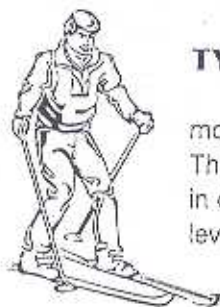


## Skiers: Classify Yourself For Boot Binding

Before we can rent you equipment, you **MUST** 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 by Boston Mills/Brandywine to determine the release/retention settings of your ski bindings.

Be sure to provide accurate information, because an error may increase your risk of injury! Consult these descriptions to select your classification.



### **TYPE I:** "Cautious Skiing At Lighter Release/Retention Settings"

Type I skiers ski conservatively, prefer slower speeds and easy, moderate slopes and favor lower than average release/retention settings. This corresponds to an increased risk of inadvertent binding release in order to gain increased releasability in a fall. Type I settings apply to entry level skiers uncertain of their classification.

### **Type II:** "Moderate Skiing At Average Release/Retention Settings"

Type II skiers ski moderately, prefer a variety of speeds and ski on varied terrain including the most difficult trails. Type II skiers are all skiers who do not meet all of the descriptions of either Type I or Type III.



### **Type III:** "Aggressive Skiing at Higher Release/Retention Settings"

Type III skiers ski aggressively, normally at high speeds, prefer steeper and more challenging terrain, and favor higher release/retention settings. This corresponds to decreased releasability in a fall in order to gain decreased risk of inadvertent binding release.

## Snowboarders: How to Determine Your "Forward Foot"

You will need to determine your stance on a snowboard so that the bindings will be set up correctly for you. Most people board with their left foot forward. Some people do feel more comfortable, however, boarding with their right foot forward (known as riding "goofy").

As a beginner, how can you tell which way you should ride? If you skateboard, start out with the same foot forward on a snowboard that

you are most comfortable having forward on the skateboard. If you have waterskied slalom before, use the foot that was the back foot in your slalom ski as your forward foot on a snowboard.

If you're still unsure, start out riding with your left foot forward, and your binding can be adjusted later if it is determined that you would be more comfortable with your right foot forward instead.