

## **SNOWBOARD 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 student's name to avoid confusion. Have children who are beginners practice putting on and taking off 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.

## **SNOWBOARDS:**

Snowboards should be sized a bit on the short side for beginners. A general rule of thumb for sizing is to stand the board on its tail in front of the rider. The nose of the board should be somewhere between the base of the rider's neck and the rider's eyebrows. Like skis, lighter weight or more timid riders should size a bit shorter. Shorter boards are easier to ride and turn. Boards should be in good condition and waxed. A well tuned and waxed board is easier to turn.

## **SNOWBOARD BINDINGS:**

Snowboard bindings must be adjusted before coming to the mountain. We suggest you go to a reputable snowboard shop and have them help with the adjustments. Here are a couple of hints to help you out. Unlike ski bindings, snowboard bindings have several variables that dictate the mounting on the snowboard. Stance angles, stance width, and stance direction are all critical to the student's success. For a novice rider, some of this may be difficult to decide on. We suggest you start with a basic stance that is pretty universal. The first challenge is to decide whether the rider is regular or goofy stance. Regular means left foot forward, goofy means right foot forward. Most riders ride regular, hence the "goofy foot" designation for the smaller number of riders riding right foot forward. If you are unsure which of the rider's feet should be forward, try this easy test. With shoes off and socks on, on a smooth hardwood floor or similar surface, take a couple of quick steps and then stop. Try to slide forward a bit. Whichever foot goes forward for balance is most likely the front foot on a snowboard. Left foot forward=regular, Right foot forward=goofy. Stance width should be a bit wider than shoulder width. Don't overdo it. Stance angles should be about 12 to 15 degrees forward for the front foot, rear foot should be between 0 and 5 degrees. Zero degrees would be standing with the rider's feet across the board. The boot to binding adjustment is important too. The toes and heels should be just on top of the board's edges. Too much overhang will cause loss of edging ability. Straps should be adjusted to the proper length as well. Make sure all of the nuts, bolts, and hardware on the binding are tight. These should be checked every week before coming to the mountain.

## **SNOWBOARD BOOTS:**

Snowboard 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 snowboard 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 riders 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. If the liner is not removable, slide the toes forward to the end of the boot and check for one finger behind the heel. When lacing the boot, make sure that it is snug but comfortable. It is very important to have good "heel hold down".