

ROLLER SKIING POLICY

- Roller Skiing Policy DEFINITIONS
- LsA is the Lifeski Academy Cross Country Ski Club
- CCO is Cross Country Ontario
- The club means the Lifeski Academy Cross Country Ski Club
- For the purposes of this policy, roller skiing includes all dry-land training conducted on roller skis, roller blades (in-line skates) and scooters.

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 practiced in the dry-land training season
2. Roller skiing is also a sporting activity which is characterized by important legal and safety issues:
 - 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; and,
 - 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 traveling at relatively high speeds and the inexperience of either or both of roller skiing participants and motor vehicle drivers in sharing the road.
3. LsA has a responsibility to exercise leadership in this area, with a view to:
 - Managing the risk to its membership;
 - Reducing the exposure of the LsA directors, coaches and volunteers to legal liability for related accidents, as identified in CCO insurance contract; and,
 - 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 CCO approach, as adapted by the LsA to managing these issues and to establish guidelines for procedures to be followed by club-members engaged in roller skiing.

AUTHORITY

5. This policy is approved by and promulgated under the authority of the LsA Board of Directors.

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6. General Guidelines. The following guidelines describe the procedures to be adopted by the LsA members at all times when roller skiing: Think safety first;

- 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;
- Choose terrain that matches ability. Avoid areas with steep down hills, stop signs at the bottom of hills, railroad crossings, potholes, or other hazards;
- Wear protective clothing. A hard-shell, regulation helmet (ANSI, CSA or Snell) is mandatory. Inexperienced roller skiers should also wear leather-palmed gloves, wrist guards, kneepads and elbow pads;
- Ski under control. If in doubt, walk down steep hills or intentionally fall before reaching an unsafe speed; and,
- Do not wear "i-pods" or other electronic devices that will decrease your ability to hear and react to any situation that may occur.

7. Roller Skiing on Public Roads. The following guidelines describe the procedures to be adopted by members when roller skiing on roads that are also being used by automobile traffic:

- If roller skiing must be conducted on public roads, select roads with minimal traffic. Roads with wide shoulders are preferable;
- Refrain from roller skiing where the practice 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;
- Roller ski when traffic is light and visibility is good. Do not ski when visibility is poor;
- Obey the rules of the road. Skiers must adhere to traffic signals and posted signs;
- Where possible, conduct technique in areas with controlled vehicle access.
- For the purposes of training, practices, 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;
- 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 mandatory when taking part in scheduled training session with a coach;
- Roller ski only in a single file and on the right side of the road traveling with the traffic, like a bicycle, or as required by local regulations;
- Scan the road for traffic and maintain situational awareness at all times, creating time to react to traffic as it approaches;
- When being passed by a car, yield as much room as possible. If practicing skating technique, switch to classic/double poling as a vehicle passes so as to take less room on the road;
- 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; and,

- The use of ipods or any other ear-piece device is not permitted when taking part in scheduled training session with a coach due to inability to hear traffic, team mates and the coach. The use of ipods or any other ear-piece device is generally not recommended when roller-skiing.

APPLICATION OF POLICY

8. All coaches and volunteers working with the LsA racing team and club members generally will emphasize and communicate this policy when undertaking roller skiing activities. This includes informing the athletes and parents or guardians of athletes of this policy.