University (RIOU) and the workshops provided a platform to commence a long-term working relationship.

The IPC Academy is the education arm of the IPC and is a partnership of the IPC and World Academy of Sport based in Manchester, UK.

web >>www.ipc-academy.org

Canadian Wheelchair Basketball Player Initiates Job Search



Joey Johnson one of the beneficiaries of the IPC Athlete Career Programme

Four-time Paralympian Joey Johnson of Canada has started looking into employment that goes beyond his sporting career. Having taken two gold medals and one silver together with his country's Wheelchair Basketball team at the Paralympic Games, Johnson has reached a point in his life where he is ready to take on a major career move.

The opportunity Johnson is referring to is with the human resources giant Adecco Group, which aims to help athletes in transitioning from the sporting world into the job world.

Joey Johnson said: "I think it's pretty exciting. For someone like myself who's getting up there and older, I realize my career's ending.

"One of the bigger fears that a lot of high level athletes have is we don't develop a working resume."

Johnson was recently at a workshop delivered by Adecco Group in Mississauga, Canada, where athletes were provided with information on the programme which is now available for athletes who are interested in taking that leap.

"We've dedicated our life to sport," he said. "They were telling us the accomplishments we have in sport, the skills we use on the court are very much transferable to the working world. Like leadership, commitment to training, perseverance. Employers actually appreciate that and look for those kind of skill sets."

Johnson, who suffers from a degenerative hip disease and started playing Wheelchair Basketball at nine years old, lives in Germany most of the year with his wife and three kids. At the moment, he is considering becoming a coach or setting up a business running basketball clinics.

As word gets out about the Adecco Group and the opportunities, athletes are increasingly

opening themselves up to the future in a variety of ways which include working off the field of play.

Together with the IPC, the Adecco Group also hopes to make new pathways for athletes.

The IPC and the Adecco Group renewed their commitment in 2009 to meet the needs of Paralympic athletes at every stage of their lives, and for many it has become the perspective of success in a different arena. Called the 'IPC Athlete Career Programme (ACP)', elite and Paralympic athletes are supported with opportunities uses a two track approach: career development and job placement.

For more information about the programme, please visit:

web >>www.paralympic.org/Athletes/Athlete_Career_Programme

For more information about the Adecco Group, please visit:

web >>www.adecco.com

IPC Workshops to Empower Youngsters in Central America



Workshops aimed at empowering youngsters will start this year

The IPC will stage a workshop in Central America later this year aimed at empowering youngsters with a disability to get into sport.

Funded by the Foundation of Global Sports Development, who has given USD 50,000 towards the project, the workshop titled 'Youth Today – Paralympians Tomorrow' will last one week. It will involve up to 60 Paralympic athletes between the ages of 14-18 who will practice a number of sports and discuss a number of relevant issues.

Taking place in San Salvador, El Salvador, from 10-17 April, the training for participants will include elements to improve interpersonal skills, focus on individual living conditions and have a significant part dedicated on sports. The Paralympic values, including courage, determination, inspiration and equality, will be experienced, practiced and taken into the lives of the youngsters.

In total five Paralympic sports – Athletics, Goalball, Sitting Volleyball, Table Tennis and Wheelchair Tennis – will be practiced by the participants who will come from neighbouring countries in addition to the host nation.

Georg Schlachtenberger, the IPC's Chief Operating Officer, said: "By holding this workshop in developing countries, the IPC's aim is to not only introduce participants to the joys of Paralympic Sport but also empower them to hopefully become Paralympians of tomorrow.

"As well as taking part in a number of sports the participants will also discuss a number of key issues that affect their daily lives such as accessibility of transport and sport venues."

In addition to 60 youngsters taking part in the workshop, all participating countries will send their Youth Co-ordinator and coaches to receive specific training. This will then enable them to spread the empowerment message to an even wider audience following the conclusion of the workshops.

The Foundation for Global Sports Development's work with international sports organizations helps young athletes from disadvantaged background and developing countries train and prepare for international competition that would otherwise be out of reach.

In addition to the Foundation for Global Sports Development, the government of El Salvador supports the workshop by providing accommodation, transport, volunteers and sport venues.

The IPC aims to spread the concept of the workshop to other Latin American and African countries in future years to continue empowering young people with inclusion.

A detailed report about the workshop will be included in the next edition of the Paralympian.

Online Offering for Developing NPCs

As part of the IPC's commitment to supporting developing National Paralympic Committees it has created a template website that can be tailored to meet the needs of those organizations currently without an online offering.

At present just under half of all NPCs have a website, which means that many are missing out on the best value for money communication tool there is.

Over the coming years the IPC will be working with a number of NPCs to develop and produce websites for each of them providing them a communication tool that can be accessed by billions of people around the world.

The structure of each site will be identical, however the colour scheme will be tailored to meet each NPC as will the content.

Craig Spence, the IPC's Media and Communications Senior Manager said: "One of the easiest and cheapest forms of communication to spread the word about the Paralympic Movement is a website.

"By producing a template website which can be rolled out across various NPCs there is just one website build cost which will be covered by the IPC.

"We will then select which NPCs we feel would benefit from this initiative most and sit down with each one to work out how we can populate the site with content."

It is hoped that the first NPCs to benefit from the new websites will be online later this year.

web



IPC to Develop Medical Code

Benefits of the Code

The main beneficiaries of the Code will be athletes and to achieve this it covers nine main areas:

- **Relationship Between Athletes and Health Care Professionals**
Athletes should enjoy the same fundamental rights as all patients in their relationships with health care professionals.
- **Right of Information**
Athletes should be fully informed at all times about their health status, diagnosis, treatment and rehabilitation measures.
- **Consent**
Medical intervention should only be given with the prior consent of an athlete who should not feel pressurized from outside sources. Measures need to be put in place in case of incapacity to make a decision.
- **Confidentiality and Privacy**
All information about an athlete's health should be kept confidential unless an athlete gives prior consent.
- **Care and Treatment**
Athletes should receive specialized care at all times suited to functional characteristics and needs. It should be continuously available and without discrimination.
- **Health Care Providers**
The principal duties of physicians and other health care providers are to make the health of the athlete a priority and do so with no harm.
- **Protection and Promotion of the Athlete's Health During Training and Competition**
Members should ensure that athletes' conditions of safety, well-being and medical care are favourable to their physical and mental equilibrium.
- **Fitness to Practice a Sport**
Prior to engaging in sport, and at regular intervals during their career, athletes should undergo a fitness test from a specialist health care professional.
- **Medical Support**
In each sports discipline, appropriate guidelines should be established regarding the necessary medical support, depending on the nature of the sports activities and level of competition.

To further improve the safety of athletes participating in the Paralympic Movement, the IPC is putting the finishing touches to the IPC Medical Code which will come into force in 2013 to ensure that all sport is practiced in a safe manner.

Making the health of an athlete its leading priority, the aim of the code is to minimize and control the risks of physical injury and psychological harm to athletes participating in Paralympic Sport.

It also develops measures to protect athletes who suffer injury in their dealings with healthcare professionals.

This is the first initiative of the IPC Medical Committee, formed in November 2009.

"The Paralympic Movement, in accomplishing its mission should encourage all stakeholders to take measures to ensure that all

sport is practiced in a manner that protects the health of the athlete and respects fair play and sport ethics," explained IPC Medical Committee Chairperson Dr. Oriol Martinez.

"This Code has been almost nine months in development and represents a model of good practice for Paralympic Sport. It is directed toward the Paralympic Games and to all events and competitions sanctioned by the IPC or any other member organization."

Timeline for Implementation

The IPC Membership is currently reviewing a draft of the Code and the IPC Medical Committee will make any amendments necessary. Approval will then be sought for the document from the IPC Governing Board this August and the IPC General Assembly in China this December.



The IPC Medical Code develops measures for athletes who suffer injuries in their dealings with healthcare professionals



The Code will come into force on 1 January 2013

Once approved, and like the IPC Anti-Doping Code and IPC Classification Code, IPC Members will be given time to implement the Code through policies, statutes, rules and regulations before it comes into force on 1 January 2013. Oriol Martinez said: "The IPC Medical Code aims to be a strong and ethical framework to combat some of the pressures and influences of modern society. This includes a threat to the traditional principles of sports and its athletes.

"This code implements the ethical relationships between athletes, their personal physician, doctors and other health care providers.

"At all times the health and welfare of athletes should always prevail over the sole interest of competition and other economic, legal or political considerations."

Overall the Code aims to ensure that an athlete can enjoy the same standards of care whilst

participating in Paralympic Sport as a normal patient would whilst undergoing medical care. It also aims to prohibit injury by ensuring all venues for the practice of Paralympic Sport are safe and secure in the first place.

"We appreciate each sport is different but at all times the athletes' dignity, physical and mental integrity, health and safety, self-determination and privacy and confidentiality should be respected at all times.

"We are now asking stakeholders to go even further than just ensuring a medical care worker is attending an event. They need to consider broader issues such as medical insurance, procedures in case of emergencies and natural disasters and what systems of



communication are in place between the medical support services, the organizers and the competent health authorities," added Martinez.

The Future

The aim is for the IPC Medical Code it to be a living framework that can be regularly updated by stakeholders.

"We want all signatories whether they be Sports Federations, Regional and National Paralympic Committees, Organizing Committees and other organizations to continually give us their thoughts and comments.

"By giving us their feedback we can make the code and the protection we offer athletes even stronger.

"Ethics and evidence of best practice always changes and it is important that the Code reflects this going forward."

Keynote Speakers Announced For VISTA 2011

The keynote speakers for the VISTA 2011 scientific conference which takes place in Bonn, Germany later this year will be delivered by leading experts and centred on priority themes for the Paralympic Movement.

Liz Nicholl, Chief Executive Officer of UK Sport, will talk about International Sport Development whilst University of Swansea, Wales, Professor Mike McNamee's keynote is titled "Challenges and Opportunities for the Paralympic Movement: ethical and conceptual issues".

The third keynote will be given by Professor Yves Vanlandewijck, Chairperson of the IPC Sports Science Committee, and will deal with classification in the Paralympic Movement.

Taking place from 31 August to 3 September VISTA will welcome scientists from all over the world to address the theme "A multidisciplinary approach to Paralympic success".

The VISTA programme will also include symposia chaired and moderated by a member of the IPC Sports Science Committee. Expert speakers have been invited to address the following themes in interaction with the audience:

- Performance enhancing agents – When are you crossing the line?
- Should the Paralympic Games become the Games of the 'minimally disabled'?
- Structure of sports within the Movement (IOSDs, IFs, etc.)
- Paralympic sports' research findings application – linking the field to the laboratory
- The travelling athlete



The VISTA conference is designed to promote and advance the mission, goals, objectives and reputation of the IPC and provides a platform for sport scientists to meet with experts in the field of sport for athletes with a disability.

Supported by



Christchurch Hosts Successful World Championships



In the last major gathering of international track and field stars before London 2012, athletes did not disappoint at the 2011 IPC Athletics World Championships smashing 57 World and 173 Championship records.

More than 1,000 athletes from 75 countries descended on Christchurch, New Zealand and beforehand some had feared a January Championships would not bring the best out of the athletes. They were soon proven wrong as records began to tumble as soon as the second race and continued to fall right through until the marathon on the final day of competition.

In a colourful Opening Ceremony held in the city's Cathedral Square New Zealand's Prime Minister the Rt. Hon John Key officially opened the event, whilst IPC Vice President Greg Hartung predicted that athletes

would set the bar for what can be expected at London 2012.

For many the race of the Championships was the Men's 100m T44 race which saw all seven sprinters cross the line in under 12 seconds and just 0.09 seconds separate the top four finishers.

After losing by a whisker at the Beijing 2008 Paralympic Games, American Jerome Singleton became the first man in seven years to beat his arch rival South African Oscar Pistorius to secure World Championship gold.



IPC ATHLETICS WORLD CHAMPIONSHIPS
CHRISTCHURCH 2011

	GOLD	SILVER	BRONZE	TOTAL
China	21	22	15	58
Russian Federation	18	11	6	35
Brazil	12	10	8	29
Great Britain	12	9	17	38
Poland	12	7	6	25
United States of America	9	10	14	33
South Africa	9	7	9	25
Ukraine	8	10	9	27
Germany	8	8	8	24
Algeria	8	6	7	21



Despite a hugely successful nine days at the QEII Stadium, the last day of the Championships saw two teams withdraw from the Marathon event due to safety concerns after it was revealed no roads would be closed for the race.

The IPC has since written to all athletes involved in the race to apologize for the problems. A full review of what went wrong is currently being undertaken by the IPC in conjunction with the Local Organizing Committee to ensure such problems never occur again.

Those racers that did compete though provided a fitting finale to a memorable 10 days of Athletics competition. Spain's Alberto Suarez set a new World record of 2:28:10 in the Men's T12 for visually impaired athletes whilst the T54 Men's and Women's races were absolute thrillers with photo finishes having to be needed for both races.

Overall, China topped the medal table with 58 medals however it was Brazil's improvement that most caught the eye. After finishing in 17th place at the last World Championships in 2006, Brazil finished third in Christchurch and were rewarded with a reception hosted by new Brazilian President Dilma Rousseff upon their arrival back home.

See races from Christchurch at:

[web >> www.ParalympicSport.TV](http://www.ParalympicSport.TV)

[web >> www.youtube.com/paralympicsporttv](http://www.youtube.com/paralympicsporttv)

Five to look out for in London 2012



Terezinha Guilhermina (Brazil)
The permanent huge smile that graces the face of this visually impaired T11 athlete is fully justified. She won four gold medals in the 100m, 200m, 400m and 4x100m T11-T13 relay and set two new World records in the 100m and 200m – smashing a 10 year old record.

Jerome Singleton (USA)
Jerome Singleton was spot on when claiming his rivalry with Oscar Pistorius was like Ali versus Frazier. The two heavyweights of the sprinting world slugged it out for exactly 11.34 seconds with Singleton landing the knockout blow.



David Weir (Great Britain)
After losing his World records to Swiss rival Marcel Hug in 2010, Weir bounced back with three stunning examples of tactical wheelchair racing. In what is widely regarded as the most competitive class, Weir took T54 gold in the 800m, 1,500m and 5,000m leaving Hug to take silver.

Tatyana McFadden (USA)
This T54 wheelchair racer put in one of the most impressive individual performances of the Championships winning four gold medals in the 200m, 400m, 800m and 1,500m – two in Championship record time. In addition she picked up the bronze in the 100m.



Michelle Stilwell (Canada)
Three of Canada's four gold medal at the World Championships were won by this T52 wheelchair racer who was utterly dominate setting Championship records on her way to victory in the 100m, 200m and 400m. She also took silver in the 800m.

Bentele Scoops
Laureus Award



Verena Bentele’s success in winning five gold medals at the Vancouver 2010 Paralympic Winter Games was recognized in February when she was awarded the Disability Award at the 2011 Laureus World Sports Awards.

The 28 year old visually impaired German athlete beat off stiff competition to pick up the award at a glittering ceremony in Abu Dhabi.

The Laureus Sports Awards recognize sporting achievement and are the premier honours on the international sporting calendar. They are voted for by a jury of 46 of the greatest sportsmen and sportswomen of all time. IPC President Sir Philip Craven was quick to congratulate Bentele on her success.

“To win five gold medals at a Paralympic Winter Games is a major achievement, but so is recognition from your peers,” he said.

Also shortlisted for the award were two swimmers – Matt Cowdrey (Australia) and Daniel Dias (Brazil), two skiers – Jakub Krako (Slovakia) and Lauren Woolstencroft (Canada) and tennis player Ester Vergeer (the Netherlands).

web >> www.laureus.com

Votes Flow in For Athlete
of the Month

Since the public were invited to vote for the IPC’s Athlete of the Month last year via the IPC’s official Facebook page, the race to win the monthly title has become a fierce affair.

January’s poll saw five athletes from the IPC Athletics World Championships go head-to-head with three skiers from the IPC Alpine Skiing World Championships.

After a record number of votes Spain’s visually impaired Alpine Skier Yon Santacana, a winner of three gold and two silver medals in Sestriere, Italy, claimed the title securing 31% of the vote.

February’s title was claimed by the Italian Ice Sledge Hockey team who caused a major upset by winning the IPC Ice Sledge Hockey European Championships in Solleftea, Sweden.

The Italian team finished second in their Group and faced hot favourites Norway in the semi-final. A surprise 2:1 victory set up a final against Czech Republic who they had lost to in the Group stages. Full of confidence though after their win over Norway, Italy took the title with a 2:0 victory.

Vote for the IPC Athlete of the Month:

web >> www.facebook.com/paralympicsporttv



Thrills, Spills and Lots of Medals in Sestriere



Sestriere the first major Alpine Skiing event since Vancouver 2010

In January more than 130 skiers from 23 countries gathered in Sestriere, Italy for the 2011 IPC Alpine Skiing World Championships, the biggest winter event since the Vancouver 2010 Paralympic Winter Games.

Using the venue which was used during the Torino 2006 Paralympic Winter Games, skiers competed in Downhill, Giant Slalom, Super-G, Super Combined and Team Events.

At the Opening Ceremony, IPC President Sir Philip Craven highlighted that Sestriere marked the start of a long road for skiers towards the Sochi 2014 Paralympic Winter Games.

“When you have such a wonderful competition and when it is the first World Championships following the Vancouver 2010 Paralympic Winter Games, it is the start of a new cycle.

“It is the ideal year for nations to bring their latest and most dynamic athletes to the World Championships and this is the time to see the new competition as we start to move forward to Sochi 2014.”

The star of the event and top medal winner was France’s Vincent Gauthier-Manuel, who claimed four gold and two silver medals at the Championships.

Born without a left arm, 25 year old Gauthier-Manuel won gold in the Standing events for Super Combined, Slalom and Giant Slalom as well



as the Team Event. In addition he picked up silver in the Downhill and Super-G Standing races.



Events included Downhill, Giant Slalom, Super-G, Super Combined and Team Events

Spain’s Yon Santacana, a 30 year old visually impaired skier, was also a big winner claiming three gold medals in Super-G, Super Combined and Giant Slalom with his guide Miguel Galindo Garces as well as two silvers in Downhill and Slalom. His success in Sestriere clearly caught the public’s attention as he was voted January’s IPC Athlete of the Month for his achievements.

After winning three gold medals and a silver in Vancouver last year, Slovakia’s Henrieta Farkasova did even better in Sestriere winning four individual gold medals and a bronze in the Team Event.

Together with her guide Natalie Subrtova, the visually impaired 24 year old claimed world titles in Downhill, Super Combined G, Slalom and Giant Slalom.

For full results from the World Championships, visit:

web >> www.ipc-alpineskiing.org/Results/

Guangzhou Stages Most Successful Asian Para Games Ever



Guanagzhou, China staged the 2010 Asian Para Games in December hosting 2,500 athletes from 41 countries.

The Opening Ceremony at the Aoti Main Stadium involved 4,500 performers, 200 of which had a disability. It was attended by 65,000 passionate fans as well as IPC President Sir Philip Craven and His Excellency Vice Premier of the State Council of the People's Republic of China Li Keqiang.

A total of 1,020 medals were given out during the Games which saw athletes compete in 19 different sports. China topped the medal table with 391 medals, including 185 gold.

In an evaluation meeting following the conclusion of the Games, the Asian Paralympic Committee (APC) declared the event as the most successful Asian Para Games ever.

The Guangzhou 2010 Asian Para Games were the first time they had taken place in the same city as the Asian Games in the same year. They will next take place in Incheon, Korea in 2014, and the APC President is determined to make the arrangement permanent.

Dato' Zainal Abu Zarin said: "Our goal is to ensure that these Games run back-to-back with the Asian Games in cities across Asia for years to come."

"Equality must prevail over politics and we will leave no stone unturned in trying to ensure our athletes continue to perform on a stage that is fitting for their inspiring efforts and performances."

Whilst in Guangzhou, the APC also held its General Assembly and elections took place to determine the APC Board.

For more information:

[web >> www.gzapg2010.cn/en](#)



Italy Claim Shock Euro Win



Italy celebrate their surprise gold medal success

Just five years after competing in their first major international tournament, Italy recorded a stunning upset in winning the IPC Ice Sledge Hockey European Championships in Solleftea, Sweden.

Formed in the build-up to the Torino 2006 Paralympic Winter Games, Italy lost all three group games on home ice conceding 26 goals and scoring just one.

Today the Italians are a much stronger outfit as they proved in claiming a shock European Championship win.

Norway, the defending champions and Vancouver 2010 Paralympic Winter Games bronze medalists, were the pre-tournament favourites and scored 44 goals in winning Group A ahead of second placed Estonia.

In Group B, Italy lost their final game 3:0 to Czech Republic to finish second and set up a daunting semi-final tie with Norway.

Despite falling behind to the Norwegians within six minutes, Italy bounced back to record a resounding 2:1 victory through goals from Florian Planker and Andrea Chiarotti.

The final saw Italy meet their Group B nemesis Czech Republic who had qualified for the gold medal match courtesy of a 1:0 win over Estonia.

Italy took a first period lead through Gregory Leperdi. Both sides cancelled each other out in the second period partly due to Italy's goalkeeper Santino Stilitano producing a number of match winning saves.

With the Czechs chasing the game in the final period, Italy hit them with a sucker punch

Final rankings:

G	Italy
S	Czech Republic
B	Norway
4.	Estonia
5.	Sweden
6.	Germany
7.	Russia
8.	Great Britain
9.	Poland
10.	Netherlands

through the team's top scorer Florian Planks to secure a 2:0 win and a famous gold medal success. In the bronze medal match, Norway bounced back from their shock semi-final defeat to thrash Estonia 4:0.

[web >> www.ipc-icesledgehockey.org/>](#)

Russians Dominate World Cup Finals



100 skiers were in Germany for the World Cup Finals

Russian skiers dominated the IPC Biathlon and Cross-Country Skiing World Cup Finals from 22-27 February in Finsterau, Germany and involved more than 100 athletes from 14 different countries.

Russia's Irek Zaripov, multi Paralympic gold medalist in Vancouver in the Men's Sitting category, won three out of four races including the Cross-Country Skiing Pursuit, the 15km race and the Biathlon Pursuit. His wins secured him the overall World Cup rankings in both Biathlon and Cross-Country Skiing.

In the Women's Sitting category, Ukraine's Olena Iurkovska won both Biathlon races in Finsterau, however the overall World Cup trophy went

to Germany's Andrea Eskau. Both Cross-Country races were won by Belarus's Paralympic champion Liudmila Vauchok who also topped the overall Cross-Country Skiing World Cup ranking.

The Men's Visually Impaired category was dominated by Russian Nikolay Polukhin (Guide Andrey Rokarev). Together they won the Biathlon Short Distance and Pursuit races and the 20km Cross-Country Skiing race. Polukhin also won both World Cup rankings.

In the Women's Visually Impaired category Russia's Mikhailina Lysova (Guide Alexey Ivanov) won three of four races including both Biathlon races and the Cross-Country Skiing Pursuit. Lysova topped the Biathlon World Cup rankings scoring a perfect 700 points. Compatriot Elena Remizova finished first in the Long Distance Cross-Country Skiing race, helping her clinch the overall Cross-Country Skiing World Cup.

Poland's Katarzyna Rogowicz experienced an almost perfect event in the Women's Standing category with three wins in four races. Despite this Russia's Anna Burmistrova, who had a third and fourth place finish in Finsterau, took home the Cross-Country Skiing World Cup trophy, while Finland's Maija Loytynoja claimed the Biathlon World Cup.

Kirill Mikhaylov of Russia dominated the Men's Standing category winning three out of four races to secure first place in the Cross-Country World Cup rankings. Norwegian Nils Erik Ulset won the Biathlon World Cup trophy with a second and sixth place finish in Finsterau.

[web >> www.ipc-nordicsskiing.org](#)

2011 IPC Swimming European Championships Coming to Berlin



European swimmers are looking ahead to the 2011 IPC Swimming European Championships, which will take place from 3 to 10 July in Berlin, Germany.

More than 500 athletes from over 40 European countries will flock to the German capital this summer to compete in what will be one of the last major international gatherings of European swimmers before the London 2012 Paralympic Games.

Competitions will take place in the Europasportpark in Berlin, a venue which has already hosted multiple swimming events, including the International Open German Swimming Championships in previous years.

More than 180 gold medals are up for grabs and swimmers will put in all their effort to perform to their highest level and impress their competitors 14 months ahead of the Paralympic Swimming competitions in London.

ParalympicSport.TV, the IPC's internet TV channel, will stream the finals of every day live and have videos on demand and interviews from the mixed zone on its YouTube channel.

[web !\[\]\(f58128c41dc307543fa2591fa073e87a_img.jpg\) www.ipc-swimming.org/](http://www.ipc-swimming.org/)

[web !\[\]\(f5126919fb264baa65afc980ba29ad65_img.jpg\) www.facebook.com/ipcswimming](http://www.facebook.com/ipcswimming)

Khanty Mansiysk to Host 2011 IPC Biathlon & Cross-Country Skiing World Championships



The Russian city of Khanty Mansiysk will host the 2011 IPC Biathlon & Cross-Country Skiing World Championships.

Taking place from 29 March to 10 April, the World Championships will see more than 90 athletes from 14 countries competing for the medals in the first World Championships since the Vancouver 2010 Paralympic Winter Games.

Russian athletes were very strong in last year's Games and will be especially motivated to top their Vancouver results competing in front of a home crowd.

Located in Western Siberia, Khanty Mansiysk has an impressive record of hosting winter sport events including various IBU Biathlon World Cups, the 2003 IBU Biathlon World Championships and also the 2011 IBU Biathlon World Championships, which took place in early March.

Latest results:

[web !\[\]\(ef1a3fba3c723ddbe1e8423959838bca_img.jpg\) www.ipc-nordicskiing.org/Results/](http://www.ipc-nordicskiing.org/Results/)

Channel 4 to Broadcast BT Paralympic World Cup

Some of the biggest stars in Paralympic Sport will be heading to Manchester, Great Britain in May for the seventh annual BT Paralympic World Cup.

Taking place from 23-28 May, the event will see international athletes competing in a team challenge format across three sports. Great Britain will be up against Europe, the Americas and the Rest of the World in Athletics, Swimming and Wheelchair Basketball. In addition international matches will also be staged in Boccia and Sitting Volleyball.

The 2011 event will also receive more TV and internet coverage in Great Britain than ever before. Channel 4, the London 2012 Paralympic Games host broadcaster, is further demonstrating its commitment to Paralympic Sport by live streaming coverage of each sport throughout the event via: www.channel4.com/paralympics.

The broadcaster will have daily highlights packages on 26 and 27 May and a two hour live programme on 28 May.

Deborah Poulton, Sports Editor, Paralympics at Channel 4, said, "We are thrilled to be adding the BT Paralympic World Cup to our TV sporting schedules. Alongside the London 2012 Paralympic Games, the BT Paralympic World Cup is another opportunity to help increase awareness of Paralympic sport and make the British viewing public the best informed and most engaged in the world."

To mark the launch of the 2011 BT Paralympic World Cup, Wheelchair Basketball player Simon Munn, Paralympic Swimming champion Liz Johnson and IPC Athletics 200m World Champion Richard Whitehead took part in an underwater photo-shoot at the Manchester Aquatics Centre. Last year's BT Paralympic World Cup was a huge success breaking attendance records for a UK sporting event for people with a disability.

[web !\[\]\(4b7a79268f6ba26c1471d4232fffa85a_img.jpg\) www.btparalympicworldcup.com](http://www.btparalympicworldcup.com)



One Year After the Vancouver Games



One year on after the conclusion of the Vancouver 2010 Paralympic Winter Games and the Canadian Paralympic Committee (CPC) is enjoying a new era of progress and growth.

The excitement of a home Games and a third place finish in the medals table in Vancouver increased Canadians knowledge and awareness of Paralympic Sport to new levels.

The CPC is now entering an unprecedented growth phase and is pursuing a five-year strategic plan with the goal of becoming the world’s leading Paralympic nation.

Since the Games concluded, CPC has experienced a 91% increase in twitter followers and had 400,000 page views on its website.

Canadian athletes have also been propelled into the national spotlight. Following her five gold medal winning performance in Vancouver, Alpine Skier Lauren Woolsten-croft was named among Canadian sport’s “Power 50” by Canada’s national newspaper, The Globe and Mail, while British

Columbian’s named Lauren “B.C.’s best” athlete in a public online vote.

The CPC’s Para-Equipment Fund, which distributes funds for equipment at club level, has also seen a tripling in the number of requests in 2010 over 2009. Additionally Karate Canada, Powerchair Football, and Para-Sport Nova Scotia have joined the Canadian Paralympic Movement since the 2010 Games further expanding the breadth and depth of the grassroots delivery system.

David Legg, CPC President, said: “Vancouver was a watershed moment for Canadian sport and I want to thank all the nations who joined us in Vancouver for helping make the 2010 Paralympic Winter Games so memorable.

“On behalf of the CPC and the Canadian Paralympic Movement I’d also like to thank those that made these Games great, from VANOC President John Furlong, to VANOC Board member Patrick Jarvis and CPC Past President Carla Qualtrough.

“They, along with hundreds of others, deserve our praise and thanks. I am excited not only to see how far the movement has come one year since the torch was extinguished, but also what the future will hold.”

web www.paralympic.ca

web www.twitter.com/CDNParalymphics

US to Host Leadership Conference

US Paralympics is to host its fourth annual Paralympic Leadership Conference with Erik Weihe-mayer, the first visually impaired man to successfully climb Mount Everest, one of the key-note speakers.



Starting from 29 April until 2 May, the event at the US Olympic Training Centre, Colorado Springs will include interactive workshops led by top professionals in the Paralympic Movement from across the whole of the USA.

The primary goal of the conference is to provide Paralympic audiences from across the USA, the tools and inspiration to implement and support successful Paralympic sport programmes in their communities.

Around 400 people are expected to attend the event and on the closing day a number of Paralympic and Olympic athletes, including Beijing 2008 Paralympic Games gold medalist April Holmes will be part of a panel discussion on the impact of mentoring.

web www.USParalymphics.org/LeadershipConference

Paralymphics Ireland



The Paralympic Council of Ireland, the body responsible for the development of elite Paralympic Sport in Ireland and the management of Irish representative teams at Paralympic Games and World Championships, has relaunched as Paralymphics Ireland.

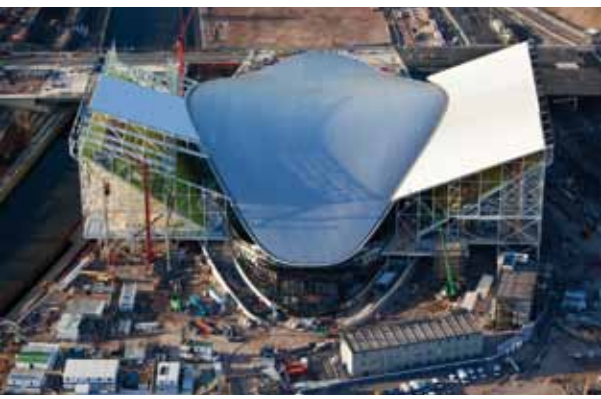
A new Paralymphics Ireland logo has been designed to reflect the dynamism of Irish Paralympic Sport and the new logo will adorn all Paralymphics Ireland collateral including the Irish team’s official London 2012 Paralympic Games performance and leisure wear.

To highlight the power of Irish Paralympic athletes to inspire others through their achievements and the journey each Paralympic athlete has taken to become an elite athlete for Ireland, Paralymphics Ireland has adopted a new tagline, ‘Inspiring Beyond Belief’, which will feature prominently in all organization messaging.

The new website of Paralymphics Ireland is at:

web <http://paralymphics.ie>

In The Next Issue of The Paralympian



THE PARALYMPIAN



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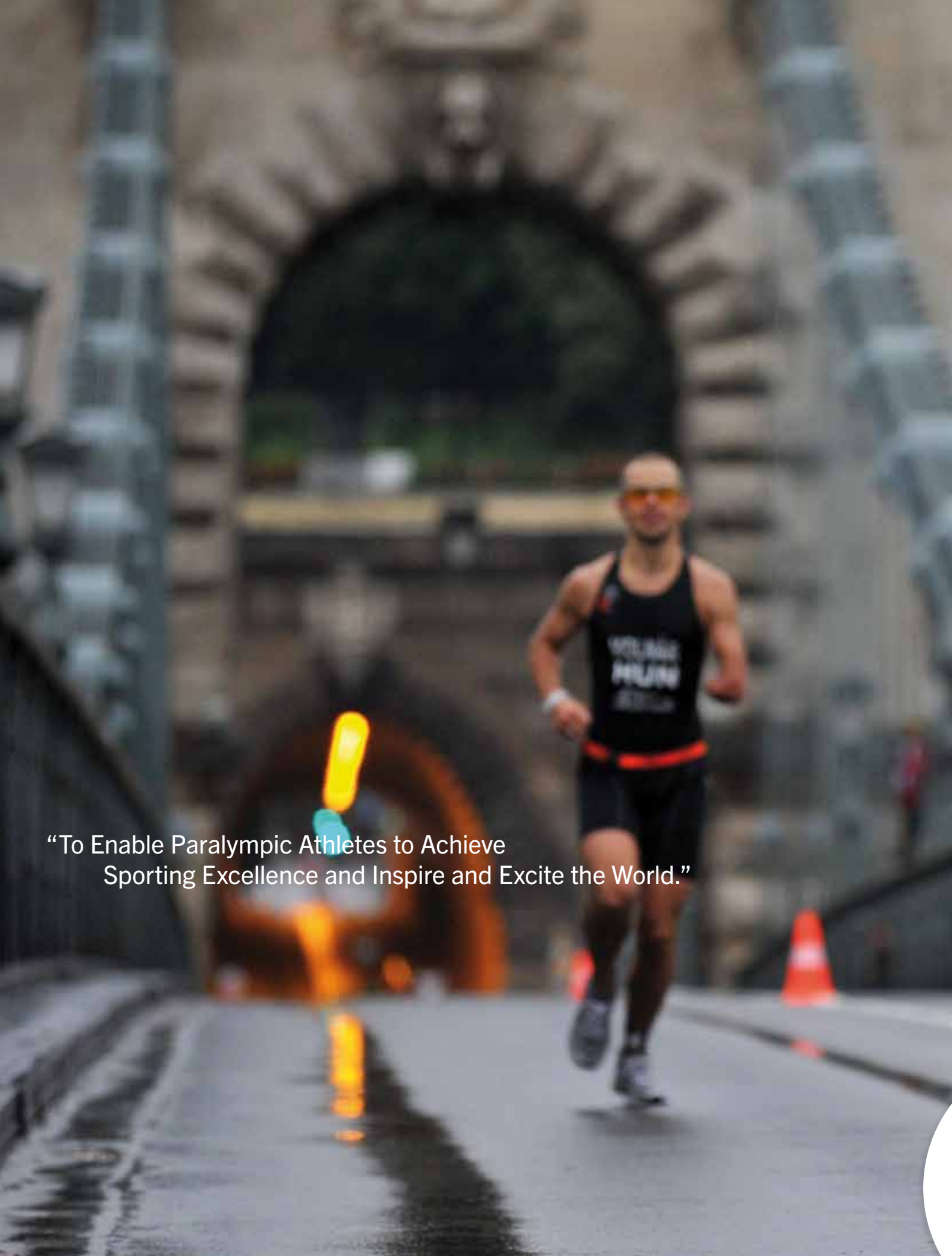


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Sporting Excellence and Inspire and Excite the World.”