



Roller Ski Skills Training Course

Lancaster: Saturday 2nd & Sunday 3rd October 2021



Manchester Cross Country Skiing Club are pleased to announce that they will once again be hosting the Snowsport England (SE) Roller Ski Skills Training Course at the Salt Ayre cycle track, Lancaster on Saturday 2nd & Sunday 3rd October 2021.

Skilled coaches including Adam Pinney, Mike Smith & Martin Watkins will be leading our groups for the weekend.

Roller skiing is the off-snow equivalent of cross-country skiing, which helps to build both technique and endurance. It is a fantastic low impact exercise which activates all major muscle groups as well as the cardiovascular system.

The skills course is open to everyone, whether you are an absolute beginner, an experienced intermediate skier or an advanced cross-country/roller skier. Under the instruction of a team of highly experienced Snowsport England coaches, participants will work on improving technique (both classic and skate) to build their skill levels and confidence. The course offers the opportunity to pick up helpful tips, to meet and ski with like-minded people and above all have an enjoyable time.

Location

Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS

The Salt Ayre cycle track is 1.5 km in distance with an excellent tarmacked surface.

The clubhouse of the Lancaster and Morecambe Athletics Club is close to the cycle track and has toilet facilities.

Skills Course Levels

Groups at the following skill levels will be offered:

Beginners and Improvers

For those with no or limited cross-country or roller ski experience and who may be interested in progressing to Snowsport England 1 and 2 Star Cross Country Proficiency Award levels.

Intermediate

Skiers who are confident on roller skis and skiing at SE 2 star proficiency level. This group is suitable for skiers aiming towards skiing at SE 3 star proficiency award level in both classic and skate styles.

Advanced

Experienced skiers who wish to refine their skills for more efficient skiing and are interested in the latest developments in technique. Suitable for skiers who are already

skiing at SE 3 star proficiency award level and above and are interested in skiing at SE proficiency award levels 4 and 5.

Group Allocation

Every effort will be made to assign you to the group, which most closely matches your experience level. Group assignment will be done on a first-come-first-served basis. Once groups are full you may be offered a place in an alternative group or placed on a waiting list.



Skills Course Timings

Nominal course timings are:

Saturday 2nd October 12.00 hrs - 17.00 hrs

Sunday 3rd October 09.30 hrs - 16.00 hrs

Course Costs

The cost of the course is £185 per person.

Booking will close at the end of the day on Wednesday 22nd September 2021.

Please note that this price does not include meals or overnight accommodation and is for both days. It is not possible to book just one day of the course.

SE Membership - Insurance

For insurance purposes, if you are not a member of a registered SE or SnSC club, you will need to pay a £10 SE short term membership fee. This fee provides third party insurance for the duration of the course. We recommend participant's join a SE affiliated Nordic/Cross-Country Ski Club.

Hire Equipment

Roller ski equipment (i.e. boots, roller skis, ski poles, knee and elbow pads) can be hired for the weekend at a cost of £10. Equipment must be pre-booked at the time of course application. Participants will require equipment for both classic and skate techniques, please provide your height and shoe size on the booking form. Participants who have their own roller ski equipment are encouraged to use it.

Booking and payment:

To book for the event, visit the SE website <https://snowsportengland.sport80.com> where you will need to login and click on "events" in the side menu to find the Lancaster course. Guidance notes on how to do this are being shared with this document via email, but can also be obtained from the course organiser.

Other Details

Accommodation

It is the responsibility of participants to book any accommodation they need for the weekend. In previous years, participants have stayed at the Premier Inn Lancaster which is just 10 minutes' drive from the Salt Ayre Track.

Premier Inn Lancaster, Caton Road, Lancaster LA1 3PE

Click [here](#) to visit the Lancaster Premier Inn website

Food and Refreshments

If the COVID situation permits, tea, coffee and biscuits will be provided in the club pavilion throughout the weekend. If not you will need to bring your own, but we will advise nearer the time. There is no plan to organise a group meal this year, but for those staying at the Premier Inn, there is a Brewer's Fayre pub, The Cottam Fields, next door.

COVID-19 Safety

The COVID-19 Pandemic situation will be monitored up to and throughout the event and organisers will ensure that all arrangements adhere to prevailing local/national rules or restrictions to minimise risk to participants. If COVID risks or restrictions prohibit the safe running of the course, the event will be cancelled and course fees refunded

Equipment and Clothing

Use of protective headgear (cycle helmet) is a compulsory SE requirement of course attendance. Helmets are to be worn when actively participating in roller skiing.

It is recommended that participants wear protective elbow and knee pads (these are provided to those who hire equipment).

Participants are also strongly recommended to wear gloves (they should not be close fitting and not too thick).

Layered, close fitting, active sportswear is recommended to be worn during the course. Layers allow temperature regulation during periods of high activity and rest periods. Waterproof clothing should be brought in case of inclement weather.

For 'dry land' sessions participants should bring sports trainers.



Further Questions

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