



This section on Equipment Selection and Ski Preparation complements the information provided in section 3 of the Introduction to Community Coaching material, and is directed primarily at supporting you in your role as a coach working with children in the FUNdamentals stage of development.

This section will also provide you with materials that will assist you if you choose to work with athletes in the Learning to Train (L2T) stage and beyond.

7.1 Ski Equipment

Following below are some general guidelines to assist you in determining the kinds of equipment that you need for a good ski experience, as well as what is appropriate for the children you are coaching.

7.1.1 Know the Terms

- Camber.** Camber is the longitudinal arc that is built into the ski.
 - ✓ The arc can be of varying degrees of stiffness.
 - ✓ A single camber ski will have a uniform stiffness throughout the camber.
 - ✓ A double camber ski will have a softer first camber and a stiffer second camber. A double camber is common only to high performance classic skis.
 - ✓ The camber is determined by the mould that is used to manufacture the ski.
 - ✓ A hard track ski and a soft track ski will have different cambers, even if the stiffness is equal.
- Flex or Stiffness.** This is a characteristic of the ski that indicates the amount of force that is required to press it down to a flat surface (the force required for the skier to set the wax in the snow when classic skiing). It is determined by the type of laminates and number of layers of laminates used in building the ski, and is often tested by the manufacturer who will then assign the ski a number in kilograms.
- Base.** This refers to the material used in the manufacture of the base of the ski. There are variations in bases; some are harder, softer, more porous and less porous. It is preferable to have a P-Tex base, rather than a less expensive substitute that doesn't hold wax as well.
- Wax Pocket.** This term describes the section of the base of a classic ski where grip wax is applied, enabling the ski to grip the snow when they place their weight on it.
- Structuring.** This describes the process used to alter the surface texture/finish to allow the ski to glide better on the snow surface. When this process is applied, patterns are pressed or cut into the base of the ski. The purpose of these patterns is to help break up the suction that occurs between the ski base and the snow.





- ❑ **Grinding.** Grinding is a process that uses a machine to renew the base of a ski by removing a thin layer of base material. It has two purposes: to make the base flat; and to press or cut a particular structure into it.
- ❑ **Metal Scraping.** Metal scraping describes the removal of base material with a hand-held sharp metal scraper. This is usually done on skis that have been damaged as skis are now flat and structured when they come from the factory.
- ❑ **Balance Point.** This is the point on the longitudinal axis of the ski where a ski will balance (from tip to tail) on a fairly thin object, like a scraper blade. This point helps determine where to place the binding.

7.1.2 Selecting the Right Equipment

Skis

In selecting skis, the most important step is to determine the purpose for which the skis will be used. An athlete in the Training to Win (T2W) stage of development will have a selection of up to five different kinds of skis (the types of skis are listed below). However, most skiers will not need this many pairs, and, unless they are a serious competitor, they should choose the type of skis that will be the most useful to them in the conditions in which they ski most often. Usually a committed skier (Training to Train stage (T2T) and older) will have one pair of skating skis and two pairs of classic skis. The classic skis should include a stiff-cambered ski for klister conditions and a soft-cambered ski for powder conditions.

Keep in mind that no ski is optimal in all conditions:

- ❑ **Medium Classic Ski (Hard Wax/Soft Klister).** For a hard-packed track, fresh to old snow/abrasive snow; and for a softer track and klister conditions. This ski has a short, slightly stiff camber and can be used for binder/hard wax as well as klister conditions.
- ❑ **Classic Ski (Soft Powder).** For new snow at approximately zero degrees, or for glazy fresh snow in a loose track. This ski should have a long, gradual wax pocket at the front. The ski is too stiff if it requires more than five or six layers of wax.
- ❑ **Classic Ski (Klister).** For a very hard track, dirty snow and klister conditions. This ski has a short, stiff wax pocket.
- ❑ **Skating Ski (Hard Track).** For a hard-packed trail. This ski is very stiff in the middle section, with tips and tails that are not as stiff.
- ❑ **Skating Ski (Soft Track).** For loose powder snow or slush. This ski is not as stiff in the middle section, with a softer tip and tail for floating over loose, deformed snow.

The first step is to establish which type of ski is best for you. Due to the fact that a person cannot “try out” skis in a ski shop, it is a good idea to borrow and experiment with your friend’s skis until you learn what the right flex and stiffness is for you. Note that most of your testing should be done on the flats and uphill. Try and duplicate the skis that work best for you by comparing them with the skis in the store. Begin by comparing the calibration (categorization) done by the manufacturer. Skis with the same specifications are usually similar to each other.





In addition, you should use the following camber tests to help with the comparison:

- ❑ **Skating Ski.** Place a pair of skis on a smooth flat surface. Stand on the skis with your weight equally distributed and your toes on the balance point. A skating ski should have no more than the middle third of the ski off the surface, extending 50% on each side of the balance point. If the ski has a soft camber, it will barely support your weight; if it is a hard track ski, it will be very stiff (the hard track ski should still be reasonably soft in the tip and tail sections). Now stand on one ski only. It should be possible to move a piece of paper freely under your foot. Repeat with the other ski.
- ❑ **Classic Ski.** Place the skis in the same position you did the skating skis - stand on both skis with your toes on the balance point. The purpose of this step is to measure the length of the wax pocket. To do this, your weight should be evenly distributed. Then slide a piece of regular paper through the length of the pocket. Ideally the pocket will be approximately 50 cm in length. Next, place all of your weight on one ski. This should pinch the paper between the ski base and the flat surface. Repeat with the other ski.

The most common error is to pick a ski that is too stiff. It is best to err on the side of skis that are slightly too soft than skis that are slightly too stiff. With a softer ski, you can reduce the length or the thickness of the wax application, and still maintain good performance. However, if a ski is too stiff, it is difficult to obtain good grip. This is even more pronounced in the case of beginning skiers who have not yet developed a good weight transfer to help them to flatten the ski on the snow effectively when they “kick”.

In addition to the “paper test”, you may wish to use a hydraulic clamp, or simply squeeze the skis to learn more about their camber. Then compare the camber from the skis in the store with the borrowed skis that worked for you.

When selecting classic skis, it has been traditional to use the ski length as a guide, and for the tip of the skis to reach to the bottom of the wrist when the arm is extended above the head. This can be used as a general guide to finding the right ski, but it is more important to select one with the right camber for your weight and technical ability. For adults, the length of a skating ski should be approximately 15 cm shorter than the traditional classic ski length.

Once the correct camber is determined, the skis should be inspected visually for any defects in the base. The visual inspection should include checking the thickness of the base, the grooves (straight, defects, etc.), and whether there are any lumps/bumps or other base irregularities. Also check for twists in the ski, and that the camber closes uniformly.

Boots

- ❑ Boots should be comfortable. A constrictive ski boot doesn't allow proper circulation. On the other hand, boots that are too large can lead to blisters and less control on hills.
- ❑ You will require classic boots for classic skiing and skating boots for skating.
- ❑ Good quality boots are worth the investment.
- ❑ There are two boot/binding systems - Salomon (SNS) and NNN. Both are good, and equally functional.





Poles

- ❑ As a starting point, classic poles should reach under the arm of the skier when they are standing on the floor. Poles used for skating should be the same height as the chin. These are good reference points and skiers can adjust from there. There is no advantage to using longer poles.
- ❑ Poles are generally made of fiberglass, carbon fibre or aluminum. The lighter the pole, the higher the price. Only elite racers can benefit from the lightest poles and often these are more prone to breaking than the less expensive models.
- ❑ Baskets generally have a “half moon” design. Rounded baskets are only used for skiing in deep snow that hasn’t been packed, such as off-track skiing.

7.1.3 Ski Equipment Considerations for Children in the FUNdamentals Stage of Development

Parents are unlikely to have the information they need to ensure their child has the appropriate ski equipment for a good ski experience. In addition, parents probably don’t know how to prepare their children’s skis for a practice. It is therefore very important that parent meetings are held annually before the ski season begins, in order to prepare them for their role in supporting their children.

It is preferable for children at Levels 1 and 2 in the skill development progression to have waxable skis, even if it is their first pair. The skis can be dual purpose (classic skis that can also be used for skating), but poles must remain “classic” length if only one pair is purchased.

Skating technique is usually introduced at Level 3. A child can learn skating technique skills while using classic, dual-purpose skis, but now they will require both skating length poles and classic length poles. For skating technique sessions, skiers using the classic, dual-purpose skis must have the grip wax removed from the kick zone and the entire length of the ski prepared with glide wax. For classic technique sessions, the kick zone must be in place again, and grip wax must be applied. It is also important that the skiers are using bindings that do not rub the track when the ski is on edge or when the skating technique is used.

By Level 4 the parent should be advised to provide their child with two sets of equipment (both skating and classic) if his/her ski skills and future involvement in the sport appear to warrant the investment.

Skis

- ❑ Classic skis should reach just below the wrist of the child’s outstretched arm, and the camber should be suitable for classic skiing. A basic camber test (“paper test”) should be performed to check that the camber is suitable. When the child is standing on one ski, the ski base





should fully contact the flat floor under the foot; when the child is standing on both skis at the same time, a piece of paper should be able to slide between the ski and a flat floor for about 15-20 cm. This movement indicates that the ski's camber is appropriate.

- Skating skis should be 3-4 cm above the head of the child, and the camber should be suitable for that technique. When the child is standing on one ski on a flat floor, it should be possible to pull a piece of paper out from under the foot with a gentle tug.
- Dual-purpose skis should be of a length mid-way between the length of a classic ski and a skating ski, but the camber must be determined by what is suitable for classic skiing.
- If the skis are not of the correct length and camber, the child will have difficulty mastering the technical skills necessary to become competent in the sport.

Poles

- Poles must have adjustable straps.
- If poles are too long or too short, the child will have difficulty mastering the technical skills necessary to become competent in the sport.

Boots/Bindings

- Select bindings that will not rub in the track when the ski is on edge or when skating technique is used.
- Boots must be comfortable. If boots are too large, they will be awkward to ski in and if they are too tight, feet will not stay warm.
- In addition to the annual club ski swap, a boot exchange program within your club can help reduce the cost of purchasing boots during the rapid growth years.

7.1.4 Binding Placement

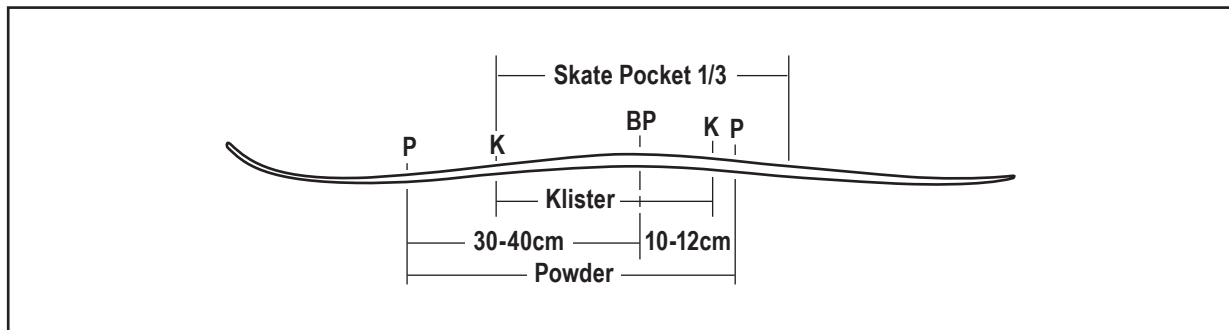
The Wax Pocket

- The wax pocket for a medium classic ski should extend 10 to 15 cm behind the balance point, and 30 to 40 cm in front of it. For shorter skis, the length of the pocket would be shorter, but the ratio would be the same.
- A classic ski (klister) should have the same wax pocket, but that pocket would be stiffer.
- The wax pocket for a classic ski (soft powder) would be approximately 50 cm in length, of which approximately 35-40 cm would be in front of the balance point.
- Skiers should mark the wax pocket on the side of their classic skis (front and back extent of the pocket) so that they will know where the glide area ends and the wax pocket begins.





Figure 7.1: Camber Pockets



The Binding

- ❑ Often manufacturers will provide a template for mounting a binding. To mount the binding properly you first need to determine the balance point.
- ❑ Skating skis should be balanced to help the skier keep the tip of the ski up so that it is easier to lift it from the snow. It is usual to mount the boot hinge on the balance point, but before you mount the binding, find the balance point of the ski to make sure the front of the ski tips up (approximately 1 centimetre in front of balance point).
- ❑ With classic skis, it is optimal that the ski tip drops. It is usual to mount the boot hinge on the balance point, but before you mount the binding, balance the ski on the balance point to make sure the tip drops.
- ❑ When attaching the binding be sure to put some waterproof glue in the holes to seal the ski.





7.2 How to Care for Your Ski Equipment

7.2.1 Ski Care

Intermediate and advanced skiers whose equipment receives a lot of use should be in the habit of cleaning and re-waxing their skis for glide each day they ski. With classic skis the grip zone should be cleaned and re-waxed for each ski outing. This may appear to be costly in time and dollars, but if a skier becomes skilled in this area this step will be quick, and they will get good mileage from their wax and have better skis.

The quality of the running surface in the ski base deteriorates with use, whether it be the heat from waxing applications, small particles of grit that become embedded in the surface, or scratches in the base. From time to time the ski should be re-scraped or re-ground. Be aware of the base thickness you have to work with when reconditioning a ski. All you want to remove is a very thin layer. If you are uncomfortable with scraping or grinding, a vigorous brushing and fibertex is recommended.

When this is completed, you will need to re-saturate the gliding surface with wax. This is best accomplished using a soft wax first. “Hot scrape” the ski a couple of times. Next, use a harder graphite. Wax, scrape and brush a couple of times. This will give a long lasting base layer.

When traveling, skis should be hot waxed, but not scraped. A soft cloth or commercial ski protector should be placed where the ski bases touch near the tip and tail, and the skis should be securely fastened together. This will prevent grit getting caught between the skis and scratching the surfaces.

It is also important to prepare skis for summer storage. The skis should be cleaned and then hot waxed, but not scraped. The top and side surface of the skis should be cleaned with wax remover. Any nicks or gouges in the top of the ski should be sealed with glue. Tears in the base should be smoothed with fine sandpaper.

Skis should then be stored flat in a location where the temperature and humidity will remain moderate over the summer months.

7.2.2 Ski Care Considerations for Children

Children should be encouraged to develop an interest in how their skis are prepared and cared for, and to associate good ski-care habits with enjoyable ski experiences. This education should begin early – at six years of age.

At least one “ski preparation” workshop, geared to the age and experience level of the group, should be held annually, and proper ski care and preparation should be an ongoing part of every practice session.

To learn more about an appropriate progression of steps for teaching children these skills during the FUNdamentals stage of development, refer to section 5 - Level 1 (Practice Plan 3), Level 2 (Practice Plan 3), Level 3 (Practice plan 12) and Level 4 (Practice Plan 13).





7.3 Base Preparation, Glide and Grip Waxing

Ideal Tool Box for Coaching Children in the FUNdamentals Stage of Development

- ✓ a solid bench; portability is desirable
- ✓ a ski form that will hold the ski securely
- ✓ clamps
- ✓ extension cord
- ✓ good iron (controllable heat)
- ✓ heat gun and/or torch
- ✓ scrapers - metal, plastic, and groove scrapers
- ✓ brushes
- ✓ container for hot water
- ✓ corks
- ✓ wax remover
- ✓ fibertex
- ✓ fiberlene
- ✓ paper towels
- ✓ fiber paper (waxing paper)
- ✓ file and sandpaper
- ✓ miscellaneous: tape, basket, screws, flex plate for binding etc.

7.3.1 Base Preparation

New skis usually come with bases prepared for waxing. If this is the case, follow the instructions under “Application of Glide Wax”.

If your skis did not come fully prepared, or if you are preparing used skis for waxing, follow these fundamental steps:

- First, inspect the ski. Hold it up to the light and look down the base. Look for bumps, gouges, etc.
- Place the ski securely in the form.
- If there are bumps, tears, etc., choose one of the following:
 - ✓ take the ski to a place that does ski grinding and have the base ground;
 - ✓ make passes from tip to tail, in a continuous motion, with a metal scraper. This exercise





requires a steady hand and some experience. If you haven't done it before, you should begin by practicing on a pair of old skis before you try it on your good skis; or

- ✓ use a sanding block with 100 grit sandpaper and sand the ski base from tip to tail until it is flat. Make sure the sanding block is long enough to bridge any discrepancies in the base. Repeat this process using graduated versions of sandpaper (up to 300 or 320 grit) until the ski smooth.
- ❑ Take some fibertex and make a few passes from tip to tail.
- ❑ Generally, the ski will now be ready to wax.

7.3.2 Factors That Affect the Performance of Waxes

Keeping up with all the new wax products can be time consuming and expensive for a club coach, and this is not necessary. By using a fairly complete selection of one - and at most two - of the major wax brands, you can get good performance in almost all snow conditions. The wax box for a coach can be reasonably simple. For grip waxes, include a base binder, a green range, an extra blue range, a violet range, and a special red range. For klisters, include purple (or a binder for icy conditions), special red (for damp conditions), red (for slush) and universal. For glide, include a few non-fluoro paraffin glide waxes. A coach should be able to cover most situations with this collection of waxes.

Factors that affect the performance of all waxes are:

- ❑ **Trail Conditions.** The starting point for determining which wax to use is the ski trail itself. How well packed is it? How long has it been since it was groomed? How many skiers have skied on the tracks?
- ❑ **Air and Snow Temperature**
 - ✓ Manufacturers normally identify snow type and the air temperature range on their wax products. The next step for determining which wax to use is to take a reading of the air temperature in the shade.
 - ✓ If you are waxing for an important competition, you would take a reading at several points along the course, including the highest and lowest points.
 - ✓ If you plan to use snow temperature, keep in mind that it will remain the same once it reaches the freezing point (zero degrees Celsius), regardless of rising air temperature. When this happens it is necessary to switch to using air temperature.
- ❑ **Humidity.** Humidity is a critical factor influencing waxing decisions. Usually this information is included in the local weather forecast. If you are waxing for a competition, your club may have its own equipment for taking humidity readings, to complement what is provided by the weather forecast.
- ❑ **Type of Snow.** As snow ages, the points of the snowflake become rounded. The more rounded the snowflakes, the softer the wax that is needed. Snow also ages as a result of skier traffic. The more the trail is used, the softer the wax that is needed.
- ❑ **Application.** Care must be taken when applying wax. It must be applied in smooth, even





layers. If the wax is lumpy, performance will decrease and grip waxes will be prone to icing.

For future reference, you may wish to routinely record snow conditions, air temperature, how you applied the wax and how the wax worked.

7.3.3 Application of Glide Wax

The first step in preparing skis is to get the work area set up. Make sure your scrapers are sharp, your brushes are clean, there is good lighting, etc.

Waxing and Safety

- When ironed-in heating of either fluorocarbon or non-fluorocarbon glide waxes is required, the process must be conducted in a well-ventilated area.
- Excessive heating of the products must be avoided. The application temperature should be less than 115 degrees Celsius.
- Reliable respiratory protection in the form of a canister mask for organic vapours and dusts must be used by persons within the application area.

Place the ski in the ski form.

- Make certain the ski is fastened down.
- Preheat the iron and let it stabilize. Make sure you have enough cord length.
- The iron should be hot enough to melt the wax, but not hot enough that it begins to smoke.
- Clean the ski by using wax remover or hot wax and a sharp, plastic scraper.
- To clean a ski with hot wax, first melt a layer of soft glide wax onto the ski, and then scrape it off with a plastic scraper while it is still molten. For scraping the flat surface of the ski, use the regular, sharp edges of the scraper, but for scraping the sides of the ski, use the ends of the scraper or you will damage it.
- If the ski is dirty, you need to brush on wax remover, and then remove it with a plastic scraper before it evaporates.
- When the ski is clean, you can begin glide waxing.
- Lay a thin bead of glide wax on both sides of the groove. If you are preparing a classic ski, do this in the glide zone only, not in the grip zone.
- When melting wax, ensure there is good ventilation in the waxing room. Do not allow the wax to become so hot it “smokes”.
- Melt the beads of wax with one or two passes of the iron from tip to tail. Use long, continuous strokes (no pausing) from tip to tail. The long strokes prevent the ski from becoming too hot.





Do not allow the iron to stop in one place, or use a “scrubbing” motion.

- Scrape the groove and the sidewalls of the ski before it cools. Become familiar with using a round groove scraper for scraping the grooves.
- Let the ski cool to room temperature. This will take 20-30 minutes.
- Scrape the ski with a plastic scraper until all visible wax is removed.
- Brush with a nylon brush in order to remove any excessive glider from the base.
- If you are using a fluoro wax, the use of Fiber Paper (waxing paper) between the ski and the iron is recommended. Waxing paper allows you to use less wax (i.e. saves money), assures good distribution of the wax, and provides a buffer between the iron base and the ski base (it provides a better buffer than fiberlene because it is thicker):
 - ✓ Crayon a thick layer of wax onto the ski base.
 - ✓ The iron needs to be hot enough to melt the wax when the waxing paper is between the iron and the ski.
 - ✓ Begin at one end of the glide zone, and go slowly to the other end. Usually you will hold the waxing paper with one hand, and pull it along with the iron. However, when the iron is set to the correct temperature, you should be able to move the iron along by pulling the waxing paper. In this case the iron is floating on the molten wax layer.
 - ✓ Remember that you should not “scrub” with the iron.
 - ✓ After the first pass, check to see if the base has a complete cover. If not, touch it up now. Altogether, you should make two or three passes with the iron/waxing paper.
 - ✓ Always check that the base is not overheating. If you can’t hold your hand on the base, it is too hot.
 - ✓ Remember that you will get better wax absorption using as high a temperature as possible (without actually “smoking” the wax). On the other hand you can sear a base with excessive heat if you are not careful.
 - ✓ As long as the waxing paper is clean you can continue to use it for the same wax type.
 - ✓ Usually the iron has to be set 20 degrees warmer for the same wax type if you are using waxing paper.
 - ✓ You do not need to use the waxing paper for the paraffin glide wax or for powders.
- Non-fluoro (paraffin) waxes cover a range of temperatures. If you are using a warmer non-fluoro wax, follow the application directions at the beginning of this sub-section, and make sure the wax layer is thick enough to completely cover the ski when it is being ironed in. Scrape when the wax has cooled.
- If you are using colder non-fluoro wax, use the same application process as you did above, but the removal of the wax will be different because of the chipping that occurs when the wax hardens. In this case, do the initial scraping while the wax is still warm. This will help to prevent chipping. When the ski has cooled, scrape and brush as normal.





7.3.4 Application of Grip Wax

- ❑ If skis have been glide waxed previously, the glide zones need to be scraped and brushed.
- ❑ Always scrape and brush from the border of the grip zone to the tips and tails of the ski. The reason for scraping and brushing in this manner is to keep the grip zone free of any material that could interfere with the adhesion of the grip wax.
- ❑ When the glide zones are finished, clean the grip zone with wax remover. Be careful not to get any wax remover on the glide zone.
- ❑ When the grip zone is dry, abrade it with sandpaper, using longitudinal strokes moving from the ends of the grip zone, and working towards the middle. Use 80 grit sandpaper for abrasive snow. Use 120 grit sandpaper for non-abrasive snow.
- ❑ Using a sharp plastic scraper, remove any hairs that might be attached to the base.
- ❑ If needed, a base binder can be applied now:
 - ✓ If you are planning to use a binder, it should be left outside freezing while you are getting ready to use it. Freezing the wax allows it to be rubbed on in thin layers, and avoids the big lumps that are difficult to spread with a cork.
 - ✓ Next, warm the ski with a heat gun or iron and spread the binder. It is best to use a cork and work the binder into the base for better adhesion.
- ❑ If you are planning to use hard klister as a binder, keep the ski at room temperature and warm the klister:
 - ✓ To warm up the klister and still keep it at a workable consistency, place the tube in a can of warm water (or use a heat gun). Another is to place it in the sun when the sun is sufficiently strong. Be careful that the klister doesn't become too warm or it will run everywhere.
 - ✓ Next, apply a thin layer of klister using the same procedure mentioned above for a base binder, and spread it over the grip zone.
- ❑ Before applying the grip wax over the binder, allow the binder to cool down outside:
 - ✓ Rub 3-4 thin layers onto the grip zone of the ski, smoothing out each layer with a cork as you put it on.
 - ✓ It is best to start at the outer ends of the zone and work towards the centre.
 - ✓ If the camber is correct, *and if the camber is marked correctly*, that will be enough.
 - ✓ If you do not have adequate grip, add one or two more layers.
 - ✓ If you have to build up a number of layers, it can be helpful to take the ski outside after the first few layers to cool it down. Then finish the job.
 - ✓ If you still do not have adequate grip, the next step is to apply a warmer wax in the centre of the wax pocket.
 - ✓ If the warmer wax proves to be too sticky, cover it with a thin layer of the grip wax that was used originally.





- ✓ Finally, if the grip is still inadequate, you should scrape it all off with a plastic scraper and repeat the process with a softer wax (klister).

Application of Klister

- The first step is to clean the grip wax pocket of the ski with wax remover.
- Next, warm the klister tube (use warm water in a can, your hand or a heat gun).
- Poke a small hole in the top of the tube.
- Squeeze short, thin strips on both sides of the groove, in a uniform manner, in the grip zone of the ski.
- The strips should be horizontal, from the groove out, rather than running the length of the ski. The wax will smooth out better if it is applied this way.
- Duplicate the amount of klister on the second ski.
- Spread it evenly using your thumb, a klister brush or the klister spreader that comes in the box.
- If the layer looks too thin, you can always add some more. However, keep in mind that klister is easier to add than remove.
- When the klister application is finished, allow the ski to cool for at least 10-15 minutes before using it. Perhaps the greatest cause of problems with klister is inadequate cooling and the subsequent icing.

7.3.5 Waxing Skis for Children

It is necessary for parents to prepare the skis for younger children.

Children six years of age and older can begin to prepare their own skis, but only under the close supervision of an adult.

By eight years of age, children should be learning to apply their own kick wax. If they have acquired basic waxing and ski preparation knowledge by ten years of age, they can also be introduced to klister.

However parents need to take responsibility for the glide waxing of the skis. If a parent is unable to prepare the skis themselves, a ski friend with waxing experience or a local ski shop should be able to provide assistance. For skiers at this level, glide waxing should be done at least twice a ski season. It should be done before the first ski session and then again during the middle of the ski season. If the skis receive a lot of use, they may require glide waxing more often.

Note that a wax kit that meets the needs of a young skier can be simple and still cover all snow situations.





Recommended Wax Kit

Cork and plastic scraper.

Paper towel.

Grip wax: one package of a recognized brand that covers the full temperature range (approximately six grip waxes).

Klister: universal klister.

Glide wax: one warm range and one cold range non-fluoro paraffin glide waxes.

The “kit” can be a small plastic box with a lid, a little cloth bag, a fanny pack, etc. This kit helps to reduce the chance of items being lost in the wax area during the ski session or workshop.





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