

ROLLER SKIING POLICY

Preamble

1. Roller skiing is an integral part of the sport of cross-country skiing, providing one of the most enjoyable and highly specific forms of ski training that can be practised in the dry-land training season
2. Roller skiing is also a sporting activity which is characterized by important legal and safety issues:
 - a. The effective practice of roller skiing requires extended stretches of relatively smooth pavement. There are few venues where such conditions have been created exclusively or primarily for the use of roller skiers. Therefore, most roller skiing takes place on public roads and highways. In some municipalities or provinces, this practice is limited or prohibited by legislation.
 - b. Several factors contribute to the existence of a considerable risk of injury during roller skiing. These include the relative instability of roller ski wheels, the lack of brakes, a hard road surface, the exposure to motor vehicles travelling at relatively high speeds and the inexperience of either or both of roller skiing participants and motor vehicle drivers in sharing the road.
3. CCC has a responsibility to exercise leadership in this area, with a view to:
 - a. managing the risk to its membership;
 - b. reducing the exposure of CCC, its member Divisions and Clubs to potentially libellous situations, as identified in CCC's insurance contract; and
 - c. contributing to the adherence by roller skiers to prudent and responsible practices that will gain the respect of the Canadian public, thereby protecting the right to roller ski on public roads wherever such practices are permitted.

Aim

4. The aim of this policy is to state the CCC approach to managing these issues and to establish guidelines for procedures to be followed by CCC members engaged in roller skiing.

Authority

5. This policy is developed by the National Ski Team Committee (NSTC) and promulgated under the authority of the Board.

Definition

6. For the purposes of this policy, roller skiing includes all dry-land training conducted on roller skis, roller blades (in-line skates) and scooters.

Policy

7. The following guidelines describe the procedures to be adopted by CCC members when roller skiing:

- a. Think safety first.
- b. It is the responsibility of the individual to ensure that he/she possesses the skills to roller ski safely in the selected terrain. It is also the responsibility of the individual to ski in a safe, non-hazardous manner.
- c. Choose terrain that matches ability. Avoid areas with steep downhills, stop signs at the bottom of hills, railroad crossings, potholes, or other hazards.
- d. If roller skiing must be conducted on public roads, select roads with minimal traffic. Roads with wide shoulders are preferable.
- e. Roller ski when traffic is light and visibility is good. Do not ski when visibility is poor.
- f. Obey the rules of the road. Skiers must adhere to traffic signals and posted signs.
- g. Refrain from roller skiing where the practise is prohibited by law. In such situations, work through your Club or Division to negotiate road closures for periods set aside for roller ski training.
- h. Where possible, conduct technique in areas with controlled vehicle access.
- i. For time trials, competitions or similar events, on public roads where traffic is permitted during the event, put out large signs that say: "Caution – Roller Skiers Training. Drive Carefully" or similar warnings. If a large event is scheduled, it is desirable also to post marshals to warn motorists of the activity.
- j. Wear protective clothing. A hard-shell, regulation helmet (ANSI, CSA or Snell) is mandatory. Inexperienced roller skiers should also wear wrist guards, knee pads and elbow pads.
- k. Wear clothing that is light or bright in colour, in order to be more visible to motorists. The use of fluorescent clothing or vests is endorsed as an extra step that should be considered.

- l. Roller ski only in a single file and on the right side of the road travelling with the traffic, like a bicycle, or as required by local regulations.
- m. When being passed by a car, yield as much room as possible. If practising skating technique, switch to classic as a vehicle passes so as to take less room on the road.
- n. Ski under control. If in doubt, walk down steep hills or intentionally fall before reaching an unsafe speed.
- o. Do not wear “walkmans” or other electronic devices that will decrease your ability to hear and react to traffic.
- p. Be polite to drivers. A good relationship and good reputation with those with whom roller skiers must share the road is an important element in ensuring safety and protecting the privilege to use roads and highways for this purpose.

Application of Policy

8. In some respects, CCC lacks the authority to enforce the measures described in paragraph 7 above. CCC members at large are not mandated to comply. Therefore, in order to ensure the application of this policy where CCC’s authority applies, the following approach will be adopted:

- a. National Ski Team. Within the National Ski Team program, all athletes who have signed an Athlete Agreement (including the Senior NST, Junior NST, Disabled NST and all Training Centre athletes) are required to adhere to this policy. Athletes who do not comply will be considered to be in contravention of their Athlete Agreement and will be subject to disciplinary action. NST coaches are expected to support the policy at all times in their supervisory activities. Overall, NST and Training Centre athletes and coaches are expected to set a positive example for others in their communities.
- b. Coaches. All coach training within CCC will emphasize this policy. All CCC registered coaches are expected to adopt a leadership role in encouraging or mandating safe roller skiing practices, in accordance with this policy, within their Clubs and communities.
- c. Club Governance. CCC will work cooperatively with its member Divisions to have this policy adopted as Division and/or Club policy throughout the Association.
- d. Communication. This policy will be emphasized periodically on the CCC website and in CCC communication to Divisions and Clubs.

- e. Coaching and Promotional Material. All imagery produced by CCC for promotion of the sport and for coach or athlete development is to be consistent with the guidelines established in this policy.

Insurance Implications

9. The adoption by CCC of this policy has important insurance implications for CCC's member clubs. Lack of compliance with the guidelines contained in this policy on the part of CCC members engaged in roller skiing may result in a breach of the CCC insurance policy and liability coverage may be denied.