



British Alpine Ski Competitions Guide to Helmets for Alpine Ski Racing Fourth Edition November 2015

Announcement

BCRs and BACRs now Adhere to FIS Equipment Regulations. All ROCs need to be aware that the BCRs and BACRs now adhere to the FIS Equipment Regulations for Class A and B helmets. Please note the Northern Hemisphere FIS precision for 2015/16.

Northern Hemisphere Precisions 2015: For FIS level U14 and U16 events throughout the 2015/16 season GS and SG helmets meeting at least EN 1077 Class A and/or ASTM 2040, or higher standards (SNELL 98 or new FIS Standard), can be used. The same dispensation will be allowed for BASS and Artificial slope races for the 2015/16 Winter Season and the 2016 Summer Season.

New 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.

Key Points

- Helmets are compulsory for all British and FIS Alpine calendar events and in all disciplines.
- 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.
- 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. **See new rule above.**
- 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 FIS Equipment rules) and marked as intended for Alpine skiing.
- 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'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.
- 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.
- Any modification of a helmet, including the application of camera mounts, simple stickers or other decoration, is liable to reduce the effectiveness of the helmet as the adhesives can 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 any insurance cover. **See new rule above.**