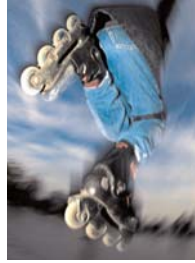


# Extreme Safety – Inline Skating, Skateboarding, Scooters and ATVs



Injuries can happen to beginners and to those who are learning new or difficult tricks. Whatever your experience level, good basics are a must. It's ok to start slow and work up to the level you want to reach. Building a good foundation before adding to your skills will help ensure your safety and the safety of others. Before you try a new sport or a new trick, keep in mind that the people who make it look easy have put in hours and hours of practice!

## Inline Skating

- Learn the laws in your area about where you can and can't skate.
- Stay in control at all times. Learn the basic skills, particularly how to stop properly, before venturing into more heavily trafficked areas.
- Look for skater-friendly spots, like paved bike paths and skate parks. Make sure that inline skating is allowed. Avoid the street, not only will your wheels wear out faster but drivers have a hard time seeing you.
- Stay alert to things and people around you. Slow down, if you're in doubt. Don't forget to yield to pedestrians.
- If you must be in the street, wear bright clothes to help drivers see you and follow all traffic rules as if you were riding a bike. And NEVER skitch (hang on to a moving car or bike)...you do and you're asking for trouble.
- Make sure your skates fit properly—choose your skates at the end of the day when feet will be at their largest; wear the same type of sock that will be worn when skating; kick both heels into the back of the boot before buckling & skating; be sure your heel does not move up and down in the boot during skating.

## Skateboarding

- Use a quality skateboard. Skateboards have three parts—the deck (the board itself), the trucks (the mechanism to which wheels are attached) and the wheels. Shorter decks are better for beginners because they are easier to balance and handle. Some skateboards are designed for specific types of riding -slalom, freestyle, speed- or even rated for the rider's weight.
- Keep your skateboard in proper working order. Inspect your board before every ride. Look for problems that need repair including loose, broken or cracked parts; sharp edges on metal boards; a slippery top surface; wheels with nicks or cracks. Get professional help to repair serious defects.
- Learn the basic skills of skateboarding, especially how to stop properly. Also be sure to learn slowing and turning techniques, and how to fall safely: If you are losing your balance, crouch down on the board so you won't have as far to fall. Try to land on the fleshy parts of your body rather than your arms. Relax and roll.
- Be extra careful when trying new tricks— nearly 1/3 of skateboarding injuries are suffered by inexperienced skateboarders.

## Scooters

- Learn the basics of scooter operation, especially how the steering and brakes operate, before venturing into more heavily trafficked areas.
- Smooth, paved surfaces without any traffic, avoiding streets and any surface with water, sand, gravel, or dirt are best for riding scooters.
- Avoid riding downhill on steep hills, slippery or uneven surfaces, and crowded walkways or streets.
- Always supervise young children when they ride scooters.

## All-Terrain Vehicles

- ATVs are not toys. Children under 16 should not operate ATVs that have an engine size of 90 cc or greater. Children under 12 should not operate any ATV - younger children do not have adequate physical size and strength to control the vehicle.
- Read all instruction manuals and follow manufacturers' recommendations for safe use of all ATVs.
- Attend a hands-on training course before operating an ATV.
- Only ONE person should ride on an ATV at a time—no riders!
- Only ride during daylight hours. Riding at night reduces the rider's ability to see potential hazards on the road or trail. It is also much more difficult for other riders to see you, increasing the chance for collisions.
- Always wear proper protective gear— Helmets are imperative in reducing the risk of head injuries. Be sure to purchase the right type of helmet and that it fits properly without interfering with visibility or hearing. Protective gloves, goggles, and heavy boots can also help reduce the risk of injury.



## Always Wear Proper Protective Equipment

- **Helmet** - You can wear a certified bike helmet, but there are also special helmets for skaters. Be sure your helmet fits properly and does not interfere with movement, vision, or hearing. Helmets should be worn flat on your head and sit low on your forehead. Helmets should fit snugly and not move in any direction when you shake your head.
- **Wrist guards** - Help to support the wrist and reduce the chance of breaking a bone if you fall. Wrist guards should fit snugly and have a hard plastic splint at the tip and bottom to help absorb shocks and protect bones.
- **Knee and elbow pads** - Should fit snugly and have hard plastic shells. Knee and elbow pads can help to reduce the severity of cuts and scrapes and help prevent gravel burns.
- **Gloves** - To protect your hands in case of a fall.
- Wear appropriate clothes that cover hips, thighs and shoulders, preferably in a light or bright color to make you more visible when you skate or ride.
- Wear proper footwear like flat-soled shoes with good grip and traction, especially when riding scooters or skate boards.
- Skateboarders who perform tricks should always use heavy duty protective gear.

