

Roller Skiing Best-Practices at Whistler Olympic Park

Purpose

The following is Whistler Olympic Parks list of best-practices for roller skiing safety on our facility roads. It is important to always make decisions about roller skiing safety based on the road conditions, weather conditions, terrain, and skiing ability.

Hazards

- collisions with vehicles, cyclists and pedestrians
 - falls
 - concussions
 - death
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Stakeholders

Guests, staff, contractors, insurance companies and Sport Clubs

General Safety

- An approved (ANSI, CSA or Snell) bike or inline skating helmet is required.
- High Visibility clothing is recommended. Use lights or reflective clothing near dusk.
- Wearing headphones or ear-buds makes it difficult to hear approaching traffic and makes you generally less aware of your surroundings, headphones or ear-buds are not to be worn during roller skiing.
- Regular maintenance to ensure your equipment is functioning properly, including bearings rolling freely, wheels securely bolted on and sharpened roller ski tips.
- If skiing on the roads at WOP we require posting signs along the training route to warn drivers that skiers are on the roads. This is also recommended for training on the Callaghan Valley Rd. leading up to WOP.
- Signs will be a minimum of 2'x3' free standing sandwich board, yellow and red. The sign should read "Caution Athletes Training on Road".
- When instructing groups of athletes who may be stationary, have them step off the pavement onto the shoulder until you are ready to resume skiing.
- Know the terrain you are skiing on. Always preview a new road prior to skiing it so you know the pavement conditions, terrain, angle of the sun, and traffic flow.

Whistler Olympic Park

Mail: 1080 Legacy Way, Whistler, BC, Canada V0N 1B1
Street: 5 Callaghan Valley Road, Whistler, BC, Canada V0N 1B8
Web: www.whistlerolympicpark.com

- Be especially aware of the angle and direction of the sun. Skiing directly into the sun creates dangerous visibility conditions and increases the likelihood that drivers will be blinded as they approach the skier.

General Etiquette

Following these guidelines will not only make the road safer for you, it will also help create a more positive relationship with the driving population.

- Always travel in the same direction as traffic.
- Always ski single file. When overtaking another skier, pass and move back in line as quickly and safely as possible. **Do not ski two or more wide on the road-ever.**
- When cars are approaching from behind, roller skiers should transition from skate technique to double-poling to reduce you profile on the road and make it easier and safer for cars to pass.
- Be courteous to other road users, including other recreational groups and motorists.
- Be predictable while skiing. Maintain your line and speed while in traffic. This allows motorists to anticipate when to pass more safely.

Accountability

- If an athlete is observed not complying with the above agreement they will be suspended for a minimum of 24 hours from the venue.
- A clubs first infraction will result in a written warning.
- A clubs second infraction will result in suspension of roller skiing privileges for the season.

Resources

Maine Winter Sports Center Roller Skiing Best-Practices
XC Ottawa
CCC Roller Skiing Policy

Coach's Name (Print)

Coach's Signature

Date

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