



EXPLORE YOUR PARALYMPIC POTENTIAL

WINTER SPORTS SCOTLAND

PARALYMPICSGB



26th April - Wheelchair Curling, Cross-Country and Biathlon, Stirling
2nd May - Snowsports, Aberdeen
3rd May - Snowsports, Cross-Country and Biathlon, Glasgow

Try Para Alpine and Cross-Country Skiing, Snowboarding, Wheelchair Curling & Biathlon!



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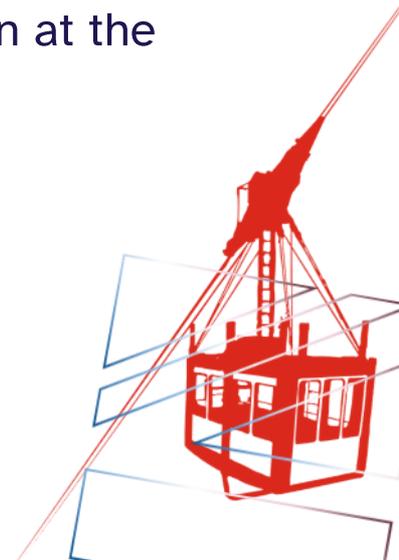
WINTER SPORTS SCOTLAND

Have you been inspired by ParalympicsGB at the Milano Cortina Winter Paralympic Games?

The Paralympic Potential Programme is the first step in finding out what your future Paralympic sport could be. If you want to find a competitive pathway and unlock the opportunities that sport offers, then now is the time to Explore Your Paralympic Potential - could you #BeTheFuture?

ParalympicsGB are working closely with GB Snowsports, British Curling and British Biathlon Union to offer you the chance to try Skiing, Snowboarding, Wheelchair Curling & Biathlon across three different dates and locations. You will receive expert coaching and input from GB coaches. They will be looking out for talented individuals to support and signpost to appropriate next steps.

Read on to find out more about each sport and which sports you could be classifiable for. With the right commitment and dedication, one day you could represent Great Britain at the Paralympic Games!





EXPLORE YOUR PARALYMPIC POTENTIAL

APPLY NOW

**Explore Your Paralympic Potential -
Winter Sports Scotland Explore
Days - Sign-Up**



[Explore Your Paralympic Potential - Winter Sports Scotland Explore Days - Sign-Up - Fill in form](#)



EXPLORE YOUR PARALYMPIC POTENTIAL

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What happens next?

- We will review your application, ensure you have the right impairment type and profile for the event
- If you are unsuccessful, we will email you with other opportunities
- If you are successful, we will invite you to attend the day and send over all the logistical information

What happens on the day?

- There will be an introduction from the Paralympic Potential Manager and 2012 London Paralympic Bronze Medalist, Ben Quilter, with a chance to ask questions
- You will get to try out and receive expert coaching and input from the GB coaches
- They will be looking out for talented individuals to support and will signpost you to appropriate next steps.





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DATES + LOCATIONS

Date and Time	Sports	Location	Focus
Sunday 26th April 2026	Wheelchair Curling Biathlon Cross-Country	The Peak, Stirling Sports Village, Forthside Way, Stirling FK8 1QZ	Wheelchair Users
Saturday 2nd May 2026 12.00 - 18.00	Alpine Skiing Snowboarding	Aberdeen Snowsports Centre, Garthdee Rd, Aberdeen, AB10 7BA	Physical Impairments Standing + Visual Impairments
Sunday 3rd May 2026 13.30 - 18.00	Alpine Skiing Snowboarding Biathlon Cross-Country	Glasgow Ski and Snowboard Centre, 16 Dumbreck Rd, Bellahouston, Glasgow, G41 5BW	Physical Impairments Standing + Visual Impairments



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CLASSIFICATION

Classification is the process by which athletes are placed into the appropriate sports class within the specific sports classification system.

Classification establishes a unique framework that promotes fair and meaningful competition by minimising the impact of athletes' impairments on the outcome of competition so that the outcome is determined by factors other than impairment.

Check out our [Classification Explainer Video here](#).

The exact criteria and their application are sport-specific, but the goal is to ensure a fair competition by only including athletes whose impairment genuinely impacts their ability to perform the fundamental tasks of the sport.

In the context of the Paralympic movement, impairment refers to a specific, underlying bodily limitation (physical, visual, or intellectual), while disability is the broader term for the resulting functional restriction in sport performance. Classification is the process of translating these impairments into competitive categories to ensure fair competition.



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ELIGIBLE IMPAIRMENTS

Impairment	Ataxia	Athetosis	Hypertonia	Impaired muscle power	Impaired passive range of motion	Leg length difference	Limb deficiency	Short stature	Intellectual	Vision
Alpine Skiing	X	X	X	X	X	X	X			X
Nordic Skiing	X	X	X	X	X	X	X			X
Snowboard	X	X	X	X	X	X	X			
Wheelchair Curling	X	X	X	X	X		X			



Ataxia, athetosis, hypertonia

Often termed “coordination” impairment. Reduced ability to produce and/or control skilled movement.

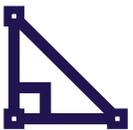
Examples: cerebral palsy, traumatic brain injury, stroke, multiple sclerosis.



Impaired muscle power

Reduced ability to voluntarily contract muscles.

Examples: spinal cord injury, spina bifida, polio myelitis, muscular dystrophy.



Impaired passive range of motion

Restricted movement in one or more joints.

Examples: arthrogyryposis, joint contracture.



Leg length Difference

Difference in the length of legs.

Examples: disturbance of limb growth or trauma.



Limb deficiency

Total or partial absence of bones or joints.

Examples: traumatic amputation, disturbance of limb growth.



Vision

Damage to eye structure, optic nerve or visual cortex leading to reduced or no vision that cannot be fully compensated.

Examples: retinitis pigmentosa, glaucoma and diabetic retinopathy.

The impairment must be caused by a diagnosed health condition. Athletes may have a combination of eligible and/or non-eligible impairments. **Only the eligible impairment(s)** can be considered as part of classification. For more information contact classification@paralympics.org.uk.

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WHEELCHAIR CURLING

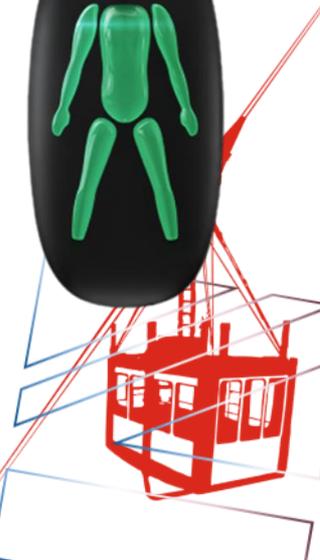
We are keen to attract future Paralympians who are willing to work as part of a world class team, have a strategic mindset to hit the target, are powerful and have a winning mentality.

Ideal Age Range

- Male and Female, 16+ (can take a little younger if interested however no current opportunities in place for in England/ Wales)

Impairments

- Wheelchair users
- For example: loss of power in lower limbs, loss of one lower limb above the knee, loss of both lower limbs below the knee, restricted movement in joints, limb absences, spinal injuries, MS, CP, poliomyelitis, transverse myelitis, spina bifida, polyneuropathy (these are possible examples, this list is not exhaustive)





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ALPINE SKIING

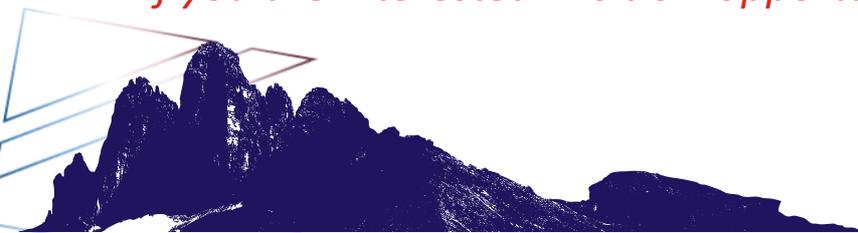
We're looking for athletic individuals that like speed, excitement, racing and have lots of perseverance.

Ideal Age Ranges

- No Previous Experience
 - Physical Impairment Standing - Male and Female (12 – 21)
 - Visual Impairment - Male and Female (12 – 21)
- With Previous Ski Experience
 - Physical impairment Standing - Male and Female (12 – 30)
 - Visual Impairment - Male and Female (12 – 30)

Impairments

- Upper Limb impairments such as amputation or congenital missing limbs or significantly reduced range of movement.
- Lower limb impairments such as amputation or congenital missing limbs from above the ankle, muscle weakness in the ankle or knee joints, significantly reduced range of movement in the knee or ankle, hypertonia, ataxia, athetosis, or a leg length difference of at least 7cm.
- Participants with lower limb prosthetics will need to bring a prosthetic with a foot, not a running blade.
- Participants must be fully ambulant and independent.
- *Please note that we cannot accommodate anyone requiring a sit-ski at this event, please contact paralympicpotential@paralympics.org.uk if you are interested in sit-ski opportunities.*



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ALPINE SKIING

LW1-9

In Alpine Skiing, all seven standing classes compete together.

Standing skiers race using a clock that runs at different speeds to compensate for the different classes.

LW1

LW2

LW3

LW4

LW5/7

LW6/8

LW9



AS1-4

In Alpine Skiing, all visually impaired classes compete together and are classified according to how much sight they have.

Skiers race using a clock that runs at different speeds to compensate for the different amounts of available vision across the classes.

AS1

AS2

AS3

AS4



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SNOWBOARDING

We're looking for people who like speed, excitement, racing, adrenaline sports have good balance and lots of perseverance. If you skateboard, surf or wakeboard there are lots of transferable skills.

Ideal Age Ranges

- Male (14 – 25) and Female (14 – 28)

Impairments

- Upper Limb impairments such as amputation or congenital missing limbs from above the wrist, muscle weakness in the elbow or shoulder, hypertonia, ataxia, athetosis or significantly reduced range of movement.
- Lower limb impairments such as amputation or congenital missing limbs from above the ankle, muscle weakness in the ankle or knee joints, significantly reduced range of movement in the knee or ankle, hypertonia, ataxia, athetosis, or a leg length difference of at least 7cm.
- Participants with lower limb prosthetics will need to bring a prosthetic with a foot, not a running blade.
- Participants must be fully ambulant and independent..





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SNOWBOARDING

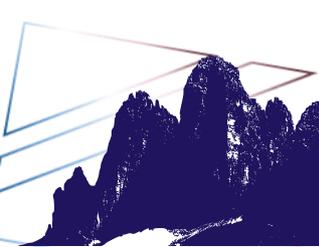
SB-LL1



SB-LL2



SB-UL



EXPLORE YOUR PARALYMPIC POTENTIAL

CROSS-COUNTRY SKIING AND BIATHLON

We're looking for athletic individuals that like speed, excitement, racing, endurance sports and have lots of perseverance.

Ideal Age Ranges

- No Previous Experience
 - Physical impairment Standing - Male and Female (12 – 21)
 - Physical Impairment Sitting – Male and Female (12 – 26)
 - Visual Impairment – Male and Female (12 – 21)
- With Previous Endurance Sport Experience
 - Physical impairment Standing - Male and Female (12 – 30)
 - Physical Impairment Sitting – Male and Female (12 – 30)
 - Visual Impairment - Male and Female (12 – 30)

Impairments

- Upper Limb impairments such as amputation or congenital missing limbs from above the metacarpophalangeal (MCP) joints or an equivalent significantly reduced range of movement or muscle weakness, hypertonia, ataxia or athetosis
- Lower limb impairments such as amputation or congenital missing limbs through or above the ankle, or an equivalent significantly reduced range of movement or muscle weakness, hypertonia, ataxia or athetosis, or a leg length difference of at least 7cm.
- Participants with lower limb prosthetics will need to bring a prosthetic with a foot, not a running blade.
- Participants must be fully independent and able to transfer from/to a wheelchair if necessary.





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CROSS-COUNTRY SKIING

AND BIATHLON

To adjust for the difference in the classes, Cross-Country skiers and Biathletes race using a clock that runs at different speeds to compensate for the different amount of movement and varying shooting precision between the classes.

LW2-9



LW10-12



NS1-3

Visually impaired athletes race using a clock that runs at different speeds to compensate for the different amount of light perception and vision across the three classes. When shooting, they aim by hearing a tone through headphones. The pitch of the tone raises as their aim nears the target centre.

