

AFNOR ALPINE SKI BINDING SETTINGS – FEMALES

1. First combine the skier's weight and ski boot size to calculate the provisional setting

Skier's Weight (kg)	Binding Setting to be set					
	Boot size					
	<= 1	1 ½ - 3	3 ½ - 5	5 ½ - 7 ½	8 - 10	>= 10
10-17		¾				
18-21	1 ¼	1	¾			
22-25	1 ½	1 ¼	1 ¼	1		
26-30	2	1 ¾	1 ½	1 ¼	1 ¼	
31-35	2 ½	2 ¼	2	1 ¾	1 ½	1 ½
36-41	3	2 ¾	2 ½	2 ¼	2	1 ¾
42-48		3 ½	3 ¼	2 ¾	2 ½	2 ¼
49-57		4 ¼	3 ¾	3 ¼	3	2 ¾
58-66		4 ¾	4 ¼	4	3 ½	3
67-78		5 ½	5	4 ½	4 ¼	4
79-94		6 ½	6	5 ½	5	4 ½
>94			7 ½	7	6	5 ½
			8 ½	8	7 ½	7
			10	9 ½	8 ½	8

2. Then ask the skier to select their skier type from the chart below. Apply any correction to the provisional setting in order to set the binding correctly

Skier type	Corrections to apply to chart 1
<ul style="list-style-type: none"> • Adult beginner (age 25 yrs or older) • Skier aged 50 yrs or older 	Move up one line
<ul style="list-style-type: none"> • Young beginner (< 25 yrs) • Child (< 17 yrs) • Average level skier in poor physical condition • Good skier with a smooth style, for whom safety is important 	No correction
<ul style="list-style-type: none"> • Good skier <25yrs with a smooth style • Average level skier in good physical condition 	Move down one line
<ul style="list-style-type: none"> • Good skier, skis aggressively on all terrains 	Move down two lines
<ul style="list-style-type: none"> • Excellent skier on all terrains, including difficult slopes 	Move down three lines