



# Far West Masters Ski Racing

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## USSA and FIS Helmet Regulations

*Hamish Butler, VP Communications, Far West Masters*

I think we all recognize the importance of protective equipment and compliance with USSA regulations to make our sport safe. Indeed, our own Diann Laing was involved in a non-racing accident during the December Mammoth season opener when a snowboarder collided with her. Diann was knocked unconscious and was taken via sled then ambulance to Mammoth Hospital and underwent a CAT scan with a resulting diagnosis of concussion. Diann's helmet undoubtedly helped prevent her accident from being more serious. As a result of this accident Diann has done some in-depth research into the new technologies being used in helmets, to help guide her choice for a new helmet.

In order to continue improving safety, the USSA Alpine Sports Committee has passed regulations updating the requirement related to the use of helmets for GS, SG and DH to meet new FIS standards, which are being phased in during the 2014-2015 and 2015-2016 seasons. (The complete text of the USSA "Ski Helmet Regulations" along with the Alpine Competition Guide rules is published on the **Alpine Rules** page of the USSA web site at <http://alpine.uskiteam.com/alpine-programs/athletes/rules>).

Under the new regulations, helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. In addition, in order to attest that a helmet fulfills all FIS requirements for GS, SG and DH, it must have a conformity label affixed in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text "Racing helmet to conform to FIS specifications 2013".

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.

Helmet mounted cameras are not allowed on helmets in official training or competition.

**The USSA Alpine sports Committee has mandated that these regulations will apply to *\*ALL\** USSA sanctioned events, including Masters, starting in the 2015-2016 season. This means that for all USSA Masters races in 2015-16, with the exception of slalom events, helmets with the new FIS sticker (shown below) will be compulsory for all racers. Helmets without this sticker will not be permitted.**



### *FIS certification requirements for GS/SG/DH helmets: EN 1077 (class A) and ASTM 2040*

The Far West Masters Board are currently reviewing the new regulations and are tracking discussions started by Intermountain Masters with the USSA, including a proposal to postpone adoption of the new regulations until Season 2016-2017. New England Masters also have put forward a very well thought out position paper on the topic.

The Far West Masters board will continue to monitor discussions at both the USSA and the international FIS masters level, and will provide further information to guide our racers on the requirements of the new helmet regulations for next season. If you plan to replace your helmet prior to next season, please look for the above FIS label to ensure that you do not need to replace it again next year:

In the mean time please remember that a helmet may be compromised after an impact, and also that there is a "life expectancy" for helmets. Please plan to replace your race helmets periodically, just as you do with your race skis. A helmet that you've been wearing for 6-8 years probably isn't that good anymore; protecting our heads is not something we should take for granted.