

## **GUIDELINES – REPORTING ON PERSONS WITH A DISABILITY**

When speaking, interviewing or socializing with a person or an athlete with a disability, here are a few general rules to remember:

- Always identify the person first and then the disability. Sometimes it may not be necessary or relevant to the article to mention the disability, so don't feel obliged to do so. When it is relevant, just mention what the disability is and then move on.
- Act naturally and don't monitor every word and action. Don't be embarrassed if you use common expressions like "see you later" (to a person with a visual impairment) or "I'd better run along" (to someone who uses a wheelchair).
- Avoid using emotional wording like "tragic", "afflicted", "victim", or "confined to a wheelchair". Emphasize the ability and not the limitation, ie, by saying that someone "uses a wheelchair" rather than "is confined" or "is wheelchair-bound".
- Avoid portraying people with a disability who succeed as "extraordinary" or "superhuman". For example, overstating the achievements of athletes with a disability inadvertently suggests the original expectations were not high.
- Portray the person as he/she is in real life. For example, a person with a disability might be an athlete but he/she may also be a parent, a civil engineer, a doctor, a business manager or a journalist.
- People do not want to be recipients of charity or pity. Remember that a person with a disability isn't necessarily chronically sick or unhealthy.
- Always ask a person with a disability if he/she would like assistance before rushing in. Your help may not be needed. However, it is quite all right to offer help. If your assistance is needed then listen or ask for instructions.
- When talking with a person who has a disability, speak directly to that person rather than a companion or interpreter.
- Don't forget that people with a disability may need your patience and sufficient time to act independently. Give the person extra time to speak if they are using a communication aid or have a learning disability.
- Ask persons with a disability to repeat themselves if you do not understand them.
- Respect the person's personal space and remember that a wheelchair is part of a person's personal space.
- When greeting a person, if you normally shake hands, then offer the same gesture, even if the person has limited use of his/her hands or wears prosthesis. The person will let you know if a certain action is appropriate or not.
- Do not assume that a person with a physical disability also has a hearing disability or that his/her mental capacity is diminished in any way. Speak in a normal tone and do not use language that is condescending.

### **Appropriate words and phrases**

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Words can project images that are inaccurate and may hurt a person. In the following you can find a list of preferred terminology and appropriate wording to use when referring to athletes or people with a disability in general.

<b>Avoid:</b>	<b>Use:</b>
<b>Disabled athlete/person</b> <b>Handicapped athlete/person</b> <b>Athlete/person with disabilities</b>	<b>Athlete/person with a disability or Paralympian</b> Place the athlete or person first rather than referring to his/her disability.
<b>The handicapped</b> <b>The physically handicapped</b>	<b>People with a physical disability</b>
<b>Normal athletes</b>	<b>Able-bodied athletes</b>
<b>A paraplegic, paraplegics</b>	<b>A person with paraplegia</b>
<b>A quadriplegic, quadriplegics</b>	<b>A person with quadriplegia</b>
<b>The blind</b>	<b>Persons with a visual impairment/blindness</b>
<b>A retard/the retarded</b>	<b>A person with an intellectual disability</b>
<b>Spastic</b>	<b>A person with cerebral palsy</b>
<b>Abnormal, subnormal, defective, deformed</b> These are negative terms which imply failure to reach personal perfection	<b>Specify the disability</b>
<b>Afflicted with</b> Most people with a disability do not see themselves as afflicted	Say the person <b>has...</b> (the disability)
<b>Confined to a wheelchair</b> A wheelchair provides mobility and is not confining	Say <b>uses a wheelchair</b>
<b>Cripple or crippled</b> These words convey a negative image of a twisted ugly body	Say <b>with a physical disability</b>
<b>Disease</b> (when used as equal to disability) Many disabilities, such as cerebral palsy and spinal injuries, are not caused by any illness or disease	Say <b>disability</b>
<b>Stumps</b> This has the connotations that the person's limbs were cut off like a tree	Say <b>amputation</b>
<b>Suffers from, sufferer</b> People with a disability do not necessarily suffer	Say <b>is/has...</b> (the disability)
<b>Victim</b> People with a disability are not necessarily victims and usually prefer not to be perceived as such	Say <b>is/has...</b> (the disability)

In general, it is helpful to remember that disability is a characteristic or a situation of life but does not replace life itself. Life very often proves to be stronger than any kind of disability.



## **IPC HEADQUARTERS**

The IPC decided to house its world Headquarters in the former German capital of Bonn in 1997. Bonn was successful in its application against bids from other cities such as Madrid and Paris. With funds from the Bonn-Berlin compensation package, the city provided the IPC with a building for 99 years. The building was renovated and made wheelchair-accessible, and the IPC Headquarters officially opened on 3 September 1999.

The IPC Headquarters are run by professional staff, the first of whom were employed in 1998, which manage the daily operations of this large and complex Movement. Previously, the organization was run almost exclusively by volunteers, but currently has a staff of more than 25 full-time and part-time employees.

Dating back to the early 1900s, the IPC building was originally a private residence and was later used as an office building. It has been given a distinct atmosphere through the integration of modern elements combined with the old-style architecture.

The building has two apartments that are available for visiting committee members and guests as well as a meeting room large enough to host more than 30 people. The IPC Headquarters are about 2km from the city centre, the main train station and the city hall, and are along Bonn's Museum Mile.

## **PARALYMPIC ANTHEM**

The Paralympic anthem, "Hymn de l'Avenir" or "Anthem of the Future", was composed by Frenchman Thierry Darnis in 1996. The original version was written for orchestra, without lyrics, and arranged by Patrick Millet. It was formally approved at the 15th meeting of the IPC Executive Committee in March 1996.

Graeme Connors, a well-known Australian country singer, who had performed at the Opening Ceremony of the Sydney 2000 Paralympic Games, added lyrics to the anthem and donated them to the IPC. The IPC Management Committee adopted the new version of the song in October 2001. After the strategic review and the launch of the new Paralympic Symbol and corporate identity in spring 2003, the text no longer reflected the new vision and motto of the IPC; consequently it was decided to revert to using the original version without lyrics.

The Paralympic anthem is a registered mark of the International Paralympic Committee (IPC). Instrumental and artistic variations of the anthem may be used, especially when the musical instruments and expressions used are reflective of the culture of the host country where the Paralympic Games are being held, but only with the permission of the IPC. The anthem may only be used at sporting manifestations and activities taking place under the authority of the IPC and after prior written approval of the IPC.

Further queries about the Paralympic anthem can be directed to the IPC Headquarters.

## **ABOUT THE IPC**

The International Paralympic Committee (IPC) is the global governing body of the Paralympic Movement. The IPC organizes the Summer and Winter Paralympic Games, and serves as the International Federation for nine sports, for which it supervises and co-ordinates the World



Championships and other competitions. The IPC is committed to enabling Paralympic athletes to achieve sporting excellence and to developing sport opportunities for all persons with a disability from the beginner to elite level. In addition, the IPC aims to promote the Paralympic values, which include courage, determination, inspiration and equality.

Founded on 22 September 1989, the IPC is an international non-profit organization formed and run by 162 National Paralympic Committees (NPCs) from five regions and four disability specific international sports federations (IOSDs). The IPC Headquarters and its management team are located in Bonn, Germany. The organization has a democratic constitution and structure, made up of elected representatives. The four IOSDs are:

- [CPISRA: Cerebral Palsy International Sport and Recreation Association](#)
- [IBSA: International Blind Sports Federation](#)
- [INAS-FID: International Sports Federation for Persons with Intellectual Disability](#)
- [IWAS: International Wheelchair and Amputee Sports Federation](#)

Whereas other international sports organizations for athletes with a disability are either limited to one disability group or to one specific sport, the IPC - as an umbrella organization - represents several sports and disabilities.

The first Paralympic Games were held in Rome, Italy, in 1960, bringing a number of sports and disability groups together into one event. The first Paralympic Winter Games were subsequently held in Örnsköldsvik, Sweden, in 1976. The Paralympics grew fast and became an important international sporting event. The need to govern the Games more efficiently and to speak with one voice to the IOC resulted in the foundation of the ICC, the "International Co-ordination Committee of World Sports Organizations for the Disabled" in 1982. Only ten years later, the ICC was replaced by the IPC. It was the strong wish of the member nations to form this organization with a democratic constitution and elected representatives. The IPC was founded in Düsseldorf, Germany, in 1989.

The Winter Paralympics in Lillehammer in 1994 were the first Paralympic Games under the management of IPC. Today, we look back on a history of the organization, which is rapidly developing. The Movement's growth is best exemplified through the phenomenal rise of the Paralympic Games. More NPCs competed at the Sydney 2000 Paralympics (3,824 athletes, 123 NPCs) than in the Munich 1972 Olympic Games. In Athens, the degree of media coverage was unprecedented, as was the attention from the public in Sydney. With interest in and acceptance for sport for persons with a disability growing, the expansion of the Paralympics is most likely to continue in the future.

There are a total of 25 sports on the Paralympic programme. For nine of these sports, the IPC currently serves as the International Sports Federation. Other sports are either governed by independent sport federations or are part of a disability-specific IOSD programme.

In November 2003, the IPC took important steps toward a new future when the General Assembly (its highest decision-making body) adopted new governance and management structures following a Strategic Review. A motion that has led the IPC Sports towards more self-sustainability and eventually independence from the IPC also passed. In addition to the NPCs and IOSDs, the sports and regional organizations now have the option of becoming full members of the IPC.

In 2004, the IPC fine-tuned its governance structure and developed a new constitution. An extraordinary General Assembly was held in November 2004 to approve the new IPC Constitution as well as to approve the bylaws outlining the new electoral system. The Executive Committee was



replaced by a Governing Board, which was elected by the General Assembly in November 2005. The IPC is now composed of the General Assembly, the Governing Board, the Management Team (with a permanent headquarters in Bonn, Germany), and various Councils and Standing Committees.

The IPC aims to promote, without discrimination, the practice of sports for people with a disability; to seek the expansion of sport opportunities from a developmental to an elite level for people with a disability; to create the conditions for athlete empowerment through self-determination; to liaise with the International Olympic Committee (IOC) and other international sports bodies; to co-ordinate the calendar of international and regional competitions; and to assist and encourage educational programmes, research and promotional activities.

## **IPC VISION, MOTTO, SYMBOL**

### **Vision**

*To Enable Paralympic Athletes to Achieve Sporting Excellence and Inspire and Excite the World.*

Each word in the vision has a clear meaning in defining the ultimate aim of the IPC:

- To enable: this is the primary role of the IPC as an organization - to create the conditions for athlete empowerment through self-determination.
- Paralympic athletes: the primary focus of IPC's activities, in the context of Paralympic athletes, is the development of all athletes from initiation to elite level.
- To achieve sporting excellence: the goal of the IPC as a sports centred organization.
- To inspire and excite the world: the external result is our contribution to a better world for all people with a disability. To achieve this, relations with external organizations and the promotion of the Paralympic Movement as a whole are of prime importance.

### **Motto**

The spirit of every Paralympic athlete is uncompromising - every day exceeding what others had thought was possible by pushing themselves to the limit. With the motto 'Spirit in Motion', the IPC has captured what the Paralympic Movement is trying to achieve: enabling athletes from all backgrounds to unite on a single stage, inspiring and exciting the world with their performances.

### **Symbol**

The new Paralympic Symbol (logo) was launched in 2003. It is a symbol in motion, with three Agitos (from the Latin meaning 'I move') encircling a centre point; emphasizing the role that the IPC has of bringing athletes from all corners of the world together and enabling them to compete. It also emphasizes the fact that Paralympic athletes are constantly inspiring and exciting the world with their performances - always moving forward and never giving up. The new Paralympic Symbol consists of three elements in red, blue and green - the three colours that are most widely represented in national flags around the world.

The previous symbol incorporated the Tae-Geuk, which is a traditional Korean decorative motif. Tae-Geuks were first used in a symbol at the 1988 Paralympic Games in Seoul, Korea. At that time, the symbol consisted of five Tae-Geuks in a configuration and in colours similar to the Olympic Rings, ie, blue, black, red, yellow and green.

In 1991, the International Olympic Committee (IOC) requested that the IPC modify its symbol, if the symbol was to be used for marketing purposes. The IOC Marketing Department considered the symbol with five Tae-Geuks too similar to the five Olympic Rings, and hence a point of potential confusion for the IOC Sponsorship Programme. The configuration of five Tae-Geuks was allowed



to be used at the 1994 Paralympic Winter Games in Lillehammer, Norway. A Paralympic Symbol with three Tae-Geuks was officially launched on a worldwide level at the 1994 World Championships for IPC Sports and 'Mind, Body, Spirit' was adopted as the Paralympic motto, which has now been replaced by the motto 'Spirit in Motion'.

The Tae-Geuks were in limited use until the Closing Ceremony of the ATHENS 2004 Paralympic Games. When handing over the flag to Beijing, a flag with the new symbol was used. From then on, the old symbol is no longer in use.

## **HISTORY OF THE PARALYMPIC MOVEMENT**

### **From the Stoke Mandeville Games to the Paralympic Games**

Sport for athletes with a disability has existed for more than 100 years. In the 18th and 19th centuries contributions were made which proved that sport activities were very important for the re-education and rehabilitation of persons with a disability.

Following World War II, traditional methods of rehabilitation could not meet the medical and psychological needs of large numbers of soldiers and civilians with a disability. At the request of the British government, Dr. Ludwig Guttman founded the National Spinal Injuries Centre at the Stoke Mandeville Hospital in Great Britain in 1944. Guttman introduced sport as a form of recreation and as an aid for remedial treatment and rehabilitation.

On 28 July 1948, the day of the Opening Ceremony of the Olympic Games in London, the Stoke Mandeville Games were founded, and the first competitions for athletes with spinal cord injuries took place on the hospital grounds in Stoke Mandeville. Two British teams with 14 former servicemen and two former servicewomen competed in archery. From then on, the Stoke Mandeville Games were to be held annually. In 1952, Dutch ex-servicemen joined the movement - the International Stoke Mandeville Games were established. These too took place every year in Stoke Mandeville.

In 1960 the International Stoke Mandeville Games were staged for the first time in the same country and city as the Olympic Games, ie, in Rome. They have gone down in history as the "First Paralympic Games". The first Paralympic Winter Games took place in Örnsköldsvik, Sweden, in 1976. The word Paralympic was originally a pun combining "paraplegic" and "Olympic", however with the inclusion of other disability groups and the close associations with the Olympic Movement it now represents "parallel" (from the Greek preposition "para") and "Olympic" to illustrate how the two movements exist side by side. "Paralympics" has been the official term of the Games since 1988.

### **Organizational Structure of the Paralympic Movement**

Over time, the organization and structure of the Paralympics became more professional, which was reflected in the continuous improvement of the classification system, an increase of standards in coaching, training, refereeing and umpiring, continual amendments of the Handbook of Rules for each sport, as well as in a growing number of athletes and countries participating in the Games.

Last but not least, the organizational structure also underwent significant changes. Until 1952 the Stoke Mandeville Games had been organized by Dr. Guttman and hospital staff, with a forum of doctors, trainers, physiotherapists and administrators deciding on rules, classifications, etc. In 1961, however, the International Stoke Mandeville Games Committee was founded, which was henceforth responsible for the Games organization, until in 1972 the constitution was amended to the International Stoke Mandeville Games Federation (ISMGF). In the 1990s, the ISMGF became the International Stoke Mandeville Wheelchair Sports Federation (ISMWSF).



In 1960, an International Working Group on Sport for the Disabled was set up to study the challenges of sport for persons with a disability. Its aim was to establish an organization which included all disability groups. It resulted in the creation, in 1964, of an international sport federation called ISOD: International Sports Organization for the Disabled.

ISOD offered opportunities for those athletes who could not affiliate with the ISMGF: athletes with a visual impairment, amputation and cerebral palsy. The organization pushed very hard to include athletes with a visual impairment and an amputation in the Toronto 1976 Paralympic Games and persons with cerebral palsy in the Arnhem 1980 Paralympics. The aim of ISOD was to become an umbrella organization for all disabilities in the future and to act as a co-ordinating committee. Later, other disability groups, too, established their international sports organizations that arranged various competitions.

Today, four of the five International Organizations of Sport for the Disabled (IOSDs) listed below are members of the IPC:

- CPISRA: Cerebral Palsy International Sport and Recreation Association
- IBSA: International Blind Sports Federation
- INAS-FID: International Sports Federation for Persons with Intellectual Disability
- IWAS: International Wheelchair and Amputee Sports Federation (amalgamation of ISOD and ISMWSF in 2004)
- CISS: Comité International Sports des Sourds (member of the IPC from 1986-1995).

The international organizations experienced the need of co-ordinating both Paralympic Games and other international and regional sport competitions. In 1982, ISOD, ISMGF, CPISRA and IBSA therefore created the "International Co-ordinating Committee (ICC) of World Sports Organisations for the Disabled", to govern the Paralympic Games and to represent the participating organizations in dialogues with the International Olympic Committee (IOC) and other global organizations. However, the member nations demanded more national and regional representation in the organization. This finally led to the foundation of a new, democratically organized institution, the International Paralympic Committee (IPC), in 1989, with Headquarters in Brugge, Belgium. The IPC officially replaced the ICC following the 1992 Paralympics in Barcelona.

In 1999, the IPC opened its permanent Headquarters in Bonn, Germany, run by professional staff. In November 2003, culminating several years of hard work and planning, the IPC took important steps towards a new future when the General Assembly adopted new structures with respect to Governance and Management following a Strategic Review that was conducted in the preceding years. The IPC is now composed of the General Assembly (its highest decision-making body), the Governing Board, the Management Team and various Committees and Councils. In addition to the NPCs and IOSDs, the sports and regional bodies now have the option to become members of the IPC. A motion also passed that will lead the nine IPC Sports towards more self-sustainability and eventually independence from the IPC.

## **HISTORY OF THE PARALYMPIC MOVEMENT**

Following World War II, traditional methods of rehabilitation were no longer responsive enough to the medical and psychological needs of large numbers of soldiers and civilians with a disability. At the request of the British government, Dr. Ludwig Guttmann, a newly emigrated German neurologist and neurosurgeon, set up a Spinal Cord Injuries Centre at Stoke Mandeville Hospital in Great Britain in 1944. At Stoke Mandeville, Guttmann introduced sport as a form of recreation and as an



aid for remedial treatment and rehabilitation. His work led to the increased prominence of sport for individuals with spinal cord-related injuries and the first International Stoke Mandeville Games in 1952. As the Stoke Mandeville Games grew, other disability-specific sport initiatives were introduced.

In time, multi-disability competitions developed to become the Paralympic Games - the first being held in 1960 in Rome and the first Paralympic Winter Games in 1976. In 1982, the International Coordinating Committee of World Sports Organizations for the Disabled (ICC) was established to govern the Paralympic Games and to represent the participating organizations in dialogues with the International Olympic Committee (IOC) and other global organizations.

The word Paralympic was originally a pun combining 'paraplegic' and 'Olympic', however with the inclusion of other disability groups and the close associations with the Olympic Movement it now represents 'parallel' (from the Greek preposition 'para') and 'Olympic' to illustrate how the two movements exist side by side. 'Paralympics' has been the official term of the Games since 1988. The Paralympic Movement's growth is best exemplified through the phenomenal rise of the Paralympic Games. At the first Paralympic Games in Rome in 1960, 400 athletes participated, compared to almost 4,000 athletes from 136 National Paralympic Committees (NPCs) who competed at the ATHENS 2004 Paralympics.

On 22 September 1989, a new governing body - the International Paralympic Committee (IPC) - was established, as it was the goal to create an international representative organization, with democratically elected representatives, of elite sports for athletes with a disability. The IPC officially replaced the ICC following the 1992 Paralympics in Barcelona. Today, the IPC incorporates around 160 NPCs and four disability-specific organizations (IOSDs): CPISRA, IBSA, INAS-FID and IWAS. In 1999, the IPC opened its permanent Headquarters in Bonn, Germany, run by professional staff. In November 2003, culminating several years of hard work and planning, the IPC took important steps toward a new future when the General Assembly adopted new structures with respect to Governance and Management following a Strategic Review that was conducted in the preceding years. The IPC is now composed of the General Assembly (its highest decision-making body), the Governing Board, the Management Team and various Committees and Councils. In addition to the NPCs and IOSDs, the sports and regional organizations now have the option to become members of the IPC. A motion also passed that will lead the then nine IPC Sports towards more self-sustainability and eventually independence from the IPC.