

Paralympics

In the competition

Key Word Sign



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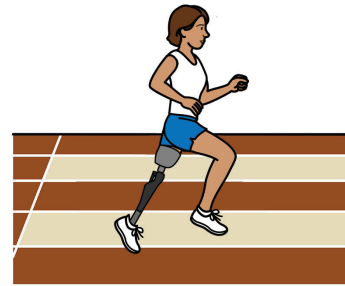
athlete



team



race



CLASSIFICATION / GROUP

Hold both hands flat with thumbs tucked in, palms facing forward and index fingers touching. Move hands in a forward circle until little fingers touch.

DISABILITY

Finger spell "D" with extended and spread fingers and thumb of non-dominant hand. Change dominant handshape to pointed index finger and turn palm to face body. Move dominant index fingertip across extended and spread fingers of non-dominant hand to the little finger.

IMPAIRMENT

Hold non-dominant flat hand palm up in front of body. Extend little finger of dominant hand, tap twice on flat palm.

win



champion



medal



MUSCLE

Extend non-dominant forearm. Use index finger of dominant hand to trace arc from top of arm to elbow, like the shape of a muscle.

MOVEMENT

Hold flat hands in front of body, palms facing and fingers pointing forwards. Move both hands across the body from dominant to non-dominant side.

SHORT STATURE (SHORT)

Bend fingers of flat dominant hand at third knuckle. Hold at shoulder height, palm facing in. Lower formation to mid chest height.

gold



silver



bronze



VISION

Extend index and middle finger of each hand. Touch index fingers on upper cheeks with palms facing in. Simultaneously move both hands forwards.

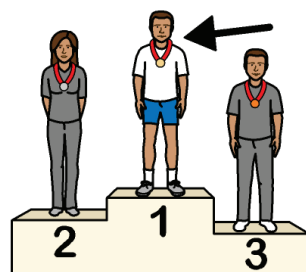
INTELLECTUAL

Extend middle finger of dominant hand, other fingers spread. Tap middle finger to temple then swivel hand outwards away from body.

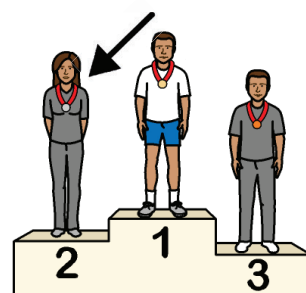
LIMB DIFFERENCE

1) Point to arm, then leg.
2) Extend index fingers of both hands, hold them palms down with edges of index fingers touching. Rotate formations outwards and slightly apart, ending with palms facing up.

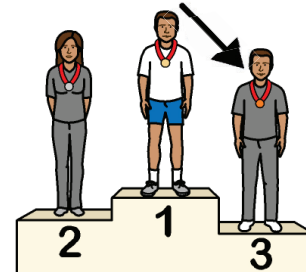
first



second



third



LEG LENGTH DIFFERENCE

1) Point to leg.
2) Bend fingers of both hands at 3rd knuckle. Touch fingertips together in front of body, palms facing. Move dominant hand up and non-dominant hand down.

WHEELCHAIR

Extend index fingers of both hands, place at each side of body and trace outline of wheels.

STRONG

Hold both hands in fists in front of body at about waist height. Bring both fists up toward body in strong movement.

ATHLETE

Hold flat hands at sides of body, fingers pointing forwards. Alternately move up and down, like when running.

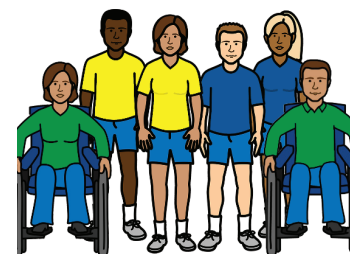
TEAM

Extend and crook index fingers of both hands, thumbs tucked in, palms facing away from body. Place edges of index fingers together then simultaneously twist hands around in a circle, so that edges of little fingers meet.

RACE

Point index fingers towards each other and hold on non-dominant side of chest, palms facing body. Simultaneously move both hands away from the chest with emphasis.

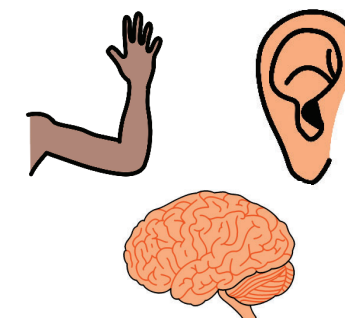
classification / group



disability



impairment



WIN

Hold slightly cupped dominant hand, palm away from body at face height. Turn hand to face body while closing into fist, with emphasis.

CHAMPION

Hold non-dominant flat hand palm up in front of body. Extend little finger of dominant hand, tap twice on flat palm.

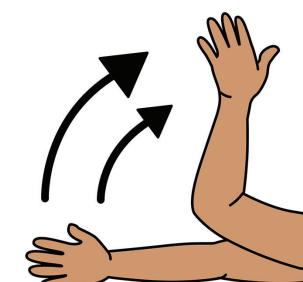
MEDAL

Join fingers and thumb of dominant hand in a circle. Place in centre of chest, thumb touching body.

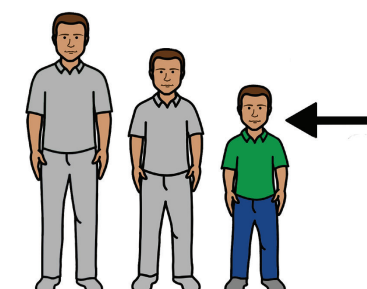
muscle



movement



short stature



GOLD

Make fist with both hands. Hold dominant hand to the side and bring towards non-dominant hand in a sweeping motion, bouncing off and away from non-dominant fist.

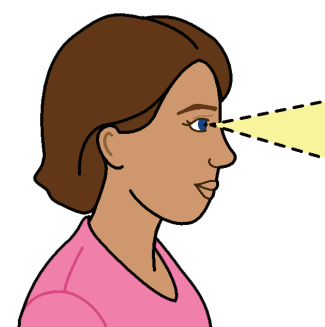
SILVER

With both hands, make fist with little finger extended. Hold dominant hand formation to the side, sweep towards non-dominant hand in an arc and bounce little finger off little finger of non-dominant hand.

BRONZE (B-R-O-N-Z-E)

Fingerspell B, R, O, N, Z, E.

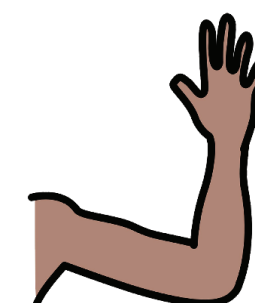
vision



intellectual



limb difference



FIRST

Extend dominant index finger, palm facing away from body. Turn hand so palm faces body.

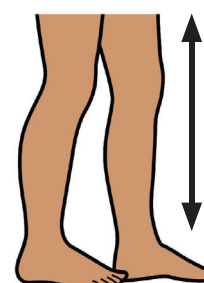
SECOND

Extend dominant index and middle fingers, palm facing away from body. Rotate from the wrist so palm faces body.

THIRD

Extend index, middle and ring finger of dominant hand. Hold at side of body palm facing away then rotate whole formation towards body.

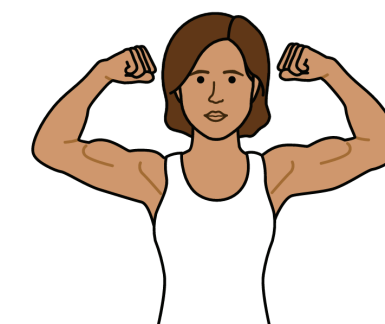
leg length difference



wheelchair



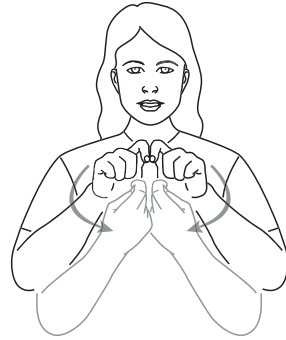
strong



athlete



team



race



classification / group



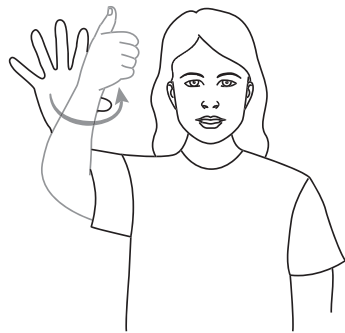
disability



impairment



win



champion



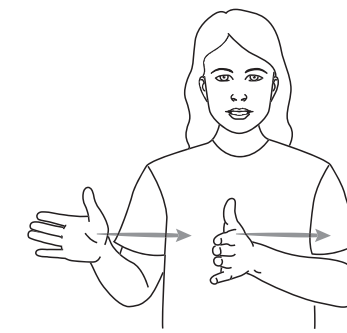
medal



muscle



movement



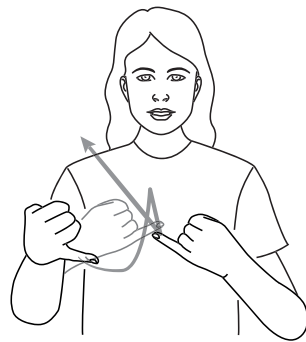
short stature



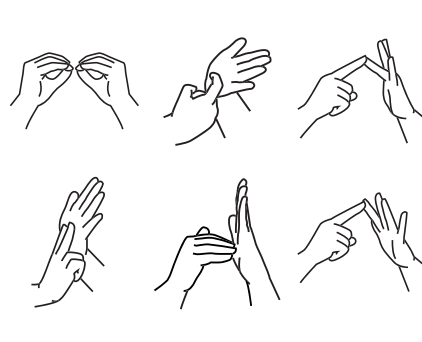
gold



silver



bronze



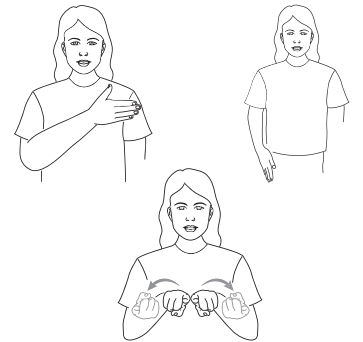
vision



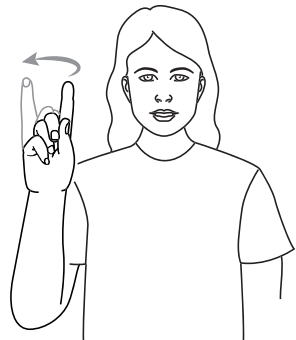
intellectual



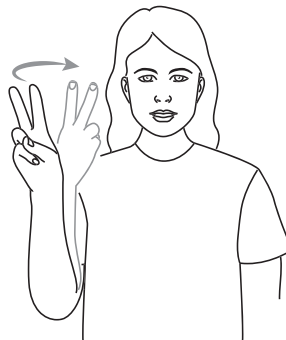
limb difference



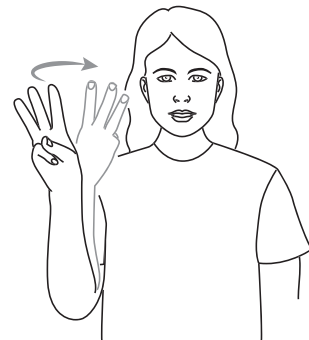
first



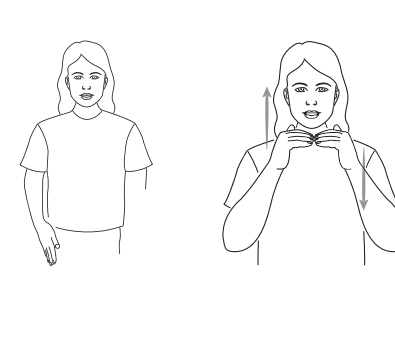
second



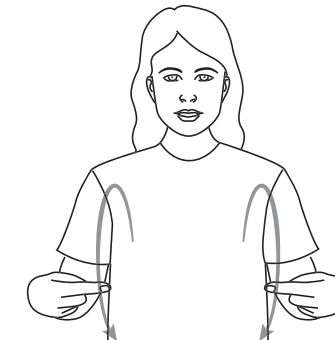
third



leg length difference



wheelchair



strong

