

Skateboards & Inline Skates

Facts About Injuries

◆ About 26,000 people are treated in hospital emergency rooms each year with injuries caused by skateboarding.



◆ Six out of every 10 skateboarding injuries are to children under 15 years of age.



◆ Wrist and lower arm fractures are the most common inline skating injuries. Face and chin injuries are also common.

Inline Skating and Skateboarding Safety Tips

★ **SUPERVISION.** Children depend on adults to help them stay safe. Children under 8 years should not use skates or skateboards without close adult supervision.

★ **Protect yourself.** Inline skaters should always wear a helmet, knee and elbow pads and wrist guards at all times.

Skateboarders should always wear a helmet, gloves, and knee and elbow pads. Also wear long pants, a long sleeved shirt and rubber-soled shoes.

★ **The type and fit of inline skates is important.** Skates should be right for a child's size, ability and purpose.



★ **Keep equipment in good condition.** Check your skates or skateboard every time before you ride.



★ **Choose a safe location.** Children who do not have experience skating should only skate in a skating rink or outdoor area like a park. They should never skate in the street.

★ **Watch where you skate.** Skate only on smooth surfaces. Sand, water, oil, sewer grates, or a small rock or crack on the road can cause you to fall. Avoid skating on hills or near traffic. Do not skate when it is dark.

★ **Check your speed.** Skaters must have the ability to react, stop quickly and fall safely. It is always important to skate at safe and comfortable speeds.



★ **Make sure you are seen.** Wear bright colors like yellow, orange or bright pink so people can see you coming toward them.

★ **Stay Alert. Do not wear headphones** while skating. It is important to be able to hear horns and other noises.

★ **Learn how to fall.** Knowing how to fall can reduce the chances of being seriously hurt.

✓ If you are going to fall, crouch down so you won't have far to fall.

✓ Land on your shoulders and hips then try to roll to distribute the force over your body.

✓ Relax your body instead of making it stiff.

✓ Practice falling on a soft surface or grass.



★ **DO NOT take chances.** Tricks require lots of practice, skills and specially-designated areas. Never hitch a ride from a car or bike.