



ALPINE YUKON

Equipment list for U14/16:

Helmets - A FIS Approved GS race helmet is MANDATORY. These helmets include a full hard cover shell over the ears and will bear the "FIS RH2013" label. Racers will not be allowed to race or train without it. As well, a detachable face guard which fits the helmet for slalom is also MANDATORY.

Cross Blockers - These attach to the poles and protect the hands when skiing slalom. Although highly recommended, this equipment is not mandatory.

Back Protection - Back protectors (properly fit) are strongly recommended, and are mandated by Alberta Alpine for races in that province.

Shinners - Shinners are worn over the ski pants or speed suits to protect the shins and knees when skiing slalom. Although recommended, this piece of equipment is not mandatory.

Speed Suits - Speed suits are not mandatory however most U14 & U16 athletes are using them. Padded speed suits are strongly recommended.

Skis - U14 and U16 athletes will train and compete in 2 types of races. Slalom (SL) and Giant Slalom (GS). Two pairs of skis are recommended. GS skis for GS and Slalom skis for Slalom races. If only one pair of skis is possible, it is best to choose Slalom skis as most of our local training is slalom and recreational skis can be used for GS.

Ski tuning kit – well tuned and waxed skis are essential for performance. Gearing up to do tuning at home is recommended. A tuning workshop will be held at some point early in the season.

Sports Experts and Icycle Sport are both able to order Race-specific gear such as helmets, cross-blockers and shinners, as well as tuning equipment and supplies.

Coaches will be able to provide advice and recommendations for equipment if required.