

A PARENT'S GUIDE TO CROSS COUNTRY SKI EQUIPMENT FOR CHILDREN



"Poor equipment, equipment that doesn't fit, or skis that are poorly prepared for the snow conditions may lead to a negative ski experience that can have a lasting impression on a child."

The following are general guidelines to assist parents in determining what kinds of equipment their children actually need.

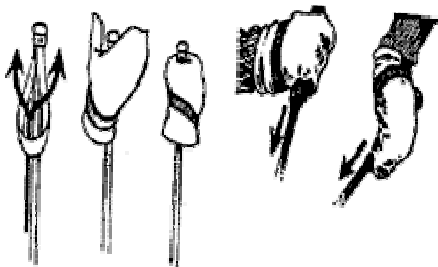
SKI BUNNY AGE GROUP

- Our Bunnies start at age 5 and should have proper waxless or waxable skis and bindings - typically the skis should be no longer than 100 to 130 cm. Poles are not needed for Bunnies and in fact we discourage their use as they interfere with learning proper balance.

LEVEL 1 & 2

- For Level 1 we recommend waxable skis with a contemporary binding (i.e. SNS or NNN – both are good – check to see that your boots match the bindings). The skis should still be shorter rather than longer and should reach just below the wrist of the skier's outstretched arm. Poles are not needed at this level either.
- For Level 2 we recommend waxable skis with a contemporary binding (i.e. SNS or NNN – both are good – check to see that your boots match the bindings). The skis should still be shorter rather than longer and should reach just below the wrist of the skier's outstretched arm. Poles must have adjustable straps. The classic poles should reach under the arm when the skier is standing on the floor. If poles are too long or too short, the skier will have difficulty mastering the technical skills.
- For Level 3, 4 & 5 we again recommend waxable sk with a contemporary binding (i.e. SNS or NNN – both are good – check to see that your boots match the bindings). Skating technique is also introduced at these levels. The child can learn skating technique skills while using classic, dual purpose skis, but they now require both skating length poles and classic length poles. For classic technique sessions, the kick zone must be in place, and grip wax would be applied. For skating technique sessions, the grip wax is not applied.
- Near the end of this age range, parents may wish to provide the child with two sets of equipment (both skating and classic) if their ski skills and future involvement in the sport appear to warrant the investment.

POLES



- Poles must have adjustable straps
- Classic poles should reach under the arm when the skier is standing on the floor
- Skating poles should be the same height as the chin
- **If poles are too long or too short, the skier will have difficulty mastering the technical skills necessary to become competent in the sport**

BOOTS & BINDINGS

- For skiers old enough to participate in the skill development sessions, select bindings that will not rub in the track when the ski is on edge or when skating technique is used
- Salomon (SNS) and New Nordic Norm (NNN) are the two commonly used, suitable boot/binding systems. Both are good and equally functional, however, the Salomon binding system offers more of a variety, and is available from more distributors
- Boots must be comfortable. If boots are too large, they will be awkward to ski in and if they are too constrictive, feet will not stay warm

