

# What type of skier are you?

## Determining your skier type is your responsibility!

Your skier type, height, weight, age, and 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:

### **Type I** "Cautious skiing at LOWER visual indicator settings."

- Prefer slow to moderate speeds.
- Prefer gentle to moderate terrain.
- Receive lower than average visual indicator settings. **This may increase the risk of inadvertent binding release in order to increase the likelihood of release in a fall.**
- Type I settings apply to "entry-level skiers uncertain of their classification"

### **Type II** "Moderate skiing at AVERAGE visual indicator settings."

- Prefer a variety of speeds.
- Prefer varied terrain.
- Type II skiers are skiers who do not meet all the descriptions of Type I or Type III skier types.

### **Type III** "Aggressive skiing at HIGHER visual indicator settings."

- Prefer fast speeds.
- Prefer steep terrain.
- Receive higher than average visual indicator settings. **This may reduce the likelihood of release in a fall in order to reduce the risk of inadvertent binding release.**

**Type I-** "For skiers who desire visual indicator settings lower than settings for a Type I skier"

**Type III+** "For skiers who desire visual indicator settings higher than settings for a Type III skier"

These descriptions are compatible with ASTM and ISO Documents