

# British Alpine Ski Competitions

## Guide to Helmets for Alpine Ski Racing

### December 2011

Helmets are mandatory for all events, and must conform to specific rules as laid out in the FIS Equipment rules as amended by the 2011-12 Northern Hemisphere Precisions.

#### **FIS Rules**

Specifications Competition Equipment/Commercial Markings 2011-12 (Edition September 2011)

<http://www.fis-ski.com/data/document/edition-2011-12.pdf>

Precisions and Instructions for the Season 2011/12, section 5 on page 5.

[http://www.fis-ski.com/data/document/precisionsnh\\_e\\_nov11.pdf](http://www.fis-ski.com/data/document/precisionsnh_e_nov11.pdf)

#### **Key Points**

- helmets are compulsory for all British and FIS Alpine calendar events and in all disciplines
- conformance to the rules may be checked at any event, and the lack of an approved helmet is grounds for refusal to allow a competitor to race
- spoilers, visors or protruding edges are not permitted. Some slalom helmets have a small factory-produced lip along the brow, which is permitted
- hard shell must cover head and ears, except for slalom in which soft protection over the ears is allowed
- must be labelled as meeting appropriate standards (EN 1077, CEE 1077, US 2040, or other standards as defined in Equipment rules) and marked as intended for Alpine skiing (i.e. not snowboard or any other event/sport)
- additional requirements for DH/SG (deceleration test and specific DH/SG markings) currently only apply at World Cup
- 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
- 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
- there may be some interim difficulty obtaining helmets to meet the new criteria. However, helmets in use should conform to the general principles outlined