



## **EQUIPMENT GUIDELINES**

### **SKIS**

- Carving or slalom ski is ideal
- Q22/U8 should have a slalom ski/multi event
- Teaching an athlete how to carve, is a lot easier on the correct equipment
- Measuring ski length with boots
- LESS EXPERIENCED/ATHLETIC/U8 - Skis should measure between the chin and nose
- MORE EXPERIENCED/ATHLETIC - skis between nose and forehead
- NO twin tips or park skis please

### **BOOTS**

- Athletes must have the ability to flex the boot at ankle when buckled up snug
- Minimum 3 buckles (little athletes this may not be possible)
- Flex should NOT be higher than 70 at the absolute max!
- Ensure boots are the correct size, do not buy them to 'grow into'
- U6-U8 – 40-50 flex, U10 – 50-60 flex, U12 – max 70 flex \*dependent on athlete size

### **HELMET**

- Must be ski specific, hard or soft ear
- Hard ear is required from U12 and upwards

### **POLES**

- Needed for athletes in Q22, Q18 (younger kids likely to start without)
- No poles required in Q16
- Hold upside down under the basket, ideally arm making a 90 degree angle. Keep in mind height added with ski boots
- Must have straps, or leki straps

### **CLOTHING – Bring spares! Kids get wet!**

- Layer 1 - Moisture wicking under layer, thin and warm against the skin
- Layer 2 – Thermal layer – fleece or wool are good options
- Layer 3 – Outer Layer – Wind and waterproof insulated jacket and pants
- Gloves/Mittens – waterproof, have a spare pair to change when wet
- Ski Socks – synthetic or wool are best, DRY socks to change into at the ski hill. Kids will sweat on the drive up, starting the day with wet socks is not fun
- Neckwarmer/Buff – prevent wind going down the neck, cover faces in cold weather
- Hand/Toe Warmers – work well on cold days, DO NOT place them on bare skin. Most effective place is on top of hand/foot. But anywhere can help.
- Goggles – to be worn at all times, protect from sun and environment, fit well with helmet

### **SEASON PASS**

- Families are responsible for Norquay Season pass