

The Four Values of the Paralympic Games:

Courage, Determination, Inspiration, Equality

The International Paralympic Committee (IPC) emphasises these four values as it believes that the hidden power of the Paralympians is the symbol of the Paralympic Games.

The Significance of the Paralympic Games:

Ingenuity, Diversity, Barrier-free, Change in mindset

Athletes with a range of impairments test their limits by using their ingenuity during the Paralympic Games, which promote diversity and give everyone a fair opportunity to demonstrate their individuality and abilities and to become successful. The Games also remind us of the need to reduce barriers in society, as well as the need to change our mindset.

Features of the Paralympic Games:

Ingenious tools and rules, Classification creates fair competition

Ingenious tools and rules are utilised to enable top athletes with an impairment to give their best performance. Competitions are held in different classes according to the “type” and “degree” of impairment to ensure athletes with a range of impairments, such as a physical (for example upper and lower limbs), visual or intellectual impairment, can compete equally.