HOSTING ALPINE SKIING AND SNOWBOARDING RACES
Guidelines to Follow

1. **Follow:** FIS Rules and OPHEA Guidelines
2. **Communication:** Need to communicate the details and expectations for the race and then adhere to these details
3. **Equipment:**
   - Proper helmets must be worn:
     - For Alpine Skiing: In both the OFSAA Giant Slalom and Slalom competition, hard shell crash helmets (designed for Giant Slalom alpine ski racing) which provide complete head protection (front & back) and full ear protection are mandatory for all Level 1 and Level 2 competitors. Models CE, ASTM or Snell.
     - For Snowboarding: A protective helmet designed for alpine skiing or snowboarding/snowblading must be worn.
   - Alpine ski racers must have ski brakes and snowboard racers must have a snowboard leash.
4. **Race Course:**
   - Race course must be set by an experienced and Canadian Ski Coaches Federation (CSCF) qualified course setter.
   - Course maintenance is particularly vital and should start before trouble spots develop and should continue until the last racer has finished. The ski area should provide sufficient equipment on the course (poles, flags, rakes, shovels, drills, etc.). Before the event, make arrangements with the ski area re. course preparation.
   - For Alpine Skiing: alpine ski poles must be full length breakaway style and in good repair. Specifically, look for: proper hinges – not lazy or ones that do not stand up straight and broken gate tops.
   - Course must be away from dangerous obstacles.
   - Safety walls, nets or barriers must be placed where required.
   - There must be a clear run-out at the end of the course.
5. **Officials:**
   - Officials must be knowledgeable of their duties.
   - It is highly recommended that a certified official be present.
   - Gatekeepers: If they are students, then they need to be trained on what to do and ensure they stand in a safe area but visible to the course.
   - Members of the Jury should have formal training as a coach or official.
6. **Safety:**
   - Recognized ski patrol must patrol the area. (Preferably at the start of the race course for the entire race to allow for immediate response time if necessary.)
   - A vehicle for emergency purposes must be accessible.
7. **Course Inspection and Forerunners:**
   - Coaches need to be present with their teams when the teams are inspecting the race course.
   - Racers must not be running through the gates during inspection.
   - Forerunners should be used prior to the first skier/snowboarder.