

## Alpine Skiing Attire

When it comes to clothing, function comes first. Functional clothing protects the athlete in different types of weather. Here you should pay attention to quality.

The two most important principles of dressing for skiing are to:

1. Maintain body heat
2. Keep dry

Clothing and accessories should be combined to provide warmth and protection from moisture, wind, cold and sun.

The structure of the layers of clothing is also important. For outerwear, jackets and ski pants that have a high level of waterproofness are recommended - e.g. GoreTex, Sympatex, etc.

Pay attention to the care instructions! Incorrect maintenance can reduce functionality.



## Under Layers

### Long Underwear

Skier preference will decide what type of long underwear to choose. Some skiers prefer synthetic fibres while others prefer materials made from natural fibres, e.g. merino wool.

### Socks

Ski socks should be worn.

The thin sock allows for air circulation inside the boot to keep the feet warm and dry.

### Turtleneck Shirt

A turtleneck shirt is the most practical ski shirt because it is snug at the neck and wrist, which is good for maintaining body heat. A turtleneck can also be used to cover the lower face on cold days.



### Sweaters

Appropriate winter clothing in layers will provide warmth and options if the weather changes. Fabric that allows moisture to wick away from the body is recommended (not cotton).

## Outer Layers

### Ski Pants

Stretch ski pants worn over long underwear provide warmth and give support to the legs. The pants should be snug, yet allow for a full range of motion in the legs. If stretch ski pants are not available, consider warm-up or wind pants over long underwear.

Insulated ski pants provide additional warmth and protection on cold days. Bib-overall ski pants provide extra warmth and are great for keeping athletes dry.



## Jackets

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Jackets protect the torso from wind, moisture and heat loss. A hip-length jacket is most practical for comfort and skiing movements, and a hood provides further protection in cold, windy or wet conditions.



## Gloves

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Gloves that are specifically designed for Alpine skiing are essential. Ski gloves should be waterproof. The hands can get cold very quickly and having cold hands can make skiing more difficult.



## Helmets

According to regulations, helmets must have an FIS certificate. The FIS logo should be visible on the helmet. A chin bar is also important for Slalom Skiers.

A helmet appropriate for Alpine ski racing shall be required on all athletes and coaches in official training and competition for all ability levels. Helmet selection should be made with the help of a knowledgeable Alpine coach or ski shop employee. Ski helmets are safety equipment and must fit properly to protect an athlete from head injury. No ski hats should be worn under the helmet in cold weather.



## Goggles

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Goggles protect the eyes from the glare of the sun reflected off of the snow and should be worn at all times. Ensure the goggles fit the athlete with their helmet on so they do not slip or move during activity.

Goggles also block the wind and improve visibility when it is snowing.

Goggles should be worn when athletes are training or competing in gates, because they provide proper eye protection. Polarized goggle lenses offer the best eye protection.

For athletes that wear glasses, there are special ski goggles that make it possible and easier to wear the glasses under the ski goggles.



## Accessories

### Vest

During cold weather a vest can supply an extra layer, and during mild weather it may replace a ski jacket.

### Ski Mask/ Neck Warmer

A ski mask/ neck warmer can help keep chin, nose and cheeks dry and warm. On extremely cold days a face mask or neck warmer up to the goggles must be worn to prevent frostbite.

### Sunscreen

Sunscreen helps prevent windburn and sunburn as it blocks out harmful rays either directly from the sun or reflected from the snow.

### Rain Gear

Rain gear may be necessary if the athlete lives in an area where rain during the winter is common. A hooded rain jacket and pants may make a difference in comfort while keeping the athlete dry.



## Alpine Skiing Equipment

Alpine skiing requires the type of sporting equipment listed. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance.

**Coach Task:** Have your athletes name each piece of equipment as you show it and give the use for each. To reinforce this ability within them, have them select the equipment used for their events as well.

### Ski Boots

- The ski boots are an important factor for every skier.
- Ski boots that hurt can spoil the ski experience, cause injury and prohibit success in the sport. Modern ski boots require one pair of thin ski socks. It is strongly recommended to have ski boots fitted by a qualified boot fitter. It will increase the athlete's performance and enjoyment of the sport and help prevent injuries.
- The boot should fit compactly. The toes should be easy to move and the heel shouldn't slide up.
- When helping the athletes put their boots on at the hill, pull out the tongue of the boot to prevent having to jam the foot into the boot.



### Alpine Skis

- The ski length will vary with the ability and size of the athlete. If the athlete is weaker, has poor motor skills and/or is a beginner, a slightly shorter ski is recommended. It is recommended to go to a specialist retailer.
- There are different ski models for the different disciplines, which differ in length and structure. This must be taken into account when buying e.g. Slalom and Giant Slalom.
- Every ski has four characteristics that determine how it will perform for different people with different needs:
  1. **Length** affects the stability of the ski and its ability to turn. A longer ski will be more stable at higher speeds, while a shorter ski turns more easily.
  2. **Camber** is the bend or "bow" in the ski when the two bases are put together. The function of camber is to distribute the weight of the skier along the entire running surface of the ski.

3. **Sidecut** is the dimension of a ski whereby the width of the tip and tail is wider than the middle of the ski.
4. **Flex** is the springy resistance of the ski on snow. A stiff ski is more difficult to flex than a soft ski. Heavier and stronger skiers need stiffer skis than lighter skiers.

**NOTE:** In selecting skis, it is important to get advice from experts. One pair of skis is NOT suitable for all types of skiing and racing.



## Bindings

Bindings hold the ski boots to the skis and allow a skier to come out or off of the skis if in trouble. Binding adjustments should be set by a qualified technician. The settings are determined by the athlete's weight, ability level and type of ski. Always have the binding settings checked at the beginning of each season and throughout the season.



## Poles

The most important consideration for poles is their length. They must be the proper length for each skier. For proper sizing, turn the pole over so that the tip is facing up. Grab the pole under the basket. With the elbow bent, the skier's arm should be parallel to the ground. Poles may be important for timing and balance.



## Put on Equipment

- Athlete learns to put on equipment: clothing, accessories, helmet, boots, skis and sometimes poles (depending on the athlete).
- Coach introduces all equipment to athletes before going out onto snow.
- Coach assists athlete, as necessary, with putting on appropriate clothing.
- Coach assists athlete, as necessary, with putting on helmet.
- Coach assists athlete, as necessary, with putting on ski boots.
- Coach assists athlete, as necessary, with stepping into the binding, before going out onto snow.
- Coach ensures that all equipment fits the athletes properly, with the assistance of a qualified equipment technician.
- Coach checks athlete for a balanced and centered stance.
- Coach introduces flexion and extension of the knees and ankles.
- Coach may introduce ski poles to the athlete, when necessary.

