

# **NORDIC WALKING PROTOCOL - ROAD VERSION 2008**

The following Nordic Walking Protocol has been written by Malcolm Jarvis and David Downer with the kind assistance of members of the: -

[www.NordicWalkingeCommunity.com](http://www.NordicWalkingeCommunity.com)

## **Introduction**

The Nordic Walking Protocol is constructed in two parts: *Safety Rules/ Nordic Walking Etiquette* and *Guiding Principles*.

Criteria concerning safety are given the status of *rules*, as safe walking must have primacy. However, *how* a participant walks, and the technique he or she adopts is a matter of personal choice, and this is intentionally left open. The underlying ethos of these principles is to be inclusive and they are therefore designed to allow any form of "fitness walking with purpose made poles".

## **Safety Rules and Nordic Walking Etiquette**

1. Show consideration to your fellow participants and **act as ambassadors** for Nordic Walking.
2. Nordic Walkers are asked to avoid walking in groups in such a way that might impede the progress of others. A faster participant who wishes to overtake is requested to give polite audible warning by saying "passing on the right (or left) please".
3. Where the event is road based, walking poles should have purpose made rubber "asphalt paws" attached throughout and participants should carry a spare pair. This is designed to prevent potential injury, aid traction and reduce noise.
4. Please remember to keep your poles **pointing downwards** at all times, except when changing paws.
5. Except in an emergency, please do not lay your poles on the ground during the event.
6. If there is a need to adjust poles, or replace asphalt paws, move to the side of the course, and take great care when working on your poles.
7. When taking fluids, or food, or for personal attendance, by all means free one pole but carry it close to the body.

## **Guiding principles**

1. **WALKING** This special event category is primarily a *walking category*, so each participant must maintain one foot in contact with the ground throughout, in order to prevent being able to jog or run.
2. **WALKING** As a walking event this category does not envisage the use of roller blades, (as in Nordic Blading) nor any other kind of assistance device.

3. **POLES** Participants are expected to use **two** poles actively and continuously throughout the event, except when taking fluids or food, or during personal attendance, or in an emergency.
4. **POLES** In order to allow the adoption of any form of pole walking technique, poles can either have demi gloves (straps) or be strapless. Poles can be of any type or manufacture provided they are suited to the purpose, i.e. being designed for fitness walking, and they may be of one piece or adjustable design.
5. **TECHNIQUE** There is but one simple requirement: - the participant is asked to adopt a Nordic Walking style where the pole tips are planted somewhere behind a line extending from the leading hand plumb to the ground. Apart from this, there is NO control over the style actually adopted; we call upon your sense of fairness and personal integrity!

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