



British Alpine Ski Competitions  
Guide to Helmets for Alpine Ski Racing  
Fifth Edition April 2016

#### Announcement

**BCRs and BACRs follow current FIS Equipment Regulations.** All ROCs and participants in Alpine races (both snow and artificial surface) need to be aware that the BCRs and BACRs follow the FIS Equipment Regulations for Class A and B helmets.

**However, as a dispensation and transitional arrangement, 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), could be used.** The same dispensation applies to BASS and Artificial slope races for U14 and U16 for the 2016 Summer Season. The dispensation is also extended to U10 and U12 races. Current advice is that stocks of the conforming new helmets are freely available and that orders can be fulfilled in time for the 2016/17 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. See explanatory notes below.

#### Key Points

1. Helmets are compulsory for all British and FIS Alpine calendar events and in all disciplines.
2. 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.
3. 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. However, the application of other stickers is not contrary to the rule. Nevertheless, see note 4 below.
4. Any modification of a helmet, including the application of camera mounts, simple stickers or other decoration, may reduce the effectiveness of the helmet as the adhesives may 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 warranty and insurance cover. You are advised to follow the instructions given by the manufacturer in any literature accompanying the helmet when bought.
5. Hard shell must cover head and ears, except for slalom in which soft protection over the ears is allowed.

(Continued below)

6. 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. Conforming helmets for



DH, SG and GS carry this sticker

7. 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.
8. 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.
9. 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.

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