# what type of Stier you?

## Determining your skier type is your responsibility!

Your skier type, height, weight, age and ski boot sole length are used by the shop to determine the visual indicator settings of your ski bindings. Be sure to provide accurate information, as any error may increase your risk of injury.

Consult these descriptions to select your classification:



### Cautious skiing on smooth slopes of gentle to moderate pitch

- Receive lower than average release/retention settings.
   This corresponds to an increased risk of inadvertent binding release in order to gain releasability in a fall.
- Type I settings apply to entry-level skiers uncertain of their classification.



# Skiers not classified as Type I or III

 Skiers who designate themselves as Type II receive average release/retention settings appropriate for most recreational skiing.



# Fast skiing on slopes of moderate to steep pitch

- Receive higher than average release/retention settings. This corresponds to decreased releasability in a fall in order to gain a decreased risk of inadvertent binding release.
- This classification is not recommended for skiers 47lb (21kg) and under.

If from experience, you have been dissatisfied with visual indicator settings resulting from your selected skier type classification, you may wish to consider: (a) changing your skier type classification; (b) selecting different skier type classifications for toe and heel components; (c) selecting skier Types -I ("for skiers who desire visual indicator settings lower than settings for a Type I skier") or III+ ("for skiers who desire visual indicator settings higher than settings for a Type III skier").

If you believe that you require higher release/retention settings, but are unsure if the increase should be applied to the toe setting (twist) or heel setting (forward lean), request that the increase be applied to the heel setting (forward lean) before experimenting with higher toe settings (twist). Similarly, If you believe that you require lower release/retention settings, but are unsure if the decrease should apply to the toe setting (twist) or heel setting (forward lean), request that the decrease be applied to the toe setting (twist) before experimenting with lower heel settings (forward lean).

Although the shop technician may help you to record your choice on the appropriate form, the final decision on your release/retention settings is yours.

These descriptions are compatible with ASTM and ISO documents

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BE AWARE, Skil WITH CARE, Skil WITH CARE,