

CCBC Roller Ski Policy

Preamble

1. Roller skiing is an integral part of the sport of cross-country skiing, providing one of the most specific forms of ski training that can be practiced 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. CCBC 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 CCBC, and its registered clubs to legal liability for related accidents, as identified in CCBC'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 CCBC approach to managing these issues and to establish guidelines for procedures to be followed by CCBC members engaged in roller skiing.

Definition

5. For the purposes of this policy, roller skiing includes all dry-land training conducted on non-motorized, wheeled devices that approximate the motion of cross-country skiing, including roller-skis and in-line skates.
6. **General Guidelines.** The following guidelines describe the procedures to be adopted by CCBC 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 they possess 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. Wear protective clothing. A helmet approved for cycling or in-line skating (ANSI, CSA or Snell) is mandatory. 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 in a situation or terrain they are encouraged to walk down steep hills or take other reasonable measures to avoid reaching unsafe speed.
 - f. Avoid wearing devices that may impair the 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 CCBC 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.: wear 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

9. In some cases, CCBC lacks the authority to enforce the measures described in paragraph 7 above. Therefore, in order to ensure the application of this policy where CCBC's authority applies, the following approach will be adopted:
 - a. NDC-Callaghan Valley. Within the Training Centre Program all athletes who have signed an Athlete Agreement 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. Coaches responsible for Training Centre activities are expected to support the policy at all times in their supervisory activities. Overall, Training Centre athletes and coaches are expected to set a positive example for others in their communities.
 - b. Provincial Ski Team. Within the Provincial Ski Team Program, all athletes (including the BC Ski Team, BC Development Squad, BC Talent Squad and other athletes selected to participate in provincial team activities) are required to adhere to this policy. Athletes who do not comply will be subject to disciplinary action. Coaches responsible for provincial Ski team activities are expected to support the policy at all times in their supervisory activities. Overall, provincial team athletes and coaches are expected to set a positive example for others in their communities.
 - c. Coaches. All coach training within CCBC will emphasize this policy. All CCBC 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.
 - d. Club Governance. CCBC will work cooperatively with its member Clubs to have this policy adopted as a Club policy throughout the Association.
 - e. Communication. This policy will be emphasized periodically on the CCBC website and in CCBC communication to Clubs.
 - f. Coaching and Promotional Material. All imagery produced by CCBC for promotion of the sport and for coach or athlete development is to be consistent with the guidelines established in this policy.

Insurance Implications

10. The adoption by CCBC of this policy has important insurance implications for clubs which are covered by CCBC's insurance policy. Lack of compliance with the guidelines contained in this policy on the part of CCBC members engaged in roller skiing may affect insurability.

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