



## How To Fit Snow Sports Products

Whether snowboarding, skiing, or just enjoying the outdoors this winter, it is important that you have the right equipment. Below are fitting tips for the key snow sports products:

### Snowboards

#### Determining Your Snowboard Size

Choose a size that fits the type of riding you intend to do.

- All-Around Use (All-Mountain): An all-around size should come to your chin. This method yields a board that is both long enough to handle riding the terrain of the whole mountain and nimble enough for half-pipe riding.
- Carving/Powder (Big Mountain): If you stick to the groomed terrain and like to carve your turns aggressively, than choose a board length that reaches your mouth. This size will give you more control at higher speeds and more floatation in fresh snow.
- Tricks/Handrails (Freestyle): Choose a board that is as tall as your Adam's Apple if you like the terrain park and frequently slide boxes and rails. Shorter boards with wider stances are easier to spin, balance on rails, and save off-balance landings.

#### Other Sizing Considerations

- Most people should fit in the middle of the weight range listed on the back of a snowboard. Different board models can be softer or stiffer (and therefore support different rider weights), so consult the weight charts and choose wisely.
- Most large snowboards from 163cm on up possess greater stiffness for larger riders. Many All-Mountain boards only come as big as 168cm. The additional stiffness of these bigger boards should work for riders up to 300 pounds. A snowboard any longer than 168cm may be too heavy and chatter at higher speeds.
- Foot size 10+ should ride on a "Wide" snowboard - for safety and reduced "toe drag"
- Freestyle riding is often done with a shorter board to allow better maneuverability and swing weight.
- Free Riding, deep snow and racing boards will be longer in size for stability and high-speed carving.
- If the rider is still growing, it is to be expected that the purchase be made with growth considerations in mind.
- Weight
  - Weight is by far, the most important rider characteristic in determining board size.
  - When a heavy rider purchases a board that is too short, the board will have a tendency to "wash out" or perform poorly, especially at higher speeds.
  - A lighter person on a longer board will usually have problems controlling their board and initiating turns.
- Height
  - There is a major misconception in the general public that height is the single most important factor in determining board size. As stated above, weight is the most important factor.
  - Height usually comes into play when the rider's height and weight are not proportional.
  - An unusually tall rider that is relatively skinny may opt for a longer board. The leverage they gain from the added height will help offset any loss of control they may encounter.
  - The same holds true for a heavier/shorter rider. They may benefit from a bit shorter of a board, due to the loss of leverage from their height.
- Foot Size
  - Snowboard boots are sized the same as regular shoes and sneakers, therefore, your shoe size will be the same as your boot size.
  - The fit of a snowboard boot should be snug and your heel needs to stay in place when flexed, so if you are between sizes go for the smaller size.
- Gender
  - As with weight, gender is a critical factor in determining the appropriate equipment for the rider.
  - As a rule, a women's physiology differs from a man's in three main ways: foot size, center of gravity, and body mass- all of which effect the way a snowboarder interacts with their equipment.
  - Women almost always have a smaller foot and a lower center of gravity.
  - Female riders of all abilities can find boards and boots specifically tailored to their physiological differences.
  - Women's boards are designed to take into account the riders lower center of gravity, smaller foot size, and lighter weight.
- Athletic Ability
  - A rider with extensive experience in other skate/board sports (surfing, skateboarding, skiing, in-line skating, etc.) will probably want to invest more in their equipment since they will more than likely "take" to the sport very quickly.
  - At the same time, someone with little outdoor sport experience, or certain fears that might limit their aggressiveness, might be best to keep their equipment purchase more conservative to start.

Below is a sizing chart to better help you choose the board with the right dimensions for numbers are by no means set in stone. The lengths stated are relative recommendations or packed snow and can be increased by 3cm-9cm if you are riding in powder.

#### SNOWBOARD SIZING GUIDE

RIDER (weight)	FREERIDE	FREESTYLE
70	134	129
80	137	132
90	140	135
100	143	138
110	146	141
120	149	144
130	152	174
140	155	150
150	158	153
160	161	156
170	162	157
180	162	158
190	163	159
200	163	160
210	164	161
220	165	161

## Downhill Skis

### Determining Your Ski Size

There are a couple of basic rules when it comes to choosing the right ski length. In general, a ski should have a length such that when you place its tail on the ground the tip should come between the top of your shoulder and your eyes. Shaped skis can run at shorter lengths than old traditional skis. As a general rule, it's better to go shorter when unable to decide. Shorter skis allow for easy maneuverability, turn initiation and exit, power transfer and technique. When lugging around big, long, heavy skis it can make skiing more difficult. Shaped skis have made skiing easy!

Factors to consider when purchasing your skis:

- **Your Weight:** is often connected with your ski length. If you weigh more then you should have longer skis.
- **Skill Level & Terrain:** in general, the better you are the longer your skis should be. A faster skier requires a more stable platform. Longer skis are more stable at high speeds.
- **The Shape of your Skis:** shaped skis work better when they are shorter. Increasingly, skiers are shifting to shorter skis.
- **The Flex of the Skis:** Soft Skis allow for maximum control at slow to moderate speeds but tend to become unstable and uncomfortable at high speeds. Soft skis are designed for learning, developing skill & technique or for skiers who prefer no more than moderate speeds. Stiff skis allow for maximum control at high speeds but when you ski them at slow speeds your legs will get tired trying to flex such a stiff ski. Stiff skis are typically for advanced skiers and carvers.

Sizing Guidelines for purchasing skis:

- Conventional Skis
  - Adult Beginner - Skis should be at skier's height or up to 5cm shorter.
  - Adult Intermediate - Skis should be at skier's height or up to 5cm taller.
  - Adult Advanced - Skis should be at skier's height or up to 15cm taller. Alpine Racers should be taller yet.
  - Youth Beginner (ages 3-6)- Safety is the prime concern. Therefore, skis stopping around the nose or chin are good for beginners.
  - Youth Intermediate (ages 3-6)- Skis can be up to the skier's height. Do not buy bigger than your child's height.
  - Junior Beginner (ages 7 and up) - It is best to buy skis slightly shorter than your child. You can buy skis up to the skier's height. Do not try to get several years out of your skis. Remember, shorter skis are safer.
  - Junior Intermediate (ages 7 and up) - May take skis up to 5cm taller than themselves.
  - Junior Advanced (ages 7 and up) - May take skis up to 10cm taller than themselves.
- Shaped Skis
  - Determining the proper length of a shaped ski is based on weight and not height. Generally, shaped skis will run 10cm shorter than conventional skis. The more exaggerated the shape, the shorter the ski. Your Play It Again Sports sales representative will make sure you get in the right equipment.
- Boots
  - A good fitting boot is critical to your enjoyment while skiing. Be sure to wear the socks you will be wearing when skiing when trying on your boots. You want to make sure you get a snug but comfortable fit (toes near the front and heel all the way back). Parents - do not buy boots that your child will "grow into"! It will make for an uncomfortable ride and is not safe.
- Poles
  - With your arm at your side and your elbow at 90 degrees turn the pole upside-down and place the top of the grip on the floor. Next, grab the shaft directly under the up-turned basket. If your forearm is parallel to the floor, you've found the correct length.

Remember, a good fit is critical to your enjoyment. Poorly fitted product will lead to discomfort and even injury. Properly fitted equipment will have you and your family enjoying your outing even more.

Below is a sizing chart to better help you choose the right pair of skis. By no means are these sizes set in stone so have a sales associate help you with final selections:

SKI SIZING GUIDE

Weight	Intermediate	All-Mt Carver	Short SL Expert	Adv. Freeride Exp.	GS Race	SL Race
50	90-110	90-110				
60	110-120	110-120				
70	115-125	115-125				
80	125-135	125-135				
90	135-145	135-145				
100	135-145	145-155	140-150			
110	145-155	160-170	145-155	165-175	165-175	<155
120	145-155	160-175	150-160	170-180	165-175	<155
130	155-156	160-175	155-165	175-185	170-180	150-160
140	160-170	170-180	155-165	175-185	170-180	150-160
150	165-175	170-180	160-170	180-190	174-185	150-160
160	165-175	175-185	160-170	180-190	174-185	155-165
170	165-180	175-185	160-170	180-190	180-190	155-165
180	170-180	180-190	160-170	185-195	180-190	155-165
190	170-180	180-190	165-177	185-195	185-195	155-165
200	170-180	180-195	165-177	185-195	185-195	155-165
210	175-185	180-195	165-177	185-195	185-195	155-165
220+	175-190	190-195	170-180	190-195	185-195	155-165

Determine Your Ski Boot Size

Sometimes alpine ski boots come in European sizes, often called Mondo point sizes, which are measured in centimeters. This guide will help you convert your shoe size to European sizes so you can find the right size alpine ski boot for you.

Alpine Ski Boot Sizing Chart										
U.S. Men's Size	-	-	4.5	5	5.5	6	6.5	7	7.5	8
U.S. Women's Size	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5
<b>Mondo Size (cm)</b>	<b>21.5</b>	<b>22</b>	<b>22.5</b>	<b>23</b>	<b>23.5</b>	<b>24</b>	<b>24.5</b>	<b>25</b>	<b>25.5</b>	<b>26</b>
U.S. Men's Size	8.5	9	9.5	10	10.5	11	11.5	12	12.5	-
U.S. Women's Size	10	10.5	11	11.5	12	12.5	13	-	-	-
<b>Mondo Size (cm)</b>	<b>26.5</b>	<b>27</b>	<b>27.5</b>	<b>28</b>	<b>28.5</b>	<b>29</b>	<b>29.5</b>	<b>30</b>	<b>30.5</b>	<b>-</b>

Women's sizes run 1.5 - 2 full sizes smaller than men's sizes when using a men's size chart.

## Cross Country Skis

Modern skis have, for the most part, grown shorter. Nordic ski sizing is primarily based on weight, modified by intended usage and ability level. Manufacturers provide us with this technical information on all of our skis, including weight ranges for each specific model length and stiffness.

It is body weight that compresses the kick zone of a classic ski. And in a given model, the greater the length, the more camber the ski possesses. If a ski is sized too short, most of the kick zone will be touching the snow (causing lots of drag) during the glide phase because the camber is meant to support a lighter skier. Too long a ski will be difficult to compress, have a shorter effective kick zone and will not provide enough climbing grip. Remember that there is wide variation among classical and skate skis, and one model may reach well above your head while another may hit you in the chin. Higher performing race skis come in several closely spaced sizes and flexes so they can be custom-selected for ability and snow conditions. With more casual touring skis, so many options are not needed.

Poles are much more straightforward. For classic poles, size them to your armpit; intermediate or advanced skiers may prefer a little longer for more pole power. Skating poles need to be longer to properly assist the skating motion. Roughly between the chin and the lower lip is the right size.

## Determine Your Cross-Country Ski Boot Size

- To ensure you always have the proper fit, make sure you wear the same style of socks throughout the ski season. This will provide you with the same comfortable fit all winter long.
- Before making your purchase, look at the style of your ski bindings and compare them to the boots you are interested in. They must be the same style, either NNN or SNS, for the proper fit to the ski binding.

Adult Cross-Country Ski Boot Sizing Chart												
European Size (cm)	36	37	38	39	40	41	42	43	44	45	46	47
U.S. Men's	-	-	5.5-6	6.5-7	7-7.5	7.5-8	8.5-9	9-9.5	9.5-10	10.5-11	11-11.5	12-12.5
U.S. Women's	5	5.5-6	6.5-7	7.5-8	8-8.5	9	9.5-10	10.5	-	-	-	-

Youth Cross-Country Ski Boot Sizing Chart								
European Size (cm)	29		30-31		32	33	34	35
U.S. Youth	12-13		13-1		1-2	2-3	3-4	4-5

## Determine Your Cross-Country Ski Pole Size

The proper size cross-country ski pole is determined by your height. To find the right size for you, consult this guide, which provides pole sizes in both centimeters and inches.

Cross-Country Ski Pole Sizing Chart		
Height	Pole Size (in)	Pole Size (cm)
2'9"-3'	70	27
3'3"-3'6"	80	31
3'9"	90	35
4'	95	37
4'3"	100	39
4'6"	105/110	41/43
4'9"	110/115	43/45
4'11"-5'	120	47
5'1"-5'2"	125	49
5'3"-5'4"	130	51
5'5"-5'6"	135	53
5'7"-5'8"	140	55
5'9"-5'10"	145	57
5'11"-6'	150	59
6'1"-6'2"	155	61
6'3"-6'5"	160	63

## Helmets

The type of ski helmet style you purchase depends on how and where you ski. You wear a helmet to protect your head from injury, but you won't get the maximum protection unless it is properly sized with a snug, aligned fit. The information below is designed to guide you in achieving a safe, secure helmet fit.

### Helmet Types

- **Full shell**
  - Full shell models provide complete coverage and seal out wind, precipitation and other elements normally encountered on the slopes.
  - Some also have venting to help regulate temperature.
  - These are recommended if you are planning to do a lot of tricks or some faster skiing.
  
- **Short shell**
  - Short shell models offer comparable protection to full shell styles, but give less coverage and have a less armored and constrictive feel.
  - Many include venting and removable liners.
  - Buy this type of helmet if you are uncomfortable with the full helmet.
  
- **Youth**
  - Youth helmets are simply proportioned to smaller heads.
  - Look for the same safety standards as adult helmets.
  - Most have pads that can be inserted or taken out to adjust to a child's head size.

## Determining Your Helmet Size

- A properly fitted ski helmet will be comfortable and provide maximum protection and performance.
- Helmets come in a variety of sizes and are usually measured in inches.
- To ensure a player's safety, it is important that his/her helmet fit properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.
- The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.

#### Helmet Sizing Charts

Determine Your Helmet Size - Adult				
Size	S	M	L	One Size Fits All
Inches	20-21.75	22-22.75	23.25-24	20.75-24
Centimeters	51-55	56-58	59-62	54-61

Determine Your Helmet Size - Youth				
Size	Toddler	S/M	M/L	One Size Fits All
Inches	18.5-20.5	20.5-22.5	22.5-23.75	19.5-22.5
Centimeters	47-52	52-57	57-60	50-57

## Snowshoeing

Use the information and chart below to help determine the proper snowshoe size:

- Snowshoes usually come in three sizes: 8"x25", 9"x30" and 10"x36".
- Women's-specific models are also on the market, and many come with smaller (8"x21") contoured frames as well as bindings that accommodate women's generally smaller-sized footwear.
- Youth models usually come in 6"x15" and 7"x18" sizes.

Determining Your Snowshoe Size	
Snowshoe length	Your weight
8" x 21"	75 - 140 lbs
8" x 25"	120 - 180 lbs
9" x 30"	160 - 220 lbs
10" x 36"	Over 200 lbs