



# 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 mean 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 must 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. For the U12, U14 and U16 groups it is advisable to consult with the coaches before purchasing skis.

Please refer to the following weight rating for ski selection:

	Weight (kg)	Model	Size (cm)		
<b>U8</b> AGE 6-7	18-23	MULTI EVENT	100		
	23-27		110		
	27-32		120		
	32-36		120		
<b>U10</b> AGE 8-9	23-27	MULTI EVENT	120		
	27-32		125		
	32-36		132		
	36-41		139		
	41-45		146		
	Weight (kg)	GS	Size (cm)	SL	Size (cm)
<b>U12</b> AGE 10-11	27-32	FIS GS	135	FIS SL	128
	32-36		135		128
	36-41		144		135
	41-45		151/158		135/142
	45-50		158		142
	50-54		165		142/149
<b>U14</b> AGE 12-13	32-36	FIS GS	135/144	FIS SL	128/135
	36-41		144/151		135
	41-45		151/158		135/142
	45-50		158/165		142
	50-54		165		142/149
	54+		170		150
<b>U16</b> AGE 14-15	41-45	FIS GS	158/165	FIS SL	142
	45-50		165		142/149
	50-54		165/170		149
	54-59		170/175		150
	59-68		175/182		150/157
	68+		182/185		157/165

### 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. This is a general rule. As skiers become older they will develop their own guideline.

## 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

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	Recommended	Required	Required
	Pole guards	Not required	Recommended	Required	Required
	Mouth guard	Not required	Not required	Required	Required
	Back protector	Not required	Recommended	Recommended	Required
	Helmet	Required	Required	Required	Required
Others	Goggles ( good quality)	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

