

VSC Alpine programme equipment recommendations

	Age 10–12 : K1	Age 13–14 : K2	Age 15–18 : FIS	
	Women/Men	Women/Men	Women	Men
Weight :	28 – 34 kg	40 – 49 kg	63 – 72 kg	63 – 72 kg
Ski :	GS 135/140cm SL 130/135cm SG 160cm (GS)	GS 160/165cm SL 140/145cm SG 180-185cm (GS)	GS 175 - 180cm SL 155cm SG 195cm	GS 180 - 185cm SL 165cm* SG 200cm
Binding :	7 DIN	11 DIN	14 DIN	14 DIN
Boot :	soft race flex	mid race flex	mid to upper race flex	upper race flex
Weight :	34 – 39 kg	49 – 58 kg	72 – 81 kg	72 – 81 kg
Ski :	GS 140/145cm SL 135cm SG 160-170cm (GS)	GS 165/170cm SL 146/150cm SG 185cm	GS 180 - 185cm SL 155cm SG 200cm	GS 185 - 190cm SL 165cm SG 205cm
Binding :	7 DIN	14 DIN	17 DIN	17 DIN
Boot :	soft race flex	mid race flex	upper race flex	upper race flex
Weight :	39 – 45 kg	58 – 67 kg	81 – 90 kg	81 – 90 kg
Ski :	GS 150/155cm SL 135/140cm SG 170-180cm (GS)	GS 175/180cm SL 150/155cm SG 190cm	GS 185cm SL 160cm SG 200cm	GS 190cm SL 165cm SG 205cm
Binding :	11 DIN	14 DIN	17 DIN	17 DIN
Boot :	mid race flex	mid to upper race flex	upper race flex	upper race flex
Weight :	> 45 kg	> 67 kg	> 90 kg	> 90 kg
Ski :	GS 160/165cm SL 140/145cm SG 180-185cm (GS)	GS 180/185cm SL 150/155cm 190 - 195cm	GS 185 - 190 SL 160cm SG 200cm	GS 190 -195cm SL 165cm SG 205cm
Binding :	11 DIN	14 DIN	17 DIN	17 DIN
Boot :	mid race flex	mid to upper race flex	upper race flex	upper race flex

Note: When athletes are not within weight range for their age group, use ski lengths in younger class. See coach

* 1st yr L1 men -10cm tolerance on SL for lighter weight. See coach

Accessories

SL Skis	Yes	Yes	Yes	Yes
Shin guards	Yes	Yes	Yes	Yes
*Pole guards	2nd year/or earlier	Yes	Yes	Yes
*Chin guard	2nd year/or earlier	Yes	Yes	Yes
*Speed suit	2nd year/or earlier	Yes	Yes	Yes
*Stealth top	No	Yes	Yes	Yes
GS Skis	Yes	Yes	Yes	Yes
*SG Skis	No	FIS GS or K2 SG	Yes	Yes
Straight poles	One set	SL/GS each optional	SL/GS each	SL/GS each
*Shaped poles	No	2nd year/optional	Yes	Yes
Race Helmet	Yes	Yes	Yes	Yes

Note: Helmets must be specifically designed for ski racing. They should have full ear cover, no open ear allowed. Chin Guards are not permitted in GS or SG, or pole guards.

Items marked * - Are based on the development level of the athlete. They are mostly protective equipment that are needed when the athlete is approaching a competitive tactical level. Check with Coach first.