



## Equipment Guidelines

**Helmets:** To be effective, a helmet must fit perfectly. It should fit snug and have no pressure points. It should not droop down over the eyes, and at the back it should not extend below the bottom of the skull where it meets the neck (the occipital bone). The helmet must allow for goggles to fit inside, and it must have a functional chin-strap. We recommend **not buying a used helmet** as you don't know if it's been damaged or if the integrity of the structure has been compromised.

### Skis

**Entry–Level U8 to U12,** Go shorter rather than longer and avoid getting skis that the young athlete will “grow into”. Skis that are too long are harder to turn and will hinder progress. A shorter ski will facilitate turning, allowing quicker progression of basic skills and definitely increase the young athletes' enjoyment of skiing. The side cut of the skis also greatly determines the ease of turning. Skis with a narrow waist (center) and a wide tip and tail will turn and carve more easily.

The ski should be between the nose and the top of the forehead for entry-level U8 to U12 participants. All Mountain, Multi Event Skis, or even JR Slalom skis designed for children are good choices.

**U12, U14, and U16 Racers,** Race Ski length is based primarily off skier weight with the following consideration: Lighter weight and less experienced racers may want to go with a ski that is a bit shorter. The opposite is applied to heavier or more aggressive ski racers that may want to go a bit longer.

**\*\*Refer to ski sizing chart below**

**Boots:** There are two options in boots; rear entry (comfort) and overlap (performance) design. Overlap design has a cuff that articulates with the lower shell using a hinge at the ankle joint. This design provides performance by allowing natural ankle flexion, due to the hinged cuff of the boot. The overlap design also allows for lateral action of the lower leg, a critical factor in skill development. Rear entry design is comprised of a single piece of plastic encompassing the foot. This design provides warmth and is considered to offer a comfortable fit with limited performance.

**Boot Flex:** For club level skiers a softer boot will almost always be more effective than a stiffer boot. To determine if a boot is soft enough, you should be able to see the forward boot flexion happening in the upper cuff simultaneously with the lower leg. If the lower leg moves forward and the upper cuff moves very little, then the boot is too stiff. The boots should not inhibit the natural alignment of the athlete.

**Boot Size:** Growth of the participants' feet during the season needs to be considered, but similar to skis, buying boots oversized is counter-productive for both performance and fit.

**Poles:** For entry level athletes one set of poles is all that is necessary and a Slalom (straight shaft) pole is preferable as it is most versatile. Proper pole length is very important. To determine the proper length, have the athlete stand straight, in a pair of street shoes, and measure from the ground to half way between their navel and their sternum. This is the correct length for poles.

### **Equipment Recommendations:**

#### **U8 / U10**

U8/U10 is a recreational program and doesn't require any special equipment, however, **helmets are mandatory.**

- Warm Snow Suit & Gloves
- Comfortable Ski Boots
- Poles
- Skis - Only one pair of skis required
- Hard Ear Helmet recommended
- Goggles that fit snug in the Helmet

#### **U12**

- Skis - For U12, only one pair of skis is recommended. More experienced U12 racers may choose to have a pair of both GS (Giant Slalom) and SL (Slalom) skis, which is also acceptable.
- If you have one pair, choose a Multi Event or Sport Race Ski. A Junior SL Ski is also excellent for learning to carve.
- Junior Race in SL and GS in the appropriate lengths if you have two pairs of skis.
- FIS approved helmet at all times
- Speed suit (recommended but not required)
- Overlap boot recommended

#### **U14**

- Skis - It is recommended that U14 athletes have both GS and SL skis. SL skis will be between 130cm – 150cm. GS skis will be between 150 and 185cm depending upon height and weight.
- Helmet - FIS approved helmet at all times
- Speed suit
- Side zipped ski pants or shorts that can easily be removed
- Boots – JR. Race overlap boot
- Many athletes will also have separate GS and SL poles
- Protective gear - Athletes need slalom shin guards and slalom pole guards for slalom training and racing and it is highly recommended that they have a face guard on their slalom helmet.

## U16

- Skis - U16 athletes will compete in 3 types of races. Slalom, Giant Slalom, and the introduction of Super-G. At this stage, U16 athletes need a pair of SL and GS skis. There is a 30m minimum turning radius for SG skis. When selecting a SG ski you need to pay attention to both length and radius
- Helmet - FIS approved helmet at all times
- Speed suit
- Side zipped ski pants or shorts that can easily be removed.
- SL and GS poles
- Protective Gear - Athletes need slalom shin guards and slalom pole guards for slalom training and racing and it is highly recommended that they have a face guard on their slalom helmet. Back protectors are recommended for GS and SG.

### Ski Selection Chart

Age/Gender	U10	U12	U14	U16 Wom	U16 Men
Weight LBS	>60	60-75 lbs	60 -90 lbs	80-100 lbs	100-120 lbs
Slalom Ski cm	120+	120-130	135-140	145-150	145-150
GS Ski cm	125+	130-140	145-150	158-165	165-172
Weight		75-85 lbs	90-110	100-120 lbs	120-140 lbs
Slalom Ski cm		130-135	140-145	145-150	150-155
GS Ski cm		140-145	155-165	165-172	172-177
Weight		85-100 lbs	110-130	120-140 lbs	140-160
Slalom Ski cm		135 -140	145-150	150-155	150-160
GS Ski cm		145-150	165-175	175-180	178-183
Weight		100+ lbs	130+ lbs	140+ lbs	160+ lbs
Slalom Ski cm		140-145	150-155	155	165
GS Ski cm		155-165	175-178	175-180	183-188

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