



## Ragged Mountain Ski Team

### Helmet Policy

In an effort to reduce the risk of traumatic head injuries including concussions, **all RMST athletes must wear a USSA approved for competition helmet at all times during all activities related to RMST.** This includes but is not limited to competitions, training, directed or un-directed free skiing, coaching, camps, tryouts or sanctioned events. If you are unsure whether or not your current helmet meets the specifications, please consult your coach or the Alpine Director.

#### *USSA Helmet Rule:*

*Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS98.*

*Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the discipline being contested, such as chin (teeth) guards on slalom helmets are permitted. Soft ear protection is only permitted for helmets used in slalom.*

*USSA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. USSA undertakes no responsibility, liability, or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident prevention in ski racing.*

*Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a fall or from other impact may no longer provide sufficient protection- even if there are no visible indications of damage.*