



# **Competition-Coaching Introduction Advanced (T2T)**

## **Step 9: Practice Coaching Session (Dryland)**



**Reference Material  
for Dryland Workshop**



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## Planning a Practice

Before practices, especially when training in novel locations, coaches should perform a safety check to insure that the athletes and facilities being used are safe and athletes are not put in harms way. The following are simple guidelines and reminder that coaches should be aware of at every practice.

### 9.1 Safety Checklist: Dryland Training

Item	What to look for
<b>Rollerskis</b>	Wheel wear, loose bearings, binding secure to chassis.
<b>Boots</b>	Excessive wear, holes, proper fit, good ankle support.
<b>Shoes</b>	Excessive wear, holes, proper fit, intact laces.
<b>Poles</b>	Sharp carbide tips, cracks, proper straps, height.
<b>Clothes</b>	Ventilated properly, weather and temperature appropriate, proper fit, clean and intact, bright if rollerskiing.
<b>Road/bike path</b>	Free of holes, debris, not slick or icy.
<b>Trails or Field</b>	Free of excessive ruts or holes, especially if ground is obscured by long grass.
<b>Helmets/Gloves</b>	Worn at all time when rollerskiing, proper fit, good condition. Helmets should be replaced once they receive a significant impact.
<b>Weather</b>	Thunderstorms, hail, extreme heat. Training should never take place with lightning present.

Figure 1: safety checklist for dryland training

### 9.2 CCC Rollerskiing Policy

Cross Country Canada has developed a complete set of guidelines regarding safety and risk management on rollerskis. For complete policy see [2.1.5 Roller Skiing](#). More information on rollerski safety can be found in Section 3: Dryland Techniques in your T2T dryland reference material

**General Guidelines for Rollerskiing from CCC** The following guidelines describe the procedures to be adopted by CCC members at all times when roller-skiing:

- a. Safety must be a primary consideration of all participants and leaders.

- b. It is the responsibility of the individual to ensure that he/she possesses the skills to roller-ski safely in the location and terrain. It is also the responsibility of the individual to roller-ski in a safe, non-hazardous manner.
- c. Choose locations that suit ability and minimize risk. When possible, avoid locations:
  - that require the descending of steep hills,
  - where traffic signals are present at the bottom of hills,
  - where railroad crossings, potholes and other hazards are present, and
  - where participant-traffic interactions are likely or inevitable.
- d. Wear protective clothing. A helmet approved for cycling or in-line skating (ANSI, CSA or Snell) should always be worn. Inexperienced roller-skiers should consider wearing leather-palmed gloves, wrist guards, knee pads and elbow pads.
- e. Roller-ski control. If a participant is uncomfortable with a situation or terrain they are encouraged to walk down steep hills or take other reasonable measures to avoid reaching an unsafe speed.
- f. Avoid wearing devices that may impair ability to hear and react to any situation that may occur.

**Roller-skiing on Public Roads.** The following guidelines describe the procedures to be adopted by CCC members when rollerskiing on roads that are also being used by automobile traffic:

- a. If roller-skiing must be conducted on public roads, select roads with minimal traffic. Roads with wide shoulders are preferable.
- b. Refrain from roller-skiing where the practice is prohibited by law. In such situations, work through your Club or Division to negotiate road closures for periods set aside for roller-ski training.
- c. Roller-ski when traffic is light and visibility is good. Do not ski when visibility is poor.
- d. Obey the rules of the road. Roller-skiers must adhere to traffic signals and posted signs and all applicable rules and regulations.
- e. Take additional precautions when scheduling time trials, competitions or similar events, and when reasonable warn traffic and public of the presence of rollerskiers.
- f. Ensure that participants will be visible to motorists (i.e.: where appropriate clothing and use lights near dusk).
- g. When traffic is present, roller-ski in a single file.
- h. Scan the road for traffic and maintain situational awareness at all times, creating time to react to traffic as it approaches.
- i. Be polite to drivers. A good relationship and good reputation with those with whom roller-skiers must share the road is an important element in ensuring safety and protecting the privilege to use roads and highways for this purpose.

**9.3 First aid and Emergency Equipment:**

At all practice first aid kits and emergency action plans should be available to all coaches and volunteers. Some helpful first aid/safety reminders are listed in the table below.

Item	Components
<b>First Aid</b>	Emergency equipment and first aid kit well stocked and accessible to all coaches and athletes. Regular inventory performed on contents.
<b>Phone</b>	Quick access to an emergency phone. Ensure phones are charged and have reception.
<b>Emergency Action Plan</b>	Emergency contacts, medical information up to date, stored in the correct location.

Figure 2: first aid and safety reminders

**9.4 Creating a Great Practice:**

Before planning a practice coaches should review the following *practice design checklist* and the self-assessment sheet to help plan and prepare for a great practice. Although many of these items will be second nature to you, it is still important to review to ensure you are getting the most out of your athletes at every practice.

Practice Element	Things To Consider
<b>What is the goal of the practice?</b>	Weekly training objectives, skill level of the participants, elements/athletic abilities to be included.
<b>Time</b>	How much time will be spent on each element of the practice?
<b>Terrain</b>	What are the conditions of the practice location, how can you modify your practice if conditions make your exercises difficult to manage?
<b>Safety</b>	What are the safety considerations of your practice location? What do you need to remind your athletes to be aware of?

<b>Excitement</b>	How can you challenge and motivate your athletes to engage and perform new skills and techniques?
<b>Personal Knowledge</b>	Why are the athletes completing this type of workout today? What energy systems are you targeting? Do you know all the elements of the skills and techniques you are covering? If not where can you refresh your knowledge?
<b>Working with others</b>	How will you communicate your practice plan to other coaches? What sort of involvement will they have in practice and how can you make them feel as though they are contributing to the practice?

Figure 3: Practice design checklist

#### 9.4 Practice Planning Self Assessment

To rate your ability to plan a practice, circle the number on the right that best represents whether you achieve the corresponding statement on the left.

<b>I plan safe and effective dryland practices by....</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Ensuring the athlete’s equipment is in good working order and properly sized	1	2	3	4
Confirming that the athlete’s clothing is weather and temperature appropriate	1	2	3	4
Observing that the road or trail conditions are appropriate for the planned activity	1	2	3	4
Ensuring athletes are aware of the route and practice plan at the start of the practice	1	2	3	4
Being aware of cars, cyclist and recreation enthusiasts and using the road or trail	1	2	3	4
Modifying practices in extreme weather conditions	1	2	3	4
Know the location of the first aid kit, phone and have a thorough understanding of the emergency action plan	1	2	3	4
<b>I create a challenging and engaging practice by ....</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>

Defining a training goal or objective for the practice.	1	2	3	4
Using the terrain available to teach new skills and abilities.	1	2	3	4
Motiving and encouraging athletes to push their limits in a fun environment	1	2	3	4
Using other coaches and athletes to help impart skills and work with the team	1	2	3	4

*Figure 4: Practice Planning Self Assessment*



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## **REFERENCES**

Cross Country Canada policy on rollerskiing: [2.1.5 Roller Skiing](#)

Coaching Association of Canada, *Planning a Practice* Reference Material, version 1.4, 2013

Cross Country Canada, *Planning a practice* Reference Material, Comp-Intro (L2T), 2007

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