

## **SKI EQUIPMENT RECOMMENDATIONS:**

Here are a few recommendations to help you prepare for lessons at Cascade Ski and Snowboard School. First, we always recommend that you have your equipment checked out at the beginning of the season at a reputable ski or snowboard shop. If you are renting equipment, this information can be useful to make sure you are sized correctly by the rental shop. If you are going to rent equipment, we recommend that you rent in town. While the mountain does have a complete rental facility, renting in town will streamline your lesson day.

Please follow our guidelines. Poorly prepared or adjusted equipment or equipment that is ill fitting will cause problems for the student, the instructor, and the other paying students in the class. Tag all equipment with the students name to avoid confusion. Have children who are beginners practice putting on and taking of equipment at home. It's easier to learn without the slippery snow surface, the weather, and the difficulties of the new activity. A bit of preparation before you arrive at the mountain can make your, or your child's lessons and experience so much better.

## **SKIS:**

For children, skis should be no more than head high. If you are purchasing skis for several seasons use, do not buy skis long! Buy skis to the correct size for the first year and let them be short for the following season. This is critical to your child's success. Skis that are too long are very frustrating for the skier and the instructor trying to help build the skiers skills and self esteem. If the skier's body weight is light for their age, go a size shorter and look for a softer flexing ski. Whether skis are new or used, they should be of the new "shaped design and of the length specification stated. Teens and adults should also look for skis appropriate to their ability level. Again, sizing should be about head height – shorter for very light or timid students. Skis should be clean and waxed. A well tuned and waxed ski is easier to turn.

## **SKI BINDINGS:**

Bindings need to be of current design and adjusted properly. All bindings should be serviced by a reputable ski shop BEFORE ski school starts. The shop will adjust the bindings to the skiers boots, body weight, height, and ability level and the check them for the proper release setting. Bindings are the safety link. Please do not cut corners here. This is the same for all skiers.

## **SKI BOOTS:**

Ski boots that are too big or too small or are generally ill fitting will be the cause of an early end to the day or even the season. Spend time at a reputable ski shop getting fit properly. Generally a boot should fit like a firm hand shake. Toes should be just adjacent to the front end of the boot and the heel should be held securely in the heel pocket. Boots that are too big are just as bad as those that are too small. The best way too be sure you or your child are in the right size boot is to remove the liner and put the skiers foot into the empty shell if possible. Slide the toes forward till they just touch the end of the boot inside. Look down behind the heel. There should be no less than one finger diameter and no more than two finger diameters between the heel and the boot shell. Spacing should be a bit closer for children's boots.