canada snowboard

COURSE SETTING & SAFETY IN **ALPINE SNOWBOARDING**

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COURSE SETTER

''The course setter is designated by the Jury of the competition (if he is not chosen by FIS).

Before setting the course he must conduct an inspection and study of the course in the presence of the Jury and those responsible for the course (the chief of competition and the chief of course).''

ICR: 2507.1

GENERAL RULES

- *"Gates, which impose on competitors too sudden sharp braking, should be avoided, as they spoil the fluency of the run without increasing the difficulties a modern course should have."*

- *"It is advisable before difficult combinations of gates to set at least one gate which allows the competitor to ride through the difficult combinations under control."*

- *"It is not advisable to set difficult features either right at the beginning or end of the course. The last gates should be rather fast, so that the competitor passes the finish at good speed."*

ICR: 2507.2

NUMBER OF GATES

RECOMMENDED:
25
MINIMUM:
18

HORIZONTAL DISTANCE

TURNING POLE TO TURNING POLE

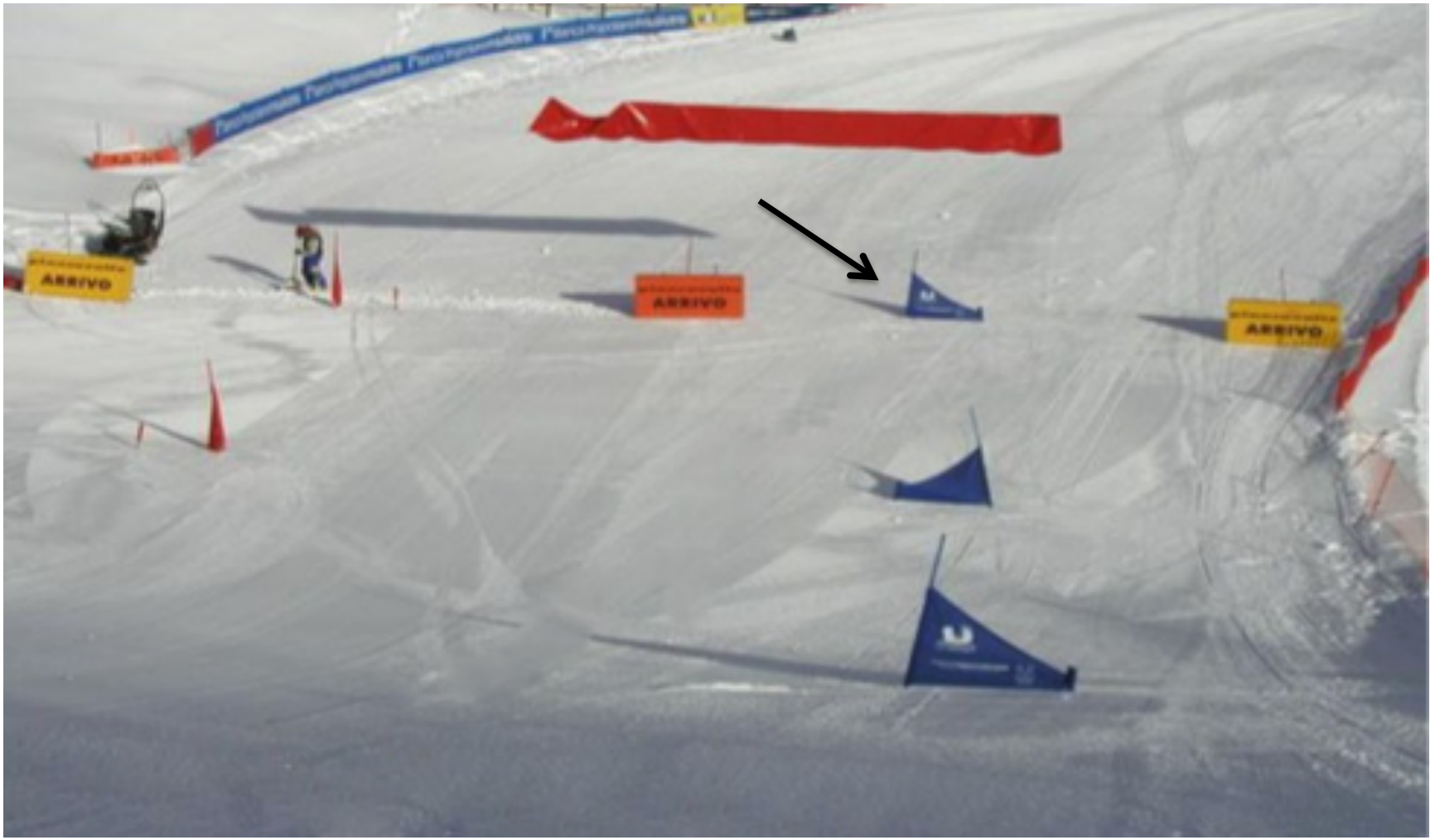
PGS: 20-25M
PSL: 10-14M

FIRST GATE

NOKIA
RAIFFEISEN
VALAIS
RE/MAX
Corona Extra
swisscom
NOKIA
DISTANCE
START GATE TO
FIRST GATE:
8M - 10M

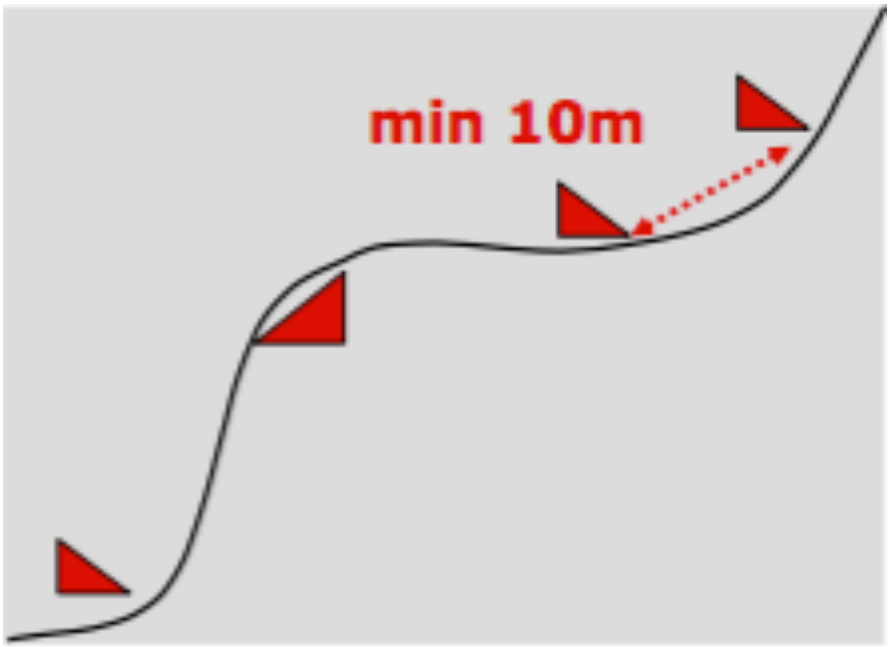
LAST GATE

"The last gate should not be too near to the finish, to avoid danger to competitors and timekeepers; it should direct competitors to the middle of the finish line."



***Example**: this picture shows a gate located right in the middle of the finish. The last gate should either be removed or located further away from the finish line*

BANANA GATES IN PGS



''The distance between the nearest poles of two successive gates (banana gates, only in PGS) must not be less than 10 meters and set with the same color gates and flags.''

PREPARATION

Before setting up the course check:

- The Terrain (inclination, rollers, etc.)
- Snow Conditions (hard or soft? fast or slow?)

Keep the level of competition and riders in mind when building the course. Attempt to set up an **interesting course for the top-athletes** that also is **approachable for everyone else competing** in the event.

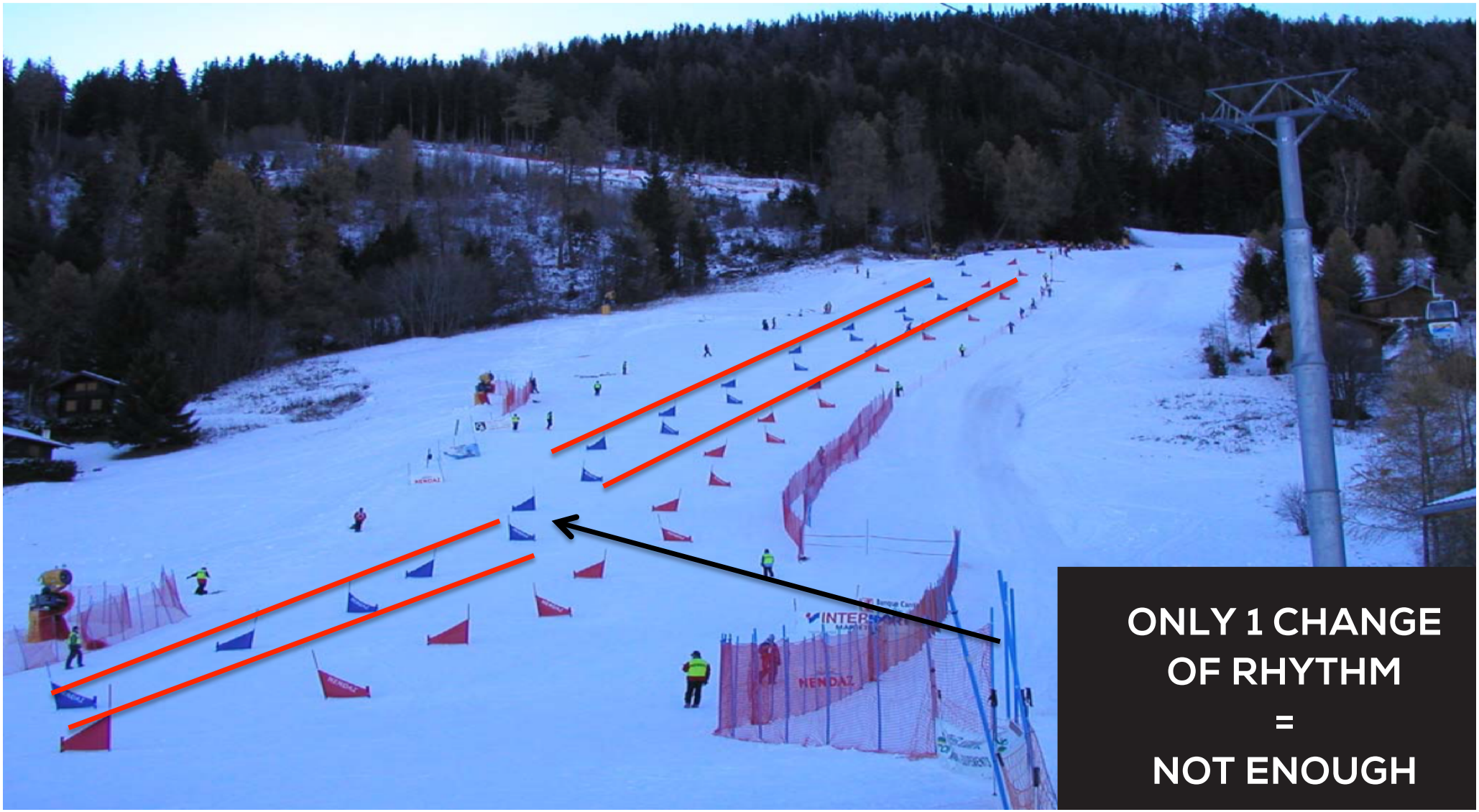
COURSE SETTING

A good PGS/PSL course allows:
Symmetrical, **fluent** and **rhythmical** riding on maximum speed, suited on the terrain?

A good PGS/PSL course consists of:
Variations in rhythm, gate distance and turns.

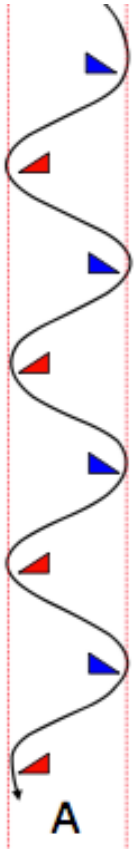
Who are you building the course for?
Before setting up a course make sure to build a course that fits the level of athletes riding it.

COURSE SETTING EXAMPLE

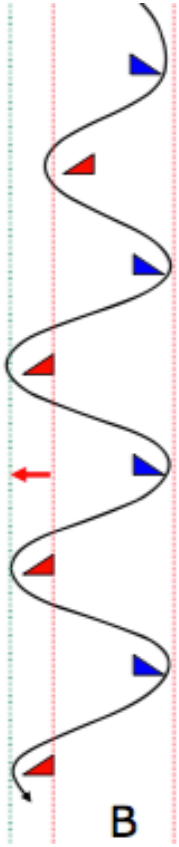


DIFFERENT SETTINGS - HORIZONTAL

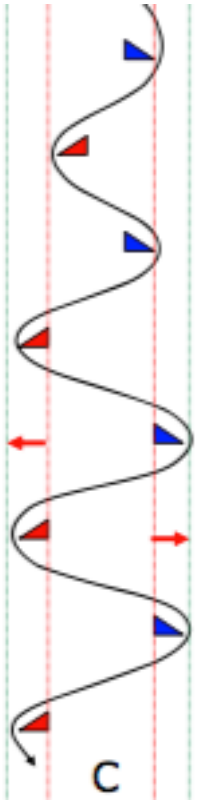
NO CHANGES IN HORIZONTAL OR VERTICAL DISTANCE



TURNY

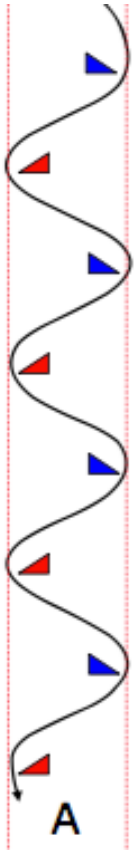


MORE TURNY

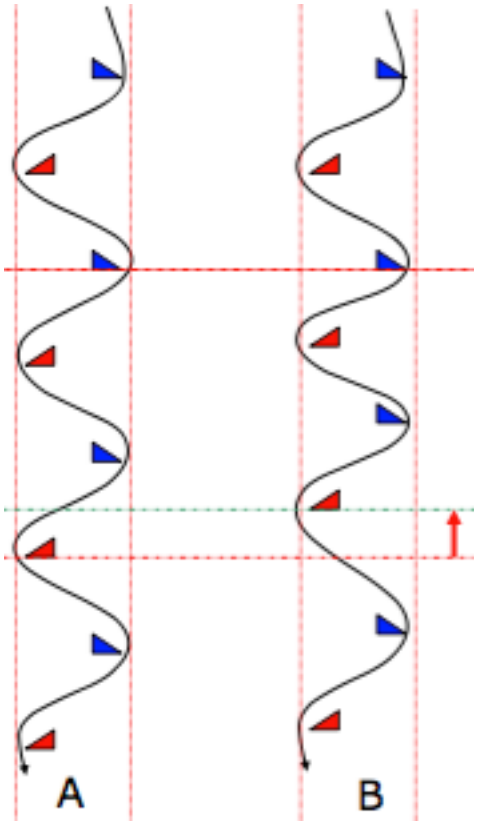


DIFFERENT SETTINGS - VERTICAL

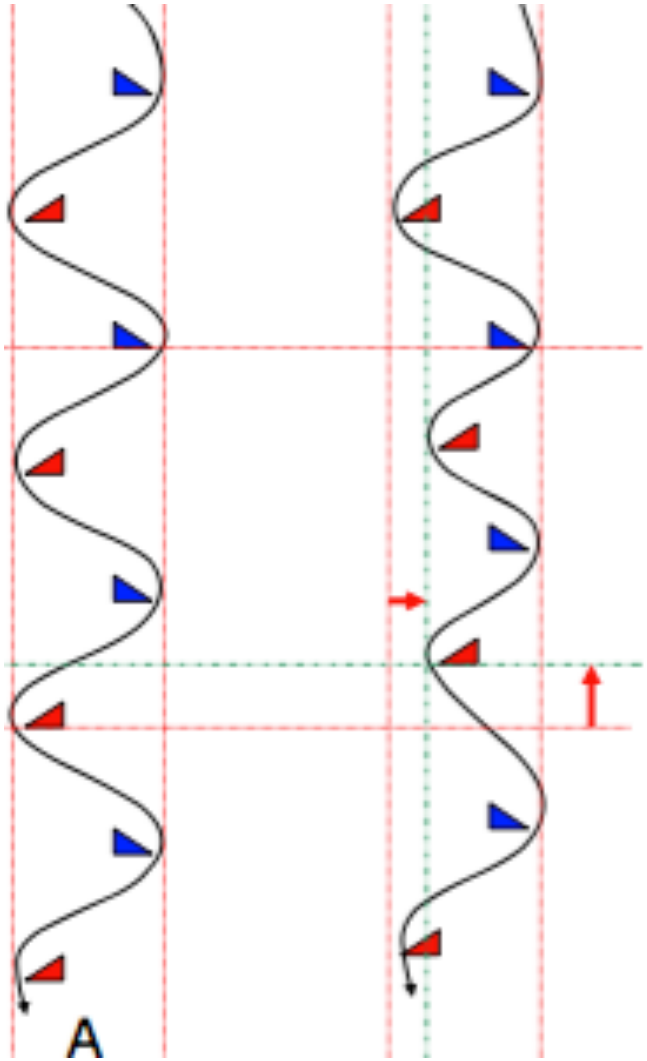
NO CHANGES IN HORIZONTAL OR VERTICAL DISTANCE



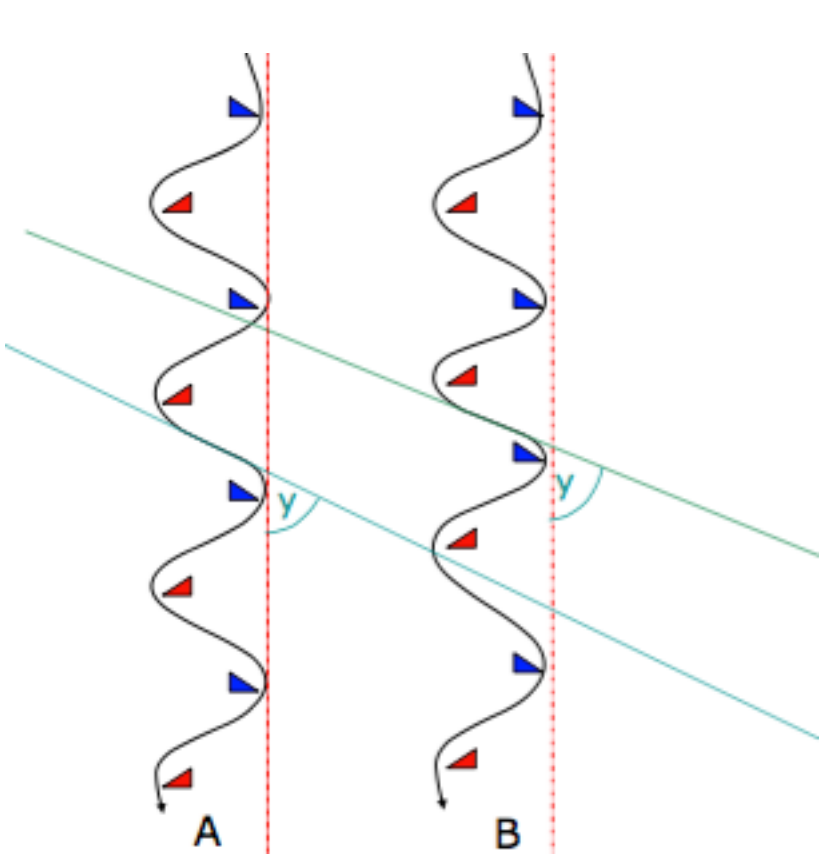
CHANGE IN VERTICAL DISTANCE

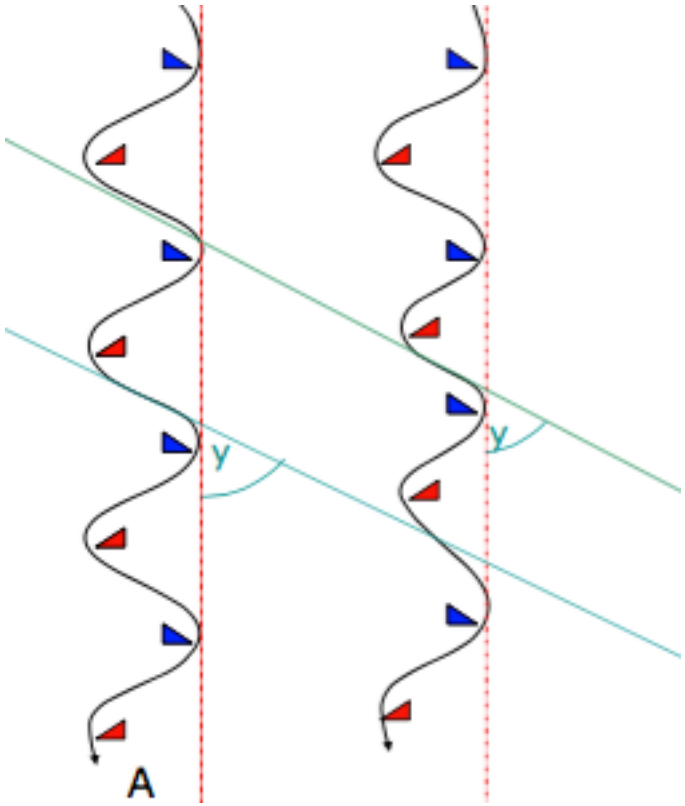


DIFFERENT SETTINGS – BOTH WAYS



Change of rhythm in both horizontal and vertical directions.


y
y
A
B


y
y
A

IMPORTANT:

When you make the riders change their rhythm, try to set certain combinations of gates in a row.

SETTING PARALLEL

"The setting of the courses, the configuration of the ground and the preparation of the snow are to be as identical as possible."

ICR: 2501

DISTANCE BETWEEN TWO COURSES - PARALLEL

HOW TO SET UP PARALLEL

When you are the Course Setter in an official race:

Use two ropes:

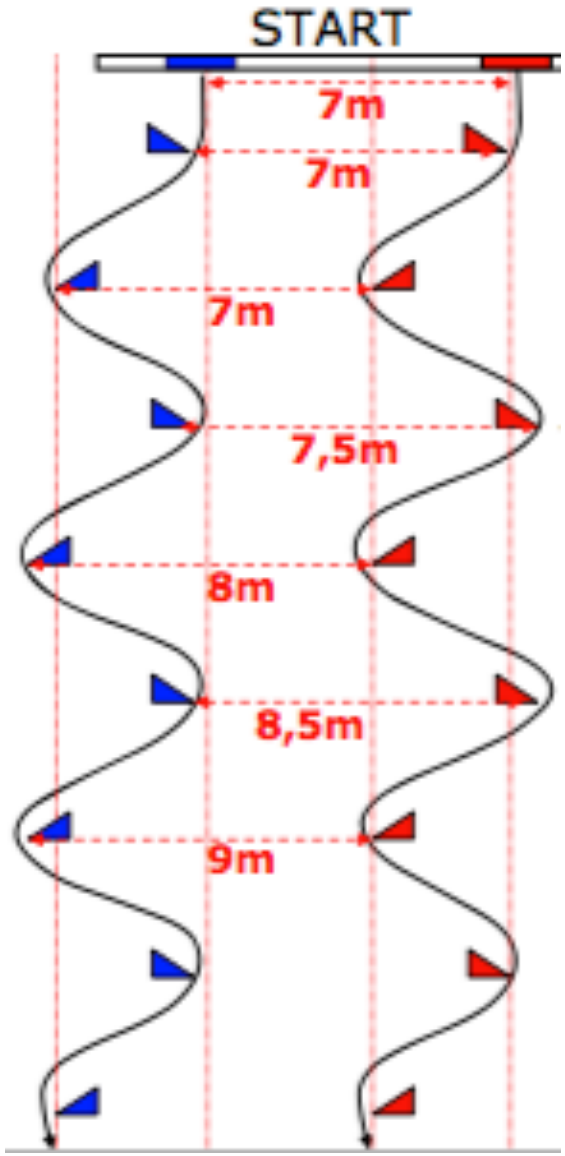
• One rope (of min. 25 meters in PGS or 14 meters in PSL) to measure the distance between two successive gates.

• A second rope (of 12 meters) to measure the distance between the two courses.

• Coaches can use a measuring tape instead of ropes.

How to adjust 7 m distance at the start to 9m:

You should not change the distance of gates 1+2



THANKS!

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