



Track Attack award: Rollerskiing

Purpose:

The purpose of a Rollerskiing activity for young skiers is to simply introduce kids to the concepts of rollerskiing and teach them basic skills and safety practices. By the end of an introductory Roller Skiing practice season kids should know what rollerskiing is, what equipment is used, safety considerations and have worked on some basic skills.

Criteria for achieving the Rollerskiing award:

To deserve the Rollerskiing award, a skier must have demonstrated all the skills on the checklist below.

Evaluator Checklist for Rollerskiing:

Skier's Name: _____

SKILLS	YES	NO
The skier is able to properly clip in and out of rollerskis		
The skier can demonstrate step turn in both directions and can slow down and safely stop on flat terrain		
The skier learned about roller ski safety and always wears a helmet and visible clothing		
The skier practiced roller ski speed control techniques		