Ensuring the safety and functionality of equipment is a shared job, regardless of who owns the equipment. Parents, coaches, and athletes should work together to ensure that equipment is in good functioning order.

**Below are Four easy checks to keep athletes safe**

1. **Check an athlete’s helmet to ensure that it not cracked**
   - This is especially important to do after a crash

2. **Check the sole, toe piece, and hard back of an athlete’s boots**
   - The sole of the boot should not be pulling away from the leather
   - The plastic toe piece should not be too worn and definitely not cracked
   - The hard back of the boot should be intact and not broken in any place
   - The bar that holds the heal piece should not be too worn or broken/cracked
3. Check an athlete’s bindings to ensure all screws are secure
   • The toe piece should be flush with the ski and solidly attached. Pull up on the toe piece to ensure it is not pulling away, indicating stripped screws.
   • The post with the heal clip should be securely fastened to the ski.
   • Attach the heal clip to the bar on the boot and pull up to ensure a tight fit. Heal clips should snap onto the bar on the boot and should not wiggle.

4. Check the surface, side wall, and base of an athlete’s skis.
   • These surfaces should be free from cracks, delamination, or major blemishes.