



Field Kit & Repair Kit for Roller Ski Session

Coaches are encouraged to have the following in their field kit when leading roller ski sessions:

- Ladders
- Cones
- Hurdles
- Rope
- Bands
- Soft medicine balls
- Soccer balls or soft balls
- TRX or rings to do pull ups
- Flat disc markers for agility
- Balance board
- Skipping rope

Coaches are encouraged to have the following in their repair kit when leading roller ski sessions:

- Heat gun/torch/small butane torch
- Variety of spare tips for the variety of poles your team will have
- Pole glue
- Duct tape or similar
- Spare handle/s
- Spare strap/s
- Complete spare pole/s
- Wrenches to tighten wheels
- A couple of spare wheels
- A spare set of roller skis
- A spare high visibility vest or t-shirt (Ex: [High Vis Vest for running](#))

A broken piece of equipment can result in a failed training session. This may not seem like a “big deal” at the time, but for those athletes that only have 10 roller skis sessions a year, missing one session is 10%.

If you have any questions regarding roller skis or field equipment please contact Maria Lundgren, phone 604-906-1081 or email coaching@crosscountrybc.ca.