



Introduction

In November 2016 the International Paralympic Committee (IPC) began the roll out of a rebrand of Para sport terminology across all sports.

Paralympics New Zealand (PNZ) has subsequently produced this terminology guide which is designed to assist with the new language within Para sport.

We hope it proves valuable to you as we continue to raise the profile of New Zealand Paralympians and Para athletes and their outstanding sporting achievements, and achieve the Paralympics New Zealand vision of “excellence and equity through sport”.

Three key elements to understand with the use of the word Para:

It refers to non-Paralympic Games events or activities and is used in a non Paralympic Games context;

The event, activity or person must fall under the jurisdiction of the IPC or an IPC member; and

The event, activity or person must be governed by the requirements of the IPC Athlete Classification Code.

Paralympic is the IPC's brand for use in connection with the Paralympic Games only.

Use of the terms 'Para sport' and "Para athlete' in New Zealand

Organisations have approval to use the term Para sport and Para athlete in the context of their sport e.g. Para rowing, Para rowers, Para equestrian, Para athletes, Para cycling, Para cyclists, etc.

The International Federation of the sport must be recognised by the IPC to be deemed a Para sport.

The term Para athlete should only be used to distinguish disabled athletes within sports that are Para sports who meet the classification eligibility criteria, and has not yet competed at a Paralympic Games.

The term should not be used for generic disability sport open days or Special Olympics events.

For a full list of Para sports refer to <http://www.paralympic.org/Sports>

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ATHLETE BASED TERMS		
Use	Instead of	Description
Disabled athlete	Cripple, handicap, invalid, impaired etc	These nouns all have negative connotations in the English language and should not be used.
Able-bodied athlete or Olympic athlete	An athlete without a disability	As per International Paralympic Committee (IPC) style guidelines.
Paralympian	Para olympian or Para athlete or Olympian Former Paralympian Ex-Paralympian	A Para athlete who has competed at the Paralympic Games. Paralympian is a title for life, it is not removed after retirement.
Para athlete Para swimmer Paralympic hopeful	Paralympian (if have not competed at Paralympic Games)	A classifiable disabled athlete who competes in a Para sport and has not yet been to a Paralympic Games.

Information on impairment is of secondary importance to an athlete's achievements. If you want to include it, try to make sure it is a passing reference rather than the focus of the item/article.

SPORT BASED TERMS		
Use	Instead of	Description
Para sport e.g. Para swimming, Para cycling <i>Please refer to page 6 for a full listing of 28 summer and winter Para sports.</i>	Para-Sport, para swim, disabled swimming etc	A sport that is contested at the Paralympic Games. A Para sport is any sport with a robust and IPC approved classification system. Spelling of Para: Capital P Space, then the sport name in lower case No hyphen
1. Tokyo 2020 Paralympic Games 2. Tokyo 2020 Paralympics 3. Tokyo 2020 1. PyeongChang 2018 Paralympic Winter Games 2. PyeongChang 2018 Paralympics 3. PyeongChang 2018	Paralympic Games Tokyo Paralympics Tokyo 2020 Tokyo Paralympic Winter Games PyeongChang Paralympic Winter Games 2018 PyeongChang	Option 1 - Formal full name of Paralympic Winter or Summer Games in the correct format. Option 2 & 3 - Informal name and format for Paralympic Winter or Summer Games. Not to be used in mass or formal communications.
1. Paralympic Games 2. Paralympics	Para-Games Para-Olympics or Paraplegic Olympics Olympics	Option 1 - Non year specific games term Option 2 - Informal abbreviation for Paralympic Games – Not to be used in formal communications.
London 2017 World Para Athletics Championships PNZ Para Cycling Programme Para sport Manager	World Para Athletics 2017 Etc NZ Para cycling Programme PNZ Para Sport Manager	World Championship event names are all in upper case. They follow the format of city name, year, 'World', sport name, 'Championships'. Programme names are all in upper case. PNZ staff titles are all in upper case.
World Para Athletics World Para Alpine Skiing	IPC Athletics IPC Skiing	International Federations names are all in upper case. They follow the format of World, following by the sport name.
Paralympics New Zealand PNZ	New Zealand Paralympics Para NZ or Para-Olympics NZ	The only acceptable abbreviation for Paralympics New Zealand is PNZ. Not to be used in headings, to start sentences and only after a full version of the term.

DISABILITY BASED TERMS		
Use	Instead of	Description
Disability or specific impairment e.g. has an intellectual impairment, has cerebral palsy, has a spinal injury, is an amputee, has tetraplegia, paraplegia	Suffers from cerebral palsy, handicap, etc Inflicted with cerebral palsy, handicap, etc	Disability is a statement of fact or refers to a medical condition. 'Suffering' portrays the individual as being in a weak, frail or tragic position. Most athletes would say that they do not 'suffer from' their impairment.
An athlete who has a spinal cord injury or an athlete with paraplegia	A spinal injury athlete or a paraplegic	A person might have a disability or impairment but it does not define them as a person.
Wheelchair user	Is wheelchair bound	Terms like 'bound' or 'confined' should be avoided as they infer entrapment. Instead a wheelchair is an aid or tool, which a person uses.
Amputation or amputee	Stumps	Someone with an amputation' or is an 'amputee' are both correct terms. However, bear in mind that sometimes people have a similar impairment but not from amputation, it may be present from birth.

FULL LIST OF PARA SPORTS	
Note – those highlighted in yellow have not changed as part of the rebrand commencing 30 November 2016.	
Para sports - Summer	Para sports - Winter
Para archery	Para alpine skiing
Para athletics	Para biathlon
Para badminton	Para cross-country skiing
Boccia	Para ice hockey
Para canoe	Para snowboard
Para cycling	Wheelchair curling
Para equestrian	
Football 5-a-side	
Football 7-a-side	
Goalball	
Para judo	
Para powerlifting	
Para rowing	
Para sailing	
Shooting Para sport	
Sitting volleyball	
Para swimming	
Para table tennis	
Para taekwondo	
Para triathlon	
Wheelchair basketball	
Para dance sport	
Wheelchair fencing	
Wheelchair rugby	
Wheelchair tennis	

Please note - there is the exception in shooting sport, where the sequence of the words will be reversed to “Shooting Para sport”

Behaviour: Being with and around disabled people

Assistance: If you see a situation that you think requires it, offer assistance, but remember it will not always be accepted: You should always ask if an individual would like assistance before rushing in and imposing yourself on them. Your help may not be required. However, don't feel awkward about offering to help, it is perfectly polite and acceptable to do so. Also, if your assistance is declined on one occasion, do not be offended or put off asking in the future.

Communication : Always speak directly with the person rather than their companion, assistant or interpreter. Remember to use your usual manner and speak in your normal tone – a physically disabled person does not necessarily have a hearing impairment or learning disability so be aware that you could sound condescending.

Intellectual impairment: If you are talking to someone with an intellectual impairment, always use simple, plain language and give them time to answer your questions. Tell the person if you did quite not understand what was said and ask them to repeat what they have said, rather than letting them believe that you have understood them.

Wheelchair users: Be aware that a wheelchair is part of a person's personal space so do not lean on it or hold on to it unless of course offered permission to do so.

Behave naturally: For example, shake hands with a disabled person as you would any other person, even if they are wearing a prosthesis or have limited movement of their hand or arm. It is a universal sign of greeting.

Everyday phrases: There is no need to feel self-conscious about using everyday phrases. Some everyday phrases are perfectly acceptable; some people who use wheelchairs will state themselves 'I'm going for a walk'. It is also perfectly acceptable to say to a visually impaired person 'I will see you later'. Using common sense, everyday phrases of this kind are most unlikely to cause any offence.

If in doubt, ask. If you are unsure of what to do in a particular situation, ask.