



# Cypress Ski Club Equipment Guidelines

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Addressing a most important question, what follows is a general guideline on the equipment needed to practice Alpine Skiing at different ages. It being an “equipment intensive sport”, it is of paramount importance to buy the right equipment. There is a difference between recreational gear and junior racing gear. The latter has been designed specifically with junior racing speeds and athletes sizes in mind. When looking at used equipment, a legitimate and cost friendly alternative, special attention needs to be given to the wear and tear it has suffered. Skis should have a non-scratched base (minor scratches can be fixed), but most importantly look at the edge thickness (at least it should be 1,5mm thick so they can be sharpened). Look at the bottom sole of the boots. At the front and back it should be flat to fit in the binding at the contact points. If it is worn down excessively the boot will move in the binding and the safety mechanism will not work properly.

## Ski boots:

Boots are a very important part of the equipment, more so than skis, as a poor fitting boot can impair good skiing and provoke bone spurs. A correct size boots is important at all age and skills levels. Boots should have at least 3 buckles for the U10 and 4 for all other age groups. **Do not buy boots that are too large.** A tip to use is to take the inner liner out, and check the foot in the liner out of the boot hard shell. Toes should not be crunched at the front. Put then your bare foot inside the hard shell, and move the foot just touching the front. A gap of about a finger between your heel and the back of the boot is ideal. More than 2 fingers means the boot is too big and the foot will move around too much. Follow the knowledgeable boot fitter advice. It is better to have a snug boot that needs some work than a boot too large where the foot swims around. Of course you have to take into consideration the “fast growing foot” of your child.

## Skis

### Guidelines for sizing

It is beneficial to go shorter rather than longer when choosing length for the entry-level participants.

A shorter ski will facilitate turning, allowing quicker progression of basic skills and definitely increasing the athletes' enjoyment of skiing.

The ski should be between the nose and the top of the forehead for entry level participants.

Longer skis may be appropriate as skill acquisition occurs. Purchasing skis that are too long may impede skill development in the long term.

Please refer to the following weight rating for ski selection:

Age	Ability Level	Athlete Size	Height	Size SL	Size GS	Size SG
Nancy Greene U10 Ages 6 - 9	All Abilities	< 75 lbs.	<43 in. 43 - 48 in. 48 - 53 in. 53 - 57 in.	100 cm 110 cm 120 cm 130 cm	100 cm 110 cm 120 cm 130 cm	N/A
U12 Ages 10-11	All Abilities	> 75 lbs.	< 48 in. 48 - 53 in. 53 - 57 in. 57 - 61 in.	N/A 124 cm 130 cm 136 cm	128 cm 135 cm 142 cm 149 cm	N/A
U14 Ages 12-13	All Abilities	All Sizes	48 - 53 in. 53 - 57 in. 57 - 61 in. 61 - 65 in.	130 cm 136 cm 136 / 143 cm 143 cm	135 / 142 cm 142 / 149 cm 149 - 156 cm 156 / 163 cm	156 cm 163 cm 170 cm 175 cm
U16 Ages 14-15	Developing skills / Skilled	< 100 lbs.	48 - 53 in. 53 - 57 in. 57 - 61 in. 61 - 65 in.	143 cm 150 cm 155 cm	149 - 156 cm 156 / 163 cm	156 cm 163 cm 170 cm 175 cm
U16 Ages 14-15	Developing skills / Skilled	> 100 lbs.	57 - 61 in. 61 - 65 in. 65 in. and up	143 cm 143 / 150 cm 150 / 155 cm	163 / 170 cm 170 / 175 cm 175 / 180 cm	188 cm
U18 Ages 16 & up	BCA & Regional Athletes	All Sizes	61 - 65 in. 65 - 68 in. 68 - 71 in. 71 in. and up	155 cm 160 cm 165 cm	175 / 180 cm 183 / 187 cm	200 cm 208 cm
U18 Ages 16 & up	FIS Level Athletes	All Sizes	Women	155 cm	175 cm 180 cm 183 cm	200 cm
			Men	165 cm	180 cm 183 cm 187 cm 193 cm	200 cm 208 cm

## Ski poles

Poles should have straps and baskets. Check the height by turning the pole upside down, and hold it just below the basket. You should get the right length where the elbow is at 90 degrees with the pole vertical on the ground.

## Helmets

Helmets are mandatory at all ages and levels. The fitting must be adequate, not allowing for any “growing adjustment”. An easy guideline is that the helmet should not move loosely, but should be snug.

EQUIPMENT NEEDS (SUGGESTIONS AND REQUIREMENTS)					
Equipment	Item	U10	U12	U14	U16
Skis	SL	Required	Required	Required	Required
	GS	Not required	Required	Required	Required
	SG	Not required	Not required	Recommended	Required
	Old pair	Recommended	Recommended	Recommended	Recommended
Poles	Straight (SL)	Not required	Not required	Required	Required
	Bended (GS)	Not required	Not required	Required	Required
Protection gear	Shin guards (SL)	Not required	Required	Required	Required
	Chin guards (helmet)	Not required	Not required	Required	Required
	Pole guards	Not required	Not required	Required	Required
	Mouth guard	Not required	Not required	Required	Required
	Back protector	Not required	Recommended	Recommended	Required
	Helmet	Required	Required	Required	Required
Others	Goggles (double lens)	Required	Required	Required	Required
	Padded race suit	Not required	Not required	Required	Required
	Training shorts	Not required	Not required	Recommended	Recommended
	Rain poncho	Recommended	Recommended	Recommended	Recommended