

American Birkebeiner Fluorine Control Protocols

The American Birkebeiner Ski Foundation and U.S. Ski & Snowboard thank you for your commitment to competing Fluorine (F) free in the 2023 American Birkebeiner. This is the third year of F Free Birkie and all Nationally Sanctioned U.S Ski & Snowboard competitions. As the International Ski Federation has delayed the implementation of F free in international competitions for the third season in a row, we are the World leader in stopping the unnecessary use of PFC ski preparation products.

We fully expect that the overwhelming majority of Birkie participants willingly and gladly eliminate these toxic products from their daily and race ski preparation. However, because F products are established as highly effective and widely available, we are committing to fair competition by implementing ski control and F testing for the Elite Skate Waves and the FIS Seeded Group.

Ski Control & Start Protocol

Women's Elite Skate Wave is required to check in at the Ski Control Area between **7:45** and **8:15**.

Men's Elite Skate Wave is required to check in at the Ski Control Area between **7:45** and **8:30**.

You should allow for at least 10 minutes for navigating the Ski Control. Skis must remain at Ski Control until you enter the start gate.

You may only enter the Start Pens through the Ski Control Area.

Women will enter Pen 2 directly from the Ski Control and immediately move forward to Pen 1 to line up behind the FIS Seeded Group at **8:25**.

Men may enter Pen 2 directly from the Ski Control beginning at **8:40** and then move up to Pen 1 to line up behind the FIS Seeded Group at **8:45**.

The FIS Seeded Group will follow a slightly different protocol which will be announced at the TCM at 6:00 pm on Friday.

At Check-in:

- Skis will be marked with a stamp and your bib number. Skis will be checked for the markings at the Finish.
- A randomly selected group of Elite Skate Wave racers will be selected for sampling with the SkiFT F Detection system. If you are selected, you will be instructed to report to the Sampling Area located within the Control Area. (Sampling details below).
- Skis cannot leave the Control Area until you move into the Start Pen..
- Skis bases cannot be manipulated in any way once inside the Control Area.
- Do not attempt to bring more than one pair of skis into the Control Area.
- Extra skis may not be put on baggage trucks- it is possible to have a family/friend take a pair of skis back to the parking lot on the bus.

SkiFT F Detection System

The SkiFT Detection System has been in use since 2019 with extensive lab and field testing of different types of wax products and cleaning protocols. It involves using a plastic disk, 4 cm in diameter fitted with a special adhesive tape to extract a small amount of the wax product that is on the ski base. The sample is then sealed and analyzed for the presence of F in an off-site lab.

The SkiFT **will not** return an adverse result from a ski that has been cleaned and prepared with F-free products.

If your skis have previously been prepared with high concentration fluorinated products (HF base wax, powders, liquids, or blocks), then you should follow our [cleaning protocols](#). If your workspace and/or tools have been used to prepare skis with fluorinated products, vacuum the space and brush bristles and give everything a wipe down with base cleaner. Dirt is the enemy of fast skis so these cleaning protocols are a good idea in general if you like your skis to be at their best.

Warm Up Skis

We realize that Ski Control adds an extra layer of stress to your Birkie morning and want to encourage you to check in your race skis early. If you feel you need to have a skiing warm up you can consider using a second pair of skis. Skis may NOT be put on baggage trucks, please arrange with family or friends to take your extra pair, if necessary. We encourage you to warm up on foot or arrange other means of managing your warmup skis.

No Result Finish

Ski Control is a requirement for Elite Skate Wave racers.

Arriving late for Ski Control, finishing on a pair of unmarked skis, or not participating in SkiFT sampling will lead to a No Result Finish. This means not being eligible for a time, race place, or award.

Start Area Map

