



# Manchester Cross Country Ski Club

Cross Country Ski, Roller Ski, Telemark and more.

Regular coaching sessions and equipment hire

[www.mccsc.org.uk](http://www.mccsc.org.uk)

## MCCSC – Helmet Policy for Telemark (& Alpine)

Helmets are to be worn for all on-snow/slope activities from 28th September 2019, unless excused upon medical grounds. These can be your own ski/snowboard approved helmet or when at Chill Factore may be hired from free of charge as part of the lift pass. Helmets must fit correctly and must be fastened at all times – see Fitting below.

MCCSC advises that Cameras or mounts should not be fitted to helmets in any manner. Removing self-adhesive or mechanically fixed mounts will incur further damage to the shell and should not be attempted.

If your religion dictates that you must wear headwear that cannot be combined with a helmet, you may choose not to wear one. If you choose not to wear a helmet for religious reasons, or excused upon medical grounds, the exemption includes a limitation on the liability of Manchester Cross-Country Ski Club should an incident occur.

## Notes

The minimum standard for Ski/Snowboard helmets is CEN 1077, or equivalent eg ASTM standard F2040 or Snell RS-98.

Racing may require higher standards.

It is also important that you replace your helmet every 5 years as the materials used within a helmet can gradually break down over time, making them less sturdy and potentially compromising the level of protection they afford.

Helmets are only designed for ONE impact, so if a hard fall is taken, replace your helmet, or it may not protect you a second time.

Check manufacturers recommendations for cleaning, as chemicals may attack the shell.

Only fit stickers supplied by the manufacturer, as other adhesives may attack the shell.

Do not write on or spray paint as this may also weaken the shell.

## Fitting

You should also make sure that your helmet fits correctly and always check the fitting of helmets on any children in the group before each session, in case they have outgrown their helmet.

Helmet size is the measurement of the circumference of your head just above your eyebrows.

When putting the helmet on to your head align the front of the helmet with your eyebrows and pull down on both straps until it is comfortable.

A correctly fitted helmet should have no gaps between the lining of the helmet and your head (in any direction). The back of the helmet should not touch the back of your neck.

The chin strap should be adjusted comfortably close and fastened to prevent the helmet from lifting up, or coming off.

[Telemark Helmet Policy with notes v1.2](#)

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Manchester Cross Country Ski Club is an affiliated club to Snowsport England.

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