



British Alpine Ski Competitions Guide to Helmets for Alpine Ski Racing Sixth Edition February 2017

BCRs and BACRs follow current FIS Equipment Regulations. All ROCs and participants in Alpine races (both snow and artificial surface) need to be aware that the BCRs and BACRs follow the FIS Equipment Regulations for Class A and B helmets.

FIS Equipment rule 6.2.4: The helmets shall be used without alteration/modification, as certified by the manufacturer. Furthermore, no additional element/equipment shall be affixed on the surface of the helmet. See explanatory notes below.

Key Points

1. Helmets are compulsory for all British and FIS Alpine calendar events and in all disciplines.
2. Conformity to the rules may be checked at any event, and the lack of an approved helmet, or having a modified helmet, is grounds for refusal to allow a competitor to race.
3. Spoilers, visors or protruding edges are not permitted. Add-on items such as camera mounts stuck onto the surface of the helmet are not permitted. However, the application of other stickers is not contrary to the rule. Nevertheless, see note 4 below.
4. Any modification of a helmet, including the application of camera mounts, simple stickers or other decoration, may reduce the effectiveness of the helmet as the adhesives may weaken the shell material. Any such modification (unless carried out in the factory as part of the original manufacture) may also invalidate the helmet from the point of view of warranty and insurance cover. You are advised to follow the instructions given by the manufacturer in any literature accompanying the helmet when bought.
5. Hard shell must cover head and ears, except for slalom in which soft protection over the ears is allowed.
6. Must be labelled as meeting appropriate standards (EN 1077, CEE 1077, US 2040, or other standards as defined in FIS Equipment rules) and marked as intended for Alpine skiing. For U14 and older, in GS, SG or DH, helmets undergo a more stringent test after which they are certified as compliant by the presence of this sticker:-



For U10/U12, it is not mandatory to use such FIS-labelled helmets in GS and above, but they are still recommended as they are designed to offer increased protection.

7. A badly-fitting or over-large helmet may significantly reduce the level of protection provided, and may even add to the hazard or contribute to injury.
8. A helmet's level of protection will be significantly reduced if it is not fitted correctly; this includes the use of a beanie or head band worn under the helmet that may alter the fit of the helmet and therefore reduce its effectiveness.
9. A helmet is a vital piece of your competition equipment and should be properly looked after; dropping a helmet on a hard surface can significantly reduce the level of protection it would provide in the event of a fall.