

BNSC ROLLER SKI POLICY

This policy provides guidelines that allow BNSC to encourage the safe use of, and enable management, monitoring and maintenance of BNSC's roller skis. Roller skiing is an integral part of the sport of cross-country skiing, providing one of the most enjoyable and highly specific forms of XC ski training that can be practiced in the dry-land training season

This policy aims to contribute to the adherence by roller skiers of prudent and responsible practices that will gain the respect of the public, thereby protecting the right to roller ski on public roads wherever such practices are permitted.

- BNSC will provide roller skis for use by club members, specific programs and clinics, in which case equipment may be hired for use in an organised program to a non-club member.
- The 'Roller Ski' subcommittee (RS SC) will develop and review operational guidelines for conditions of use including the wearing of safety equipment.
- The RS SC will provide guidelines for use of roller skis and roller skiing on public roads
- The RS SC will designate a central venue and system for storage of roller skis and related equipment
- The RS Sub Committee will manage the maintenance, repair and replacement of roller skis.

BNSC equipment includes skate and classic roller skis, a variety of wrist, elbow and knee guards, high vis vests and ski poles.

The club co-owns with the Victorian XC Ski Team a set of sandwich board signs as a traffic warning. The roller skis are kept in a blue luggage bag and has the borrowing form in a plastic pocket inside. At times they are stored at Mt Beauty Secondary College

A manager will be appointed to manage the equipment, maintain a usage register and report any issues to the BNSC executive. Funding may be sought to replace wheels, bindings and other safety equipment when required.

BNSC encourages members and others, including the National Team to observe these guidelines regardless of whether skiing on personal or club gear, and to act as good role models to the community.

USE OF ROLLER SKIS

1. **ROLLER SKIS ARE AVAILABLE FOR CLUB ACTIVITIES** and can be made available at a negotiated price to non-club members for SSA and Vic Junior Team specific activities. (eg \$10 for the afternoon)
2. **ROLLER SKIS ARE AVAILABLE FOR CLUB FAMILIES TO HIRE FOR THE SUMMER HOLIDAY PERIOD**
3. **CASUAL USE BY CLUB MEMBERS:** The roller skis are available for club members to loan short term if they are available and not required for club activities, and the all conditions in this policy apply.
4. For either of these uses, the following conditions apply:
 - Replacement cost of the roller skis is \$300 if lost, stolen or damaged beyond repair.

- The cost for summer hire is \$35 (to contribute to maintenance and repair)
- Roller skis are the responsibility of the borrowing instructor/coach.
- 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 and surface that matches ability. Avoid areas with steep down hills, stop signs at the bottom of hills, potholes, or other hazards. Skiers should ski on suitably quiet roads or bike paths.
- Junior skiers (up to age 15) must be directly supervised by an adult during use.
- Competent Junior skiers 15 years and over may use the skis without supervision.
- Skiers should not skate on the classic skis as this will accelerate wear and tear of the wheels.
- The club does not own boots and poles, but Mt Beauty Secondary College may be approached for hire.
- A first aid kit and mobile phone must be available during organized sessions.
- Participants should complete the registration borrowing form.
- When Dams Rd is used, the "Athletes Training Roller ski Sign" should be visible and the BNSC Sandwich Safety/Warning signs placed off the road ON THE GRASS. (Never on road shoulder)
- Users must be BNSC members.

BNSC ROLLER SKI GUIDELINES

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. Always obey the rules of the road and wear proper protective equipment including a helmet and ski gloves. Due care and common sense must be exercised and surface and weather conditions assessed.

IN PARTICULAR

- Skiers must wear a helmet at all times when skiing.
- Skiers must wear bright highly visible clothing or **HIGH VIS** vest when skiing. A flashing rear light could be considered (as on bikes)
- Skiers should avoid roller skiing at dusk, and not ski in the dark.
- Skiers should keep to the left hand side of the road, and when vehicles approach,

skier should double pole or use classic ski technique.

- When traffic is coming in BOTH DIRECTIONS, the skier should get off the road.
- Ski under control. If in doubt, walk down steep hills or intentionally fall before reaching an unsafe speed; and,
- Do not wear "ipods" or other electronic devices that will decrease your ability to hear and react to any situation that may occur.
- Wearing gloves is advised: They will prevent blisters and may save your hands.
- Knee and elbow pads are highly recommended for beginners.
- Skiers must check the frame and wheels and "feel" the bearings before each outing.
- IF skiing in wet conditions, wipe skis clean and dry and lubricate the wheels properly after skiing.
- Ski poles should always have roller ski ferules (special roller ski tips) with carbide tips and should be checked and sharpened with a diamond file regularly.
- When Dams Rd is used, the "Athletes Training Roller Ski Sign" should be visible.

Ratified 2018

To be reviewed in 2020