




# Classify Yourself for Skier Type

## Determining your skier type is your responsibility

Your skier type, height, weight, age and ski boot sole length are used to determine the release/retention settings of your ski bindings. Be sure to provide accurate information; any error may increase your risk of injury. Consult these descriptions to select your classification.

 <p><b>TYPE I</b></p>	 <p><b>TYPE II</b></p>	 <p><b>TYPE III</b></p>
<p>"Cautious Skiing at Lighter Release/Retention Settings"</p>	<p>"Moderate Skiing at Average Release/Retention Settings"</p>	<p>"Aggressive Skiing at Higher Release/Retention Settings"</p>
<p><b>TYPE I SKIERS:</b></p> <ul style="list-style-type: none"> <li>• ski conservatively</li> <li>• prefer slower speeds</li> <li>• prefer easy, moderate slopes</li> <li>• favor lower than average release/retention settings.</li> </ul> <p>This corresponds to an increased risk of inadvertent binding release in order to gain increased releasability in a fall.</p> <ul style="list-style-type: none"> <li>• <b>Type I</b> settings apply to "entry-level skiers uncertain of their classification"</li> </ul>	<p><b>TYPE II SKIERS:</b></p> <ul style="list-style-type: none"> <li>• ski moderately</li> <li>• prefer a variety of speeds</li> <li>• ski on varied terrain, including most difficult trails</li> <li>• are all skiers who do not meet <b>all</b> the descriptions of either <b>Type I or III</b></li> </ul>	<p><b>TYPE III SKIERS:</b></p> <ul style="list-style-type: none"> <li>• ski aggressively</li> <li>• normally ski at high speeds</li> <li>• prefer steeper and more challenging terrain</li> <li>• favor higher than average release/retention settings.</li> </ul> <p>This corresponds to decreased releasability in a fall in order to gain a decreased risk of inadvertent binding release</p>

**SKIER ONLY**  
**SNOW VALLEY SKI CLUB**  
**SKI FITTING SHEETS**



**FITTING SHEETS MUST BE COMPLETED AND RETURNED  
TWO WEEKS PRIOR to your first visit.**

Fax to 436-5479 or E-mail: [elaine@snowvalley.ab.ca](mailto:elaine@snowvalley.ab.ca)

Please consult description provided on the attached page for skier type.  
 Please fill out in pen.

**Note: There are no lessons for children 3 and under.**

	NAME (FIRST & LAST) Please <u>print</u> clearly <u>Rentals only</u>	WEIGHT Lbs. or kg	Shoe Size	HEIGHT Ft. or Cm	SKILL LEVEL		LESSONS Y/N	Age
					Level 1 (beginner)	Level 2 or Level 3		
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**NUMBER OF RENTALS - \_\_\_\_\_**

**NUMBER OF LESSONS - \_\_\_\_\_**

**TOTAL NUMBER OF SKIERS - \_\_\_\_\_**

**COMPANY \_\_\_\_\_**

**CO-ORDINATOR \_\_\_\_\_**