

Roller Skiing Policy

Revised 2015



Preamble

1. Roller-skiing is an integral part of cross-country ski training, providing one of the most specific forms of ski training that can be practised without snow.
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. Nordiq Canada 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 Nordiq Canada, its member Divisions and registered clubs to legal liability for related accidents, as identified in Nordiq Canada'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 Nordiq Canada approach to managing these issues and to establish guidelines for procedures to be followed by Nordiq Canada members engaged in roller-skiing.

Definition

5. For the purposes of this policy, roller-skiing includes all dry-land training conducted on non-motorised, wheeled devices that approximate the motion of cross-country skiiing, including roller-skis and in-line skates.

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Policy

6. **General Guidelines.** The following guidelines describe the procedures to be adopted by Nordiq Canada members at all times when roller-skiing:
 - a. Safety must be a primary consideration of all participants and leaders.
 - b. It is the responsibility of the individual to ensure that he/she possesses the skills to roller-ski safely in the location and terrain. It is also the responsibility of the individual to roller-ski in a safe, non-hazardous manner.
 - c. Choose locations that suit ability and minimize risk. When possible, avoid locations:
 - that require the descending of steep hills,
 - where traffic signals are present at the bottom of hills,
 - where railroad crossings, potholes and other hazards are present, and
 - where participant-traffic interactions are likely or inevitable.
 - d. Wear protective clothing. A helmet approved for cycling or in-line skating (ANSI, CSA or Snell) should always be worn. Inexperienced roller-skiers should consider wearing leather-palmed gloves, wrist guards, knee pads and elbow pads.
 - e. Roller-ski control. If a participant is uncomfortable with a situation or terrain they are encouraged to walk down steep hills or take other reasonable measures to avoid reaching an unsafe speed.
 - f. Avoid wearing devices that may impair 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 Nordiq Canada members when rollerskiing on roads that are also being used by automobile traffic:
 - a. If roller-skiing must be conducted on public roads, select roads with minimal traffic. Roads with wide shoulders are preferable.
 - b. 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.
 - c. Roller-ski when traffic is light and visibility is good. Do not ski when visibility is poor.

- d. Obey the rules of the road. Roller-skiers must adhere to traffic signals and posted signs and all applicable rules and regulations.
- e. Take additional precautions when scheduling time trials, competitions or similar events, and when reasonable warn traffic and public of the presence of roller-skiers.
- f. Ensure that participants will be visible to motorists (i.e.: where appropriate clothing and use lights near dusk).
- g. When traffic is present roller-ski in a single file.
- h. Scan the road for traffic and maintain situational awareness at all times, creating time to react to traffic as it approaches.
- i. 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 many cases Nordiq Canada lacks the authority to enforce the measures described in paragraphs 7 and 8 above. Therefore, in order to ensure the application of this policy where Nordiq Canada'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 Nordiq Canada will emphasize this policy. All Nordiq Canada 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.** Nordiq Canada 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 Nordiq Canada website and in Nordiq Canada communication to Divisions and Clubs.
 - e. **Coaching and Promotional Material.** All imagery produced by Nordiq Canada 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 Nordiq Canada of this policy has important insurance implications for clubs which are covered by Nordiq Canada's insurance policy. Lack of compliance with the guidelines contained in this policy on the part of Nordiq Canada members engaged in roller-skiing may affect insurability.