

Spokane Ski Racing Association

Equipment Requirements and Recommendations



**For specific questions, please consult Chuck!

"X" is for USSA or SSRA required equipment

Opt is for USSA or SSRA recommended equipment

Program	Age	Age	Hardgoods				Softgoods									Safety and Protection				
			Skis with bindings				Boots	Poles	Coat	Side	Gloves	Goggles	Ski	Stealth	Speed	Helmet	Face	Pole	Shin	Back
			GS	SL	SG	DH														
	Class									Zip			sox	top	suit		guard*	grds	grds	protector
										Pants										
Introduction to Ski Racing																				
	U12	10 and 11		X*			X	X	X	Opt	X	X	X	Opt	Opt	X	X	Opt	Opt	
	U10	8 and 9		X*			X	X	X	Opt	X	X	X		Opt	X	X	Opt	Opt	
	U8	7 & under	X	X*			X	X	X	Opt	X	X	X		Opt	X	X	Opt	Opt	
Youth Ski League/FTYSL																				
	U12	10 and 11	X	X*	X		X	X	X	X	X	X	X	Opt	X	X	X	X	X	
	U10	8 and 9	Opt	X*			X	X	X	X	X	X	X		X	X	X	X	X	
	U8	7 & under		X*			X	X	X	Opt	X	X	X		Opt	X	X	Opt	X	
Alpine Team Development (DEVO)																				
	U14	13 and 14	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	Opt
	U12	10 and 11	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	
U16 Alpine Team																				
	U16	13 and 14	X	X	X	Opt	X	X	X	X	X	X	X	X	X	X	X	X	X	Opt
FIS Alpine Team-special ski length rules apply																				
	U18	15 and 16	X	X	X	Opt	X	X	X	X	X	X	X	X	X	X	X	X	X	Opt
	U21	17 to 19	X	X	X	Opt	X	X	X	X	X	X	X	X	X	X	X	X	X	Opt
	Sr	20 and up	X	X	X	Opt	X	X	X	X	X	X	X	X	X	X	X	X	X	Opt

Athletes must remove slalom face guard prior to free skiing, or training for other events (GS/SG/DH). Consider a second helmet.

***A mouth guard is an acceptable alternative to a slalom face guard for protecting the mouth. Slalom face guards are superior since they protect the entire face. Consider a spare lens or second pair of goggles for your child to avoid problems with fogging.**

Helmets must have hard material covering the ears as per USSA rules (soft ear helmets do not meet rules of the sport in GS, SG & DH)

All athletes should have a backpack (any will suffice) and a water bottle.

Back protectors are highly recommended for those racing downhill and super G.

All U16 and FIS Alpine Team Members are expected to own tuning equipment and wax.

PLEASE CONSULT CHUCK ON SIZING SKIS AND BOOTS BEFORE BUYING. IN GENERAL....Slalom skis should be approximately nose to chin height. GS skis should be 20-30cm longer than SL skis. Super G skis should be 15-25 cm longer than GS skis.

