



Equipment Information

Ski equipment can have a significant impact on athlete performance, and it is important for athlete safety and performance to have equipment that is the proper fit. We highly recommend talking to a coach before purchasing equipment, particularly skis and boots. As new ski equipment is expensive, purchasing used equipment from other athletes on the team is a great option for younger athletes who are still growing, so they can have appropriate equipment every season without incurring a high cost. Used equipment can be purchased at the Open House or through the TeamSnap Team Chat.

Skis

Beginner racers need one pair of shaped carving skis in good condition. If you stand the ski on end, it should reach between your child's nose and their forehead. Make sure the edges do not have large nicks and the bottoms are smooth, without large gouges or scratches. The bindings should be tightly mounted and in good working order. A ski shop can adjust the bindings so they are the correct size for your child's boots (the shop will need the boots to set the bindings). It is also a good idea to start the season by getting the edges sharpened and the bottoms waxed by a ski shop.

As a racer improves, it becomes necessary to have more specialized racing skis. Younger racers will need one pair of slalom race skis. Older racers will need one pair of slalom race skis and one pair of GS race skis. Race skis also need to be tuned throughout the season. Athletes should acquire the necessary tools and skills to sharpen and wax their skis. Please talk to your child's coach for more information about what type and size of skis are recommended for your child.

Ski Boots

Boots are an important piece of equipment with respect to a racer's comfort, safety, and performance. Coach Glenn is an expert ski boot fitter! He can answer any questions about ski equipment, recommend the best boots for your child, and customize boots for the ideal fit. Unfortunately, you cannot buy oversized boots for younger racers so they will fit for a few years. They need to fit properly every season. To test for proper size, remove the inner liner, put your foot into the empty shell, and slide your toes to the front of the shell. There should be space for no more than two fingers behind the heel! Most kids can get one or two years out of a pair of boots depending on their growth rate. Used boots are fine as long as they fit properly. The racer also must be able to flex both ankles and the boot while it is tightly buckled. Please ask your child's coach for more information about what flex rating is recommended for your child.



Poles

Poles need to be the right size with functioning wrist straps and pole baskets. To properly size a ski pole, turn it upside down (with the hand grip on the ground and the tip of the pole pointed upward). The proper length of the pole is when the elbow is bent 90 degrees, the forearm is parallel with the ground, and the person's hand is just below the basket. Older racers will need one pair of slalom poles with pole guards and one pair of slightly longer GS poles.

Helmets

Helmets are required to be worn by all participants (athletes and coaches) for all Summit events and Manitoba Alpine Ski Division events. Helmets must have a [FIS sticker](#) and a hard shell that covers the ears. It must also fit properly such that it does not slip or spin loosely even when moving your head while the straps are undone.

Goggles

Ski goggles are required to be worn for all Summit events and Manitoba Alpine Ski Division events. Goggles should fit properly on the face with the strap around the helmet. Lenses are available in many colours and athletes can use any colour they prefer. It is important to consider that we train and race in variable light conditions including bright sun, flat light, and artificial lighting during night skiing when choosing goggle lenses.

Jacket

It is important to have a warm wind-proof jacket that fits comfortably over many layers of clothing and allow the athlete to move through their full range of motion. We have team jackets that can be ordered new before each season or purchased used from other team members.

Ski Pants

It is important to have warm wind-proof pants that fit comfortably and allow the athlete to move through their full range of motion. Athletes with speed suits need ski pants with full length zippers up the outside of the legs so they can remove their ski pants before racing. Appropriate ski pants can be ordered at the same time as the team jackets.



Clothing

Warm layers of clothing worn under jackets or speed suits are important for staying warm for the duration of a training session. Multiple layers are warmer than a single heavy material, and wicking materials are best against the skin. Remember that a warm and limber racer will be faster and less prone to injury than a cold and shivering racer.

Gloves or Mitts

Gloves or mitts should be warm and made of a durable windproof/waterproof material. Some athletes also choose to put disposable hand warmers inside their gloves for extra warmth.

Socks

Socks should be warm and long enough to reach higher up the leg than the top of the ski boots. Very thick socks or multiple layers of socks will bunch up inside the boot and cause blisters. One pair of socks is the only thing that should be inside the boot to prevent blisters and ensure proper fit. Tucking any layers of clothing inside the cuff of the boot will cause blisters and a loose fit. Some athletes also choose to wear disposable toe warmers stuck to the top of their socks for extra warmth.

Speed Suits

Speed suits are aerodynamic one-piece outfits worn by higher level racers to maximize their speed. Entry level racers do not need this accessory. Coaches will recommend when an athlete would benefit from racing in a speed suit.

Shin Guards

Shin guards are plastic leg guards worn for slalom training and racing to protect the racer's lower legs when they hit slalom gates. Entry level racers do not need this accessory. Coaches will advise when an athlete reaches the level of skill development at which shin guards are required.



Pole Guards

Pole guards are plastic guards used for slalom training and racing to protect the racer's hands when they clear slalom gates. We recommend guards that screw to the top of the grip and clamp around the pole below the grip. Entry level racers do not need this accessory. Coaches will advise when an athlete reaches the level of skill development at which pole guards are required.

Chin Guard

A chin guard is a plastic or wire guard used for slalom training and racing to protect the racer's face from direct contact with slalom gates. Entry level racers do not need this accessory. Coaches will advise when an athlete reaches the level of skill development at which a chin guard is required.

Mouth Guard

A mouth guard is strongly recommended to protect the racer's teeth from direct contact with gates and help reduce the risk of concussion. Entry level racers do not need this accessory.

Back Protector

A back protector is strongly recommended for GS and other high-speed events. Entry level racers do not need this accessory. Coaches will advise when an athlete reaches the level of skill development at which a back protector is required.