



PCST Equipment Policies and Procedures

Equipment (skis, poles, boots, bindings, plates, etc) is an important piece contributing to the performance of a ski racer. Therefore the Park City Ski Team (“PCST”) staff is involved in the selection, procurement and preparation of their athlete’s equipment. The level of PCST involvement is based on the age and level of the athletes, but ultimately the athletes are responsible.

The selection and procurement is done through spring orders and the “Team Night” scheduled in the Fall. The “Team Night” is hosted by the PCST with major manufacturers and key retailers supporting the event. The “Team Night” gives the athletes and parents an opportunity to get informed and try on the new equipment prior to ordering and purchasing it.

The PCST equipment chart, see equipment addendum, is a guideline for equipment selection. Coaches will use this to provide consistent information to guide athletes and parents with their decisions.

Ski Equipment

It is paramount that the athletes’ skis are in top condition for training and racing. It is recommended that a base tune is done by a professional to ensure bevels are clean and accurate at the start of the season. Subsequent tuning should be done by the athletes with coach, parent and or knowledgeable persons to monitor. If the quality of work is not satisfactory, athletes will be asked to have skis tuned by a professional during the season.

The PCST staff will provide ski tuning clinics for education at all levels of the program. Coaches will help with tuning and waxing at certain races, however, the ultimate responsibility for ski preparation is in the hands of the athletes.

Boots

Selecting and fitting ski boots is by far the most difficult of all the equipment items. The ski boot is the interface with the human body and since everyone has a different foot and anatomy it can be challenging to find the best fit and performance. The choices that must be made are; manufacturer, size and flex. Therefore the PCST coaches will be involved in the process and engage with parents during the spring testing opportunities and Team Night. Once the boots are selected it is important to be sure the athlete has the right fit. Local retailers like Surefoot and Cole Sport have been helpful with boot fitting and insoles.

Bindings and Plates

- Binding DIN settings are in inexact science – variables include athlete height/weight, athlete conditioning/strength, ski and boot sizes, age of binding (spring), skiing/course conditions.
- Manufacturer recommended DIN settings are for “recreational skiing” and may not be adequate for training and race conditions.
- Athletes are ultimately responsible for knowing what their DIN settings should be for each pair of skis and for confirming the settings at all times. To assist athletes in making this determination coaches are available to consult with athletes regarding the proper DIN settings for free ski/train/race environments. Although a Coach may recommend an adjustment to the DIN setting due to the race environment, the ultimate approval of the final setting is the athlete’s responsibility.



- Athletes are responsible for adjusting DIN settings back to free ski/training levels and continuously confirming that both the DIN settings and binding adjustments are accurate – this should be part of the athlete’s regular routine in inspecting their equipment, tuning, etc.
- If there is a question as to appropriate DIN settings for a specific situation, the athlete (or the athlete’s parent) is encouraged to consult with the manufacturer’s race representative (a “Race Rep”). The athlete’s coach will use best efforts to assist in arranging a consultation with the Race Rep if a Parent or athlete would like further information regarding the athlete’s DIN settings.

Poles

Pole length is somewhat individual, but the main guideline for length is to flip the pole upside-down and allow the elbow to be at a right angle while the hand is under the pole basket. Speed poles are typically longer since that are not used for pole planting, but instead for balance and a strong start.

Helmets and other protection

The manufacturers have specifics on fitting that must be adhered to when it comes to helmets and other protection. Every athlete is required to wear a helmet meeting USSA requirements in all ski training and racing activities.