

## Safety Tips

- 6 out of 10 injuries are to children under 15 years of age
- Users who have been skating for less than a week suffer one-third of the injuries.
- Skate within your ability level.
- Wear protective gear -- helmet, knee and elbow pads.  
Padded jackets, shorts, and gloves are also available (in addition to helmets, knee and elbow pads). Protective gear will help absorb the impact of a fall. With protective gear it is important to look for comfort, design and function. The gear should not interfere with the skater's movement, vision or hearing.
- Learning HOW to fall may help reduce your chance of being seriously injured.  
When you lose your balance, crouch down so that you will not have so far to fall. Try to land on the fleshy part of your body -- not knees, elbows or head. Try to roll rather than absorb the force with your arms. Even though it may be difficult, try to relax your body, rather than stiffen-up.
- Before using your skateboard/inline skates, riders should check for loose, broken or cracked parts; sharp edges on a skateboard; a slippery top surface; and wheels with nicks and cracks.