

RELEASE SETTING ADJUSTMENT

Chart 1				Skier Code	Chart 2								Inspection parameters	
Skier measurements					Initial indicator value depending on the boot sole length (mm)								Torsion Mz (Nm)	Forward flex My (Nm)
Weight kilo	Weight LBS	Height cm	Height FT/IN	≤ 230	231 → 250	251 → 270	271 → 290	291 → 310	311 → 330	331 → 350	≥ 351			
10-13	22-29			A	0,75	0,75	0,75					5	18	
14-17	30-38			B	1	0,75	0,75	0,75				8	29	
18-21	39-47			C	1,50	1,25	1,25	1				11	40	
22-25	48-56			D	2	1,75	1,50	1,50	1,25			14	52	
26-30	57-66			E	2,50	2,25	2	1,75	1,50	1,50		17	64	
31-35	67-78			F	3	2,75	2,50	2,25	2	1,75	1,75	20	75	
36-41	79-91			G		3,50	3	2,75	2,50	2,25	2	23	87	
42-48	92-107	≤ 148	≤ 4'10"	H			3,50	3	3	2,75	2,50	27	102	
49-57	108-125	149-157	4'11"-5'1"	I			4,50	4	3,50	3,50	3	31	120	
58-66	126-147	158-166	5'2"-5'5"	J			5,50	5	4,50	4	3,50	37	141	
67-78	148-174	167-178	5'6"-5'10"	K			6,50	6	5,50	5	4,50	43	165	
79-94	175-209	179-194	5'11"-6'4"	L			7,50	7	6,50	6	5,50	50	194	
≥ 95	≥ 210	≥ 195	≥ 6'5"	M				8,50	8	7	6,50	58	229	
				N				10	9,50	8,50	8	67	271	
				O				11,50	11	10	9,50	78	320	
				P						12	11	91	380	
											10,50	105	452	
												121	520	
												137	588	

Note: the initial indicator values found in this table are only the starting point in the binding setting process. The initial values may need to be modified in order to achieve the correct measured release values.

NB: skiers who have had a satisfactory experience with lower adjustment values can request them.

ADJUSTMENT PROCEDURE

The release setting adjustment is obtained by using the adjustment cap or adjustment screws. The release setting is visible on the indicator. Adjust the toe piece and heel piece to the same settings. It is highly recommended to use a measuring device to check the release torque (see ISO 11088).

Release value selection and adjustment

The release settings must be used by the technician to determine the appropriate adjustment for each skier, which conforms to the following norms: ISO 11088, ASTM F 939, ASTM F 1063, and AFNOR FD S 52-448 (documentation fascicle).

SKIERS CLASSIFICATION

This classification has to be determined by a dialogue between the skier and dealer, which helps to take into account the diverse factors that influence the adjustment. These factors are explained in the norms cited above.

► Type I skiers:

- Ski conservatively.
- Prefer slower speeds.
- Ski on easy to moderate slopes.
- Intermediate level, but not in good physical condition.
- Good skiers, smooth and supple style, emphasizing safety.
- Favor lower than average release/retention settings. This corresponds to an increased risk of inadvertent binding release in order to gain increased release capacity in a fall.

► Type II skiers:

- Intermediate skiers in good physical condition.
- Prefer a variety of speeds.

- Ski on varied terrain, including most difficult trails.
- All skiers who do not meet all the descriptions of the other skier types.

► Type III skiers:

- Ski aggressively.
- Normally ski at high speeds.
- Prefer moderate to steep terrain.
- Favor higher than average release/retention settings. This corresponds to decreased capability to release in a fall in order to decrease risk of inadvertent binding release.
- Type 3 settings should not be used by skiers of less than 22 kg.

OTHERS SKIERS TYPE

► Type I- skiers:

- Skiers looking for a lower release setting than type 1.
- Recommended for beginners over 25 years old.

► Type III+ skiers:

- Very strong skiers, on challenging terrain.
 - Skiers looking for a higher release setting than type 3 skiers.
- Skier type does not have the same meaning as skier ability. For instance, an advanced skier who skis all-terrain, but is not particularly aggressive, may be able to use Type 2 settings.

ADJUSTMENT PROCEDURE

1. Find the skier's code in chart 1.

Locate the skier's weight in the first column and the skier's height in the second column. If the skier's weight and height are not on the same row, select the skier's code on the highest row.

2. This skier code is appropriate for Type 1 skiers.

For Type I- skiers: move up one row.

For Type II skiers: move down one row towards the bottom of the chart.

For Type III skiers: move down two rows on the chart.

For Type III+ skiers: move down three rows on the chart.

3. For skiers who are 50 years or older, or under 10 years: move up one row on the chart.

- For skiers weight 13 Kg and under, no further correction is appropriated.

- For skiers weight 17 Kg and under, type I- skier is inappropriate.

4. After having determined the skier code, locate the column in chart 2 that represents the skier's boot sole length (in mm).

5. The box at the intersection of the skier's boot sole length column and the skier's code row, shows the initial indicator setting for the skier. Adjust both toe pieces and heel pieces accordingly.

6. **Caution:** If the box at the intersection of the skier's boot sole length column and the skier's code row is empty, move horizontally on the same row and use the closest indicator setting.

7. If it is obvious that the bindings release inadvertently (unnecessarily), at the request of the skier, the dealer can:

- At first, increase the level in the forward fall, that is, on the heel piece.

- Then, only if the inadvertent releases persist, increase the level in torsion, that is, on the toe piece. Proceed very progressively in stages of half-points.