



## **REQUIRED & RECOMMENDED EQUIPMENT**

### **HELMETS**

#### **Snow Valley Training:**

Ski helmets are mandatory for participation in all training sessions at Snow Valley. Hard-eared race-specific helmets are preferable, but soft-eared helmets are acceptable. FIS approved helmets are not required for training at Snow Valley.

#### **Slalom:**

For slalom competitions, soft-eared helmets are acceptable. Chin guards are mandatory for all Alpine Canada sanctioned slalom races, including the Nakiska Cup, Rides of March and National Finals. Chin guards are not required for the Snow Valley slalom race.

#### **Downhill / Super G / GS:**

For Downhill, Super G and GS races, hard-eared race-specific helmets are mandatory. FIS-approved race helmets are mandatory for participation in any Alpine Canada sanctioned or FIS Masters races, including the Over the Hill Downhill, Rides of March and National Finals events. To compete in these sanctioned national races, you must have a helmet that meets the FIS RH 2013 specifications and the helmet must bear this decal:



### **BACK PROTECTORS**

Back protectors are mandatory in all disciplines for any Alberta Alpine sanctioned events, which include the Nakiska Cup and the Rides of March. Currently, this rule is not enforced outside of Alberta. Back protectors are not required for the Snow Valley slalom race, nor for training at Snow Valley.

### **SKIS**

While a good pair of recreational carving skis is adequate for new or novice racers, participants will benefit greatly by having a proper pair of slalom race skis. Those who plan to do GS mountain training and races should also have a pair of GS race skis. For those who wish to train or race in Super G or Downhill, we can help you to source out proper speed skis that will suit you.

## **PROTECTION & RACE SUITS**

Other pieces of equipment that participants should consider having are shin protectors, hand guards, chin guards, mouth guards and back protectors. These items are not mandatory for training but are recommended to augment comfort and safety in the race courses.

Race suits are not required and most participants do not use them for training, but they can be a definite asset for competitions as they increase aerodynamics and mobility.

Our friends and program sponsors at Sundance Ski & Snowboard Shop carry a great selection of adult race equipment to suit all of your racing needs and can provide you with expert advice and service. Plus they offer exclusive discounted pricing on race gear to all Snow Valley Masters Racing Club members.

[www.sundanceskishop.com/](http://www.sundanceskishop.com/)

For more information on the Snow Valley Masters Racing Club please contact Program Director, Paul Robinson at [paul@snowvalley.ca](mailto:paul@snowvalley.ca)

**HEAD**



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