

Rollerski Safety Tips

{This tip was adapted from a Roller Ski Safety article by Jon Brodhead, Craftsbury Nordic Center for NENSA: New England Nordic Ski Association¹}

Summer is upon us and fall is just around the corner, we thought it would be a great time to remind everyone how important it is to be safe while training outside on the roads around the country. Here are a few things to keep in mind when you are out rollerskiing this summer.

Time

Think carefully about the time that you are training, rush hour and dawn/dusk, when you are least visible should be avoided. Consider adjusting your schedule if it's getting late in the day.

Location

Bike/rollerski paths are ideal, but if they are not available in your area choose roads with little traffic where drivers can clearly see you training. Avoid roads with many twists and sharp turns.

Gear

Bright clothing and helmets are a must. Reflective vests or clothing also help you to be as visible as possible to drivers. Absolutely **no headphones** should be worn during rollerskiing training on the road.

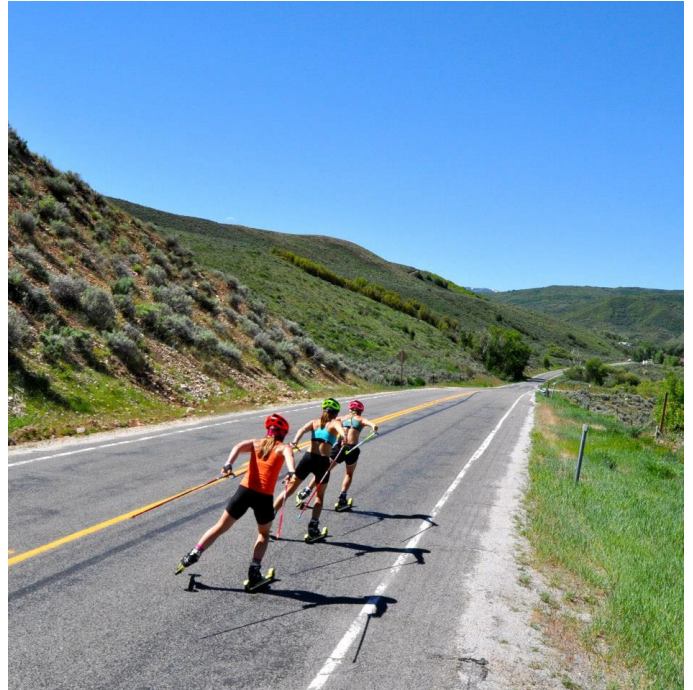
Group

Rollerskiing in a group makes you more visible to drivers but it is important to keep focused on the road and minimize distracting chatter. Groups can be helpful in alerting each other to traffic and rough roads. Ski single file and be courteous to drivers. You should ski with traffic on the right side of the road; however, some areas require rollerskiing on the left side, so know the laws within your particular area.

Rollerskiers should follow all traffic laws and be vigilant. When a car comes from the rear all skiers should stop skating and double pole single file as close to the edge of the pavement as possible. Do not begin skating again until you are sure there are no other cars coming from behind. Skiing in groups can help you be more visible but if you have a large group it's best to split up into smaller groups making it easier for cars to pass.

When you stop skiing, all of the athletes and the coach should step completely off the pavement.

These tips are important to remember for rollerskiers, but apply to runners and cyclists as well. Safety while training outside should be a top priority for all athletes and coaches.



U.S. Ski Team members Holly Brooks, Sophie Caldwell and Jessie Diggins rollerski during testing and training in Park City, UT.

Each week the USSA Sport Education Department will post a Coaches Tip of the Week. The information will rotate through the ski and snowboard disciplines so check back each week to see the newest tip!

¹ The full article by John Brodhead can be found here: https://www.nensa.net/training/roller_ski_safety.shtml