



New Standard for Wrist Protectors for Snowboarders

Dear Manufacturers and Importers of snow sports equipment and snow sports clothing

Wrist injuries are among the most common injuries sustained while snowboarding. Novice snowboarders are particularly affected. However, half of these injuries can be prevented by wearing suitable wrist protection. Unfortunately, many products on the market in recent years have not offered this protection. Extensive research over the last few years (e.g. on the part of the BFU) has contributed to a significant improvement in knowledge on effective wrist protection.

In October 2020, the International Standard **EN ISO 20320:2020** "Protective clothing for use in snowboarding – Wrist protectors – Requirements and test methods" was published. The new standards set out the minimum requirements and test methods for wrist guards that provide effective protection against hyperextension in the event of a fall and absorb impact force to the wrist and forearm. A copy of the standard is available through the Swiss Association for Standardisation SNV.

Wrist protectors are classed as personal protective equipment (PPE) in Switzerland and the EU, and must therefore meet the basic health and safety requirements of the PPE Ordinance (SR 930.115) and the EU PPE Regulation 2016/425 respectively. Since the publication of the new standard specifying the basic requirements of the PPE Ordinance, only wrist protectors that meet the specified requirements or provide equivalent protection may be offered on the market. The new standard also includes wrist guards that are worn over gloves. We believe that this can contribute to the acceptance of wrist protectors. In training instruction in particular, this type of wrist guard facilitates easier handling.

As a national institution with a legal mandate, the BFU, Swiss Council for Accident Prevention can look back on several years of commitment to improving snow sports safety. To this end, our aim is to boost efforts to promote the wearing of wrist protectors in order to reduce the number of wrist injuries in snowboarding. We are confident that sports retailers will also benefit from the new standard – namely by offering your certified product to set themselves apart to their customers as a partner who really cares about their safety.

We would be pleased to assist you with suitable marketing measures to promote wrist protection. We are prepared to invest in this field and would welcome you contacting us to discuss potential joint measures. The BFU has conducted a great deal of research into wrist protection and has been involved in standardisation work. This is knowledge we are keen to pass on.

Please find attached a statement for communication which you are welcome to use in your product advertising as "BFU recommendations".

Thank you for your attention.
Best regards

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Statement for communication (please note this text may only be reproduced in full)

Characteristics of effective wrist protection

The purpose of wrist protection is to prevent the impact of harmful force in the event of a fall. Therefore, optimum wrist protection consists of a stabilising and a shock-absorbing element. The stabilising element can prevent hyperextension of the wrist. The shock-absorbing element diminishes the impact force exerted on the wrist. Wrist protectors are available either as separate models to be worn over or under the glove, or as wrist guards that are integrated into the glove.

Effective wrist protectors should meet the following criteria:

- The wrist protector conforms to the requirements of the EN ISO 20320 standard.
- The wrist protector must be able to be firmly attached to the hand or wrist and forearm (e.g. with a Velcro fastener).
- Depending on the model, the stabilising element is located on the palm and/or the back of the hand.
- Make sure that the stabilising element extends from the flexion crease of the wrist to the middle of the forearm.
- Try on wrist protectors before buying. They should be comfortable to wear without restricting normal movement.

