

**SRRC**  
**Ski Equipment Guide**

(This table contains SRRC's recommendation for the athletes ski racing equipment. Please refer to USSA or FIS equipment regulation for the participation in official ski races. Please feel free to check in with our coaches in case of questions.)

	<u>Age Class</u>				
	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U19</b>
Multi event skis	S	O	n/a	n/a	n/a
Slalom skis	N	S	R	R	R
GS skis	N	S	R	R	R
GS Poles (curved)	N	O	O	O	S
Race Boots (4)	O	S	S	S	S
Ski Race Helmet	R	R	n/a	n/a	n/a
FIS Certified Ski Race Helmet	O	O	R	R	R
Helmet chin guards	N	S	S	S	S
Race Suit	O	O	S	S	S
Pole hand guards	N	S	S	S	S
Shin Guards	O	S	S	S	S
Back Protector (typically for speed events)	O	O	S	S	S
<b>R - Required; S - Strongly Recommended; O - Not necessary (optional); N- Not Recommended</b>					