



# Manchester Cross Country Ski Club

Cross Country Ski, Roller Ski, Telemark and more.

Regular coaching sessions and equipment hire

[www.mccsc.org.uk](http://www.mccsc.org.uk)

## Terms & Conditions for Roller Ski Coaching Sessions

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1. We ask anyone who is not yet a club member to join the club if they wish to continue with the coaching after ONE initial taster session.
2. Membership of the club will give you membership of Snowsport England and third party liability insurance.
3. Roller skiing like all sports entails risk. The club has and will continue to carry out appropriate risk assessments for the activity, however participation in the coaching sessions is at your risk. It is your responsibility to ensure you have adequate personal injury insurance.
4. Payment must be made at the time of booking.
5. We have a limited number of boots, poles and roller skis, which can be borrowed for the session (numbers permitting) but you must request your kit at the time of booking. We will try to accommodate you but you may have to use boots a half or whole size larger so please bring various socks of different thicknesses.
6. The use of protective headgear (cycle helmet) is compulsory. Gloves are **recommended**, but not too thick. MCCSC strongly recommends wearing long sleeves and trousers, plus elbow and knee protectors. We have some elbow and knee pads that can be lent out depending on numbers requiring them.
7. Whilst we ask for your preference **regarding** classic or skate, this cannot be guaranteed, as all the coaches are helping on a voluntary basis.
8. All bookings must be made by 7.00 pm on the Wednesday before the coaching session.
9. It is your responsibility to inform your coach of any medical conditions.
10. All attendees at these roller ski coaching sessions at UCLAN will need to be part of a "class". For health and safety reasons UCLAN will not allow free skiing (just skiing round the track on your own).
11. Refunds will only be given:
  - where the coaching session is cancelled due to bad weather.
  - if there are insufficient coaches.
  - if there is insufficient booked gear.
12. Refunds will not be given where the individual does not attend, except in exceptional circumstances at the discretion of MCCSC.



Manchester Cross Country Ski Club is an affiliated club to Snowsport England.

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