

# TUTORIAL

THE CHOICE OF THE HELMET



THE CHOICE OF THE GOGGLES



BEHAVIOUR RULES ON THE SKI RUN

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# GUIDE TO THE CHOICE OF THE HELMET



# THE HELMET™



It is the most important element to assure **safety** on the snow



It has been progressively introduced as a **compulsory element** in different disciplines of alpine skiing **competitions**.



Since 2005 it has become **compulsory** for children **under 14 years of age** (Ministerial decree) and it will probably be for everybody in the future.



It is becoming more and more a **“fashion” element**, above all among snowboarders and “free ride” skiers.

# THE CHOICE OF THE SIZE

When choosing a helmet the priority is to pick out the right size: the helmet has to be comfortable in order to assure high protection and better performances.



# The suitable size

- Use a **tape measure** to measure the **head circumference**: wind the head with the measure just above the eyebrows.
- The helmet has to **fit** perfectly to the head, wrapping it and being uniformly tight over it.
- The **padding** has to be levelled **on the cheeks and forehead**, while the back of the helmet should not be in contact with the nape of the neck.
- It **should not** bother or **limit the movements** of the neck.
- It **should not** be **too comfortable**: remember that too comfortable a padding tends to get crushed by usage, widening the helmet too much.

# How to wear a helmet

Remember that **different models** fit differently and are made for different kinds of heads. Many models should be tried, in order to find the one which fits best, while some helmets (as for Carrera's) should be chosen when provided with a size regulation system, to adapt perfectly the helmet to your head.

# How to wear a helmet

- **Hold** the helmet at its base (below the ears line) **with both hands**, as if you were to widen the **cap**, and slip it on without folding your ears. The front edge should lie above the eyebrows.
- It has to be slipped on **straight**, to avoid unnatural head movements, in case of a collision.
- It should **not be too high or too low**: the edge should lie approximately a couple of fingers above the nose.
- The **strap** has to be **fastened** in order to be always **pressed on the chin**, **without tightening it**: you should be able to put a finger under your neck, between strap and chin, without being able to slip the strap off.

# Test (to check whether the size fits)

Bend your head forward and try to take the helmet off while fastened, pulling from its back (nape): it should not slip off.

On the contrary, if, owing to this movement, the forehead skin is shifted, it means the helmet fits perfectly.

## Further safety rules

Replace the helmet in case of a collision, even if there is no apparent damage.

The helmet has to be approved according to the European law in force (EN 1077) and be provided with the EC/FISI mark.

# Helmet sizes conversion table

CENTIMETERS	INCHES	FITTED HAT SIZE
48	18 7/8	6
49	19 3/8	6 1/8
50	19 5/8	6 1/4
51	20	6 3/8
52	20 1/2	6 1/2
53	20 7/8	6 5/8
54	21 1/4	6 3/4
55	21 5/8	6 7/8
56	22	7
57	22 3/8	7 1/8
58	22 3/4	7 1/4
59	23 1/4	7 3/8
60	23 5/8	7 1/2
61	24	7 5/8
62	24 3/8	7 3/4

# GUIDE TO THE CHOICE OF THE GOGGLES



# THE GOGGLES



**Goggles and downhill frames** function as an ocular and periocular shelter from every unfavourable atmospheric agent. For instance, falling snow and wind worsen the visibility of the ski run, while the sun and its reflection on the snow could almost blind a skier. Furthermore the cold can injure the periocular skin and the scarce visibility can make one half-close one's eyes, thus determining the forming of wrinkles.

Goggles and frames has to mount **protective** and possibly photochromatic **lenses** against these phenomena.

# Rules on how to choose ski goggles

- Goggles have to adhere to the face, without tightening on the skin or shifting because of the stress caused by the descent.
- They must be provided with an elastic adjustable band, which can fit perfectly around the helmet.
- They have to display the EC mark and manufacturer directions have to be carried on the package (maintenance, cleaning, manufacturing date, etc).
- Goggles have to be provided with an aeration system which allows to avoid blurring in any atmospheric condition.
- They have to be provided with specific lenses for different atmospheric conditions (e.g. interchangeable lenses or specific goggles).

# Behaviour rules for skiers



**FIS rules**, concerning skiing and snowboarding, have to be considered as a synthesis of the ideal behaviour of the scrupulous and careful skier and snowboarder. These latter are bound to know and observe these rules. If their inobservance caused an accident, the skier or snowboarder involved could be considered in a “guilty” position and be bound to answer for the consequences.

Source: <http://www.dolomiti.org/dengl/Cortina/skipass/info/regole.html>



## 1. RESPECT OF OTHER PEOPLE

Every skier or snowboarder has to behave so that he/she won't endanger other people's safety. Skiers and snowboarders are responsible not only for their behaviour on the ski run, but also for their equipment and their possible defects, even if they are new and at the cutting edge.

## 2. MASTERY OF SPEED AND BEHAVIOUR

Every skier or snowboarder has to limit his/her speed and behave according to his/her own skills and the conditions of the soil, snow, weather and traffic on the ski runs as well.



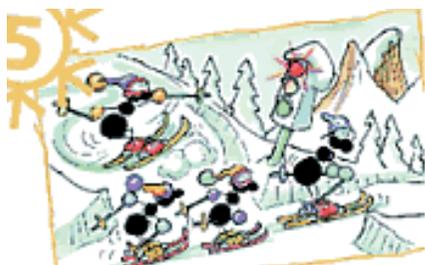
## 3. CHOICE OF DIRECTION

Being in a dominant position, the skier or snowboarder upstream has the chance to choose the path where to ski. They are thus obliged to keep a direction in order to eschew the danger of a collision with skiers and snowboarders downstream. The skier or snowboarder who descends first has always precedence. If he/she is behind and on another skier or snowboarder's direction of movement, he/she must keep enough distance in order to allow those preceding him/her to move freely.

## 4. OVERTAKE ON THE SKI RUN

The passing can be made upstream or downstream, to the left or to the right, but always keeping enough room to allow voluntary and involuntary movements of the skier or snowboarder passed. The skier or snowboarder doing the passing is responsible for his/her manoeuvre and must carry it out without endangering those being passed. This responsibility is valuable during the time of the whole manoeuvre and also if the skier or snowboarder being passed stood still on the ski run.



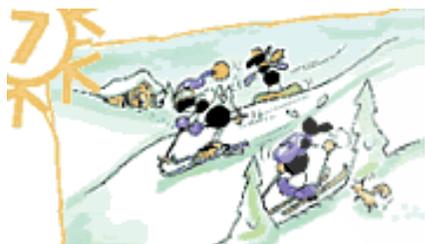


## 5. INTERJECTIONS AND CROSSINGS

When entering a ski run or training court, the skier or snowboarder has to make sure (by checking both up- and downstream) that he/she will not endanger him/herself or other people. The skier has behave the same way after each stop.

## 6. HALT ON THE SKI RUN

Without prejudice to circumstances of absolute necessity, skiers and snowboarders cannot stop in the middle of the ski run, on an obligatory way or in proximity of places with poor visibility. In case of a fall they have to leave rapidly the ski run, trying to reach the ski run edge ASAP.

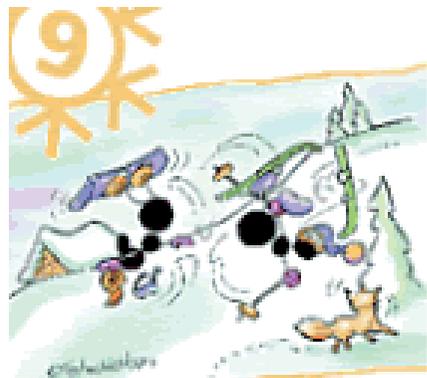


## 7. ASCENT AND DESCENT ON A SKI RUN

A skier or snowboarder climbing a ski run have to proceed strictly along its edges. He/she has to behave likewise while descending or climbing on foot. Descending in a direction opposite to the direction of movement could cause unpredictable situations and obstacles, impossible to evaluate readily.

## 8. OBSERVANCE OF THE SIGNS ON THE SKI RUN

Skiers and snowboarders are bound to observe the signs on display on the ski runs. The difficulty levels are indicated, in decreasing order, through the colours “black”, “red”, “blue” and “green”. Skiers and snowboarders can choose the ski run they prefer. On the ski runs are direction signs and signals indicating danger, slowing down, narrow passages, dead ends and else, which must be strictly observed. They are installed to anyone’s advantage, in order for skiers and snowboarders to avoid accidents.



## 9. ASSISTANCE

In case of accident anyone has to come to aid. Every sportsman is morally bound to give aid. Even if there does not exist a legal obligation (there already exists an A&E department) it is necessary for anyone to engage, according to one’s own individual capabilities, in order to assure primary care, call emergency services, mark off the area where lies the injured and signalise the presence of one or more injured to those descending the ski run.

## 10. IDENTIFICATION

Anyone involved in or witnessing an accident on a ski run – skier or snowboarder, being responsible or not - is bound to give his/her own personal details. Possible witnesses’ accounts can be decisive to draft an exact report on the accident. Every sportsman should feel this moral obligation as an imperative. The A&E report, together with the support of witnesses and, when present, photos and video recordings, can be of great help to determine possible civil and penal liabilities.

