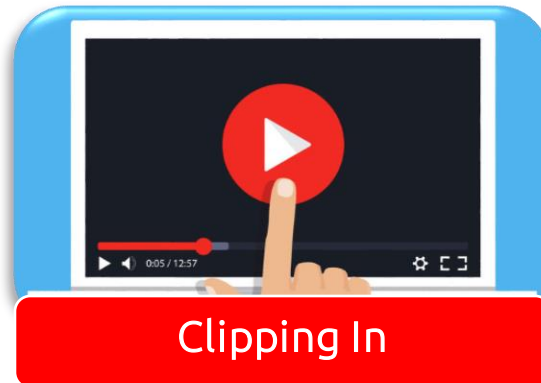




Putting Boots in Binding (Clipping in)

Athletes should practice buckling and unbuckling their binding before they go out on the snow. For athletes with step-in bindings, each one is unique and should be practiced according to the instructions that come with the bindings.



Teaching Points – Putting Boots on and in Bindings (Clipping in)

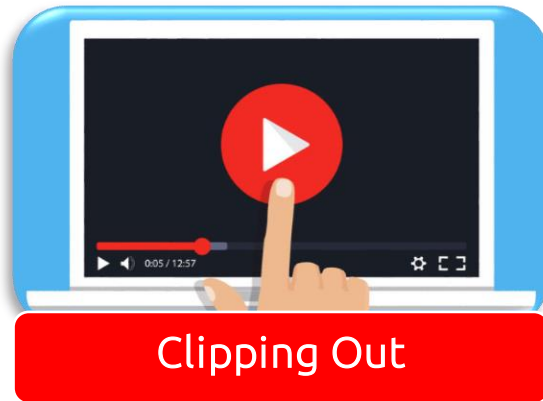
1. Begin by determining the left boot and binding from the right boot and binding. Generally, most toe and heel straps buckle to the outside.
2. Loosen binding straps so that there is sufficient play to insert your boot easily.
3. Place your boot into the binding so that the heel is secure in the back of the binding.
4. Tighten the larger heel strap first: thread the strap into the buckle and tighten until firm. Repeat the process for the smaller toe strap. (Athlete may feel more comfortable sitting while doing this for the first few times).
5. Pull the straps snug but not so tight that they pinch the foot and/or restrict movement and circulation.
6. Check the tightness of straps again after 3-5 minutes of snowboarding warm-up.
7. While on snow, it is important to ensure that the binding and the surface of the boot are free of snow before clipping in.





Removing Boots from Binding (Clipping out)

For athletes with step-in bindings, there are several types available; each one is unique and should be practiced according to the instructions that come with the bindings.



Teaching Points – Removing Boots from Bindings (Clipping out)

1. Begin by loosening the rear binding straps.
2. Loosen binding straps so that the boot can be removed easily.
3. Remove rear boot from the binding without losing balance. (Athlete may feel more comfortable sitting while doing this for the first few times).

If the athlete has stopped snowboarding (i.e., for the day or for a break), remove the snowboard completely:

1. Loosen the binding straps on the opposite foot so that the boot can be removed easily.
2. Remove the front boot from the binding without losing balance. (Athlete may feel more comfortable sitting while doing this for the first few times).
3. Remove the leash while securing the snowboard.
4. When setting the snowboard down, the snowboard should always be set down on the bindings to prevent runaways.