

Ski Jumping Equipment Check List

A full check of all athletes boots and bindings are to be conducted at the beginning of each new season, after travel, after a fall, when an athlete progresses to a larger jump and whenever a piece of an athletes setup is exchanged (ie. An athlete receives new boots but continues to use same skis and bindings).

Ongoing visual checks of equipment always exists. Club athletes are to be educated on equipment function and trained to be able to identify general wear. At the club level, it is the sole responsibility of the coach to ensure safety of equipment.

Seasonal inspections and inspections after crashes are to be recorded using the form at the bottom of this document.

Listed below are signs of worn out or unsafe equipment. Some pieces can be repaired or replaced, and some pieces of equipment must be discarded. In the event that any of the listed signs of wear are identified, it is to be reported to the head coach for further inspection and decided upon if the equipment will be repaired or placed.

Boots

A pair of boots is deemed unsafe if

- 1) the Rivet in the toe has fallen out
- 2) The heel has been worn down to within 1cm of where the binding clip attached
- 3) the material above the foot is torn
- 4) The area where the binding clip attaches can no longer click when clip is inserted
- 5) The routed area of the toe can no longer be firmly attached to the toe piece of the binding

For athletes jumping on hills larger than a K90, safety cords are required. This involves inserting screws in to the backs of the boots for safety cord attachment.

Bindings

A pair of bindings is deemed unsafe if

- 1) The clip is loose on the heel of the boot.
- 2) There are any stripped screws fastening the binding to the ski
- 3) There is fray in the heel cord
- 4) The toe pieces are loose and pop up while stopping

For athletes jumping on hills larger than a K90, safety cords are required. This involves attaching a piece of thin rope to the ski behind the binding on the right side that can hook onto the screw on the back of the boot.

Skis

A pair of skis is deemed unsafe if

- 1) New screw holes are drilled within 1cm of existing screw holes when mounting new bindings
- 2) The ski delaminates from the tips
- 3) The structural integrity of the ski is compromised
- 4) Open drill holes are not filled and left exposed to moisture

A standard equipment check goes as follows;

- 1) The ski is visually inspected and flexed to test the structural integrity.
- 2) The boot is attached to the binding to be checked for the following items
 - i) The heel of the boot is within 2cm of the end of the heel block
 - ii) The toe is firmly attached to the toe piece
 - iii) The heel is lifted aggressively to see if the clip holds onto the heel strong
- 3) The boot is given a visual check for damage

