



Craftsbury

OUTDOOR CENTER

Craftsbury Outdoor Center – Roller Skiing Guidelines

31 Aug 2010

All Craftsbury athletes, campers, and guests must follow these guidelines at all times.

First and foremost, these rules are a question of safety. All participants in any Craftsbury dryland programming must agree to these guidelines to participate.

Secondly, it's part of maintaining the positive relationship that we aim to foster with our neighbors. Local roads are a valuable training resource. We need to use them wisely, respectfully and sustainably.

1. **A helmet as well as fluorescent and reflective clothing is required at all times.**
2. **Always ski on the right side of the road—in the same direction as the cars.**
3. **Always ski as close to the edge of the pavement as possible.**
4. **If skating, switch to double poling on the edge of the pavement when a car comes from behind. Check to be sure no more cars are coming before resuming skating.**
5. **If a driver seems nervous about passing you due to oncoming traffic, blind curves, or too many skiers lined up, step off the pavement and politely wave the driver by.**
6. **Be aware of “three-across” situations where a skier, an oncoming car and a passing car (or one car and two skiers) can make for a crowded road. Consider stepping off the road if possible.**
7. **If skiing in a group, yell "car back!" when a vehicle approaches from behind.**
8. **Always ski single file and pass another skier quickly if passing is necessary.**
9. **If you stop for any reason, immediately get completely off the paved road surface. Be careful not to congregate on the road before or after skiing.**
10. **If there is a lot of traffic, consider using a different section of road or using it at a different time.**
11. **Avoid skiing in big groups as this makes it difficult for cars to pass.**
12. **Always be courteous to others on the road and never make an obscene gesture to a car driver.**
13. **All rules apply all the time, even when doing time trials, intervals, races, etc.**

I have read the guidelines for rollerskiing above and agree to follow them, understanding that if I don't, I will have to stop participating in the rollerski activities of the Outdoor Center immediately.

Name of participant (printed)

Signature (parent or guardian if participant is under 18)

Date