

Skateboards, Scooters and In-line Skates

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Stay Safe While Enjoying These Fun Activities

(Several tips provided by Safe Kids Canada, 2001: www.safekidscanada.ca)

As people discover the fun and convenience of getting around on scooters, skateboards and in-line skates, it's important to know that injuries are also on the rise. Most injuries occur when a rider falls, resulting in fractures or dislocation to the arms or hands. More serious injuries, like those to the head, are also on the rise.

Did You Know?

- In-line skaters, scooters and skateboarders can move fast, and falling at a speed of 20km/h can result in serious injury or death.
- Over half of in-line skaters, scooters, and skateboarders are injured because they lose control and fall.
- Children age eight and under should not use scooters without close adult supervision.

What to Wear?

Always wear the right gear to avoid injuries. Be sure protective gear fits properly and does not interfere with your movements, vision or hearing.

- **Helmets** can reduce the risk of head injury by 85 percent. It's recommended you wear helmets specially designed for in-line skating. They're safer than bicycle helmets because they provide more protection for the back of the head. Skaters tend to fall backwards and cyclists tend to fall forward, so helmets are designed differently. Check the label on your helmet; make sure it is ASTM, SNELL or CSA rated.

- **Wrist Guards** distribute the forces of impact during a slide, reducing injury. Try to fall forward, and keep your hands in front of you when you skate.
- **Knee and elbow pads** distribute the impact of the fall much like wrist guards and allow you to slide safely. If you start to fall, drop to your knees and hold your hands out in front.

Get Trained

- Check with a recreation facility in your community to find out where you can learn to skate or scooter.
- Learn how to control your speed and turns, and how to brake and stop quickly. Be prepared to fall. It happens to even the most experienced riders.



- Before using your scooter, in-line skates, or skateboard, check thoroughly for hazards such as: loose, broken, or cracked parts, sharp edges on metal boards, slippery top surface, or wheels with nicks and cracks. Defects should be corrected by a qualified repairperson.

Look First

- Avoid rough or slippery surfaces.
- Watch out for vehicles, pedestrians and cyclists.
- Pass pedestrians and cyclists and other skaters on the left.
- Know the hazards of intersections, driveways, lanes or alleys. These are all dangerous places that can pose a safety risk. Always stop before crossing, scan by looking left, ahead, right and then left again.

Where to Ride?

- Use your scooter, in-line skates, or skateboard only where it's safe and legal.
- On designated roadways in parks.
- On bicycle paths.



Be Smart

1. Learn the basics of your skateboard, in-line skates or scooter.
2. Always wear protective gear.
3. Watch for hazards.
4. Do not skate or scooter after dark.
5. Avoid water, oil, and sand or gravel surfaces.
6. Keep your equipment in good working order.
7. Never hitch a ride holding onto a vehicle, bus, or bicycle.
8. Limit usage of your scooter or skateboard to one person at a time.
9. Use caution when going downhill. If a steep hill is encountered, walk; don't ride to the bottom.

Be Courteous

1. Skate on the right, pass on the left.
2. Alert people as you approach: call out "passing on your left," etc .
3. Always yield to pedestrians.