

## Does the ski fit? A basic approach to ski selection

All skis, classic and skate, should be purchased based on the flex of the ski. If a salesperson tells you that it is not necessary to pressure test a ski (especially a classic ski) and that a chart is sufficient, insist on the flex test. Even within a batch of skis designed for people who weigh 175 lbs there will be variations and they can be significant. The following are some simple steps and guidelines to keep in mind. The skier will need someone to assist them in this process

### Classic Skis:

1. Identify the balance point. This can be done by placing the ski horizontally on your finger and sliding it until it balances. Put a piece of masking tape at this point.
2. Place the skis on a hard surface; linoleum, etc....
3. Place your toes on the balance point of both skis. Feet should be about shoulder width apart as if skiing, keep your head up and looking forward. This should be @50% of your body weight.
4. Measure the wax pocket by placing an index card under the ski and sliding it forward and back. You should be able to slide it from the heel of your boot and forward between 50-65 cm or 20-25 inches.
5. Have the skier fully weight one ski. One should be able to close the ski. This is essential! If you cannot close the wax pocket the wax will never meet the snow. Note: a shorter kick zone may be adequate; the acid test is how easily the skier can close the ski when fully weighted.

### Skate Skis:

1. Identify the balance point. This can be done by placing the ski horizontally on your finger and sliding it until it balances. Put a piece of masking tape at this point.
2. Place the skis on a hard surface; linoleum, etc....
3. Place your toes on the balance point of both skis. Feet should be about shoulder width apart as if skiing, keep your head up and looking forward.
4. Weight one ski. At full body weight the pocket should be about 30-40 cms or 10-12 inches. This pocket would ideally begin about 2" ahead of the heel and then forward at least 10-12".

Note: Beware of a ski that is too stiff. It will tend to be slow in soft snow, acting like a snowplow, and difficult to handle in hard packed conditions.

**Combi skis** should be purchased using the guidelines for Classic Skis. They will be a slower as a skate ski. Remember that skate skis always have a pocket off the snow. So a combi skis is really a euphemism for a classic ski.

Final Note: There are more sophisticated methods of choosing skis with regard to pressure distribution; however the method described will get you into a suitable ski.