

Our Sport:
SUPPORTS Kids
Is SAFE for Kids
Is FUN for Kids



Ski Racing Victoria Trans-Tasman Challenge Junior Skiers Guide

Skiers

It is the duty of the skier or parent to check and inspect all their skier equipment prior to racing each time.

A SKI should be checked for;

- Cracks in timber or laminates
- Ski Fin for straightness or defects
- Bindings checked for loose Screws or tears in Rubber.

A HELMET to be used for Water Ski Racing must have the following requirements:

- To have a finished of Fluorescent Orange
- Appropriately fit the user, the helmet should fit tightly without any gaps between the shell and the users head
- A firmly secured Strap and adjusted to be firm under the chin when fastened by a snap buckle
- Any fittings mounted to the helmet for neck restraints Etc, shall have fasteners appropriate for the application, not protrude into the inside of the helmet, fasteners on the outside must have no sharp edges do threads protruding past the end of the nut (Dome Nuts are preferred)
- Helmet must have users Name Clearly marked on the helmet.

NOTE: A properly fitted helmet is vital for the performance of the helmet whilst skiing and in an accident, the helmet should be checked every time before use for cracks or Fatigue and replaced if damaged. Faded or damaged helmets will be rejected for use at SRA Sanctioned events if deemed not to be up to a good standard.

ROPES are a major concern when it comes to safety a rope should be replaced if it;

- Shows signs of wear
- Has any frays
- Has signs of heat damage or melted in any way
- Has any knots that are unable to be undone
- The age of the rope must also be taken into consideration before use
- When splicing ends on ropes if the end of the rope is burnt to ease splicing always cut off burnt end once done as the hard-rough end can wear the rope from the inside causing it to break

- Use a rope that is suitable size for the user to light and the rope will excessively stretch and break, to heavy and the rope is more prone to dip and catch water.

SKI HANDLES regular ski rope is not recommended to be used as part of the handles or harness and if used replaced very regularly, much stronger rope exists that also resists abrasion better than normal ski rope, Take extra notice of wear and tear around the area of the front bar.

WETSUITS are to fit the individual wearer correctly and have no tears or holes

- also, appropriate amount of flotation to float the wearer appropriately
- Be of Fluorescent colour above the waist line.

Your race wet suits – need to be tested to see if it will float you whilst your lungs are exhausted of air & possibly full of water – seek information from your supplier as to how to best do a live float test.

OTHER CONSIDERATIONS

- Consider wearing a bright colour glove or arm sleeve to enhance the ability for the observer to see hand signals.

PRE-RACE WARM UP

Complete a warm up routine before skiing.

For Example: Light Jog, Burpees, Lunges, Push Ups, Followed by Stretching for all range of movements legs, neck, arms back etc.

Team Communication

- Before race communication with driver & observer. Regarding likes, dislikes personal strengths & weaknesses in certain water conditions.
- Discuss signals and who you would normally race against in your class, which is even more important when you're with a new crew talk about race strategy so the whole team is on the same page when the flag drops.

WHILST SKIING

- Know your limits, ski within your capabilities and speed, try to run your race at a speed you can start and finish at rather than starting off fast and finishing slow and fatigued which will give you a slower time and is more dangerous.

POST RACE

- Discuss any issues with crew whilst it fresh in your mind and then warm down.

SKI RACING is a team sport. The Team extends from Boat owner, observer, skier to support crew such as trailer driver, family members.

Race as a Team and Succeed as a Team!

The Team

Ski racing is a team sport. The team extends from Boat Owner, Driver, Observer, Skiers to support crew such as trailer driver, mechanics, engine builder, fabricators, family members & friends. Don't just build a boat to ski race, building a team is the key to a team's success.