

# SKATING AND SKATEBOARD SAFETY

Skating and skateboarding can increase balance, agility, coordination and reaction time. It's also pretty fun. With plenty of practice and these safety tips, your kids can roll smart and safe.



## WEAR A HELMET

Wear a helmet on every ride. Make sure the helmet fits right. Select one that is the right size for the child, not one they will grow into.



## ADDITIONAL PROTECTION

Wrist guards, knee pads and elbow pads are a good idea for everyone. Mouth guards offer protection against broken teeth and reduce brain injuries.

## CHECK THE FIT

Use skates that fit in order to make learning easier and safer for your child.



## QUALITY CHECK

Check skates and boards before each use. If there are cracked, loose or broken parts, do not use until it's repaired.

## WHAT KIDS SHOULD KNOW

- Different skates and boards do different things. Make sure you know how the one you have works for the activity you want to do.
- Find a safe place. Limit skating to bike paths or areas set aside in public parks with surfaces that are dry and smooth. Streets should be off-limits!
- Teach children how to fall safely by crouching down when they lose balance to reduce the distance of the fall.

## DID YOU KNOW?

- According to the American Academy of Pediatrics (AAP), children under 5 should never ride a skateboard as their balance and judgment have not fully developed, putting them at high risk for serious injury.
- More than 82,000 people are treated in the ER for skateboard-related injuries every year.



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# DOES YOUR HELMET FIT PROPERLY?

Take the helmet fit test!

1

## EYES

Put the helmet on your head. Look up. You should see the bottom rim of your helmet.



2

## EARS

Make sure the strap forms a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



3

## MOUTH

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

